

*Full Length Research Paper*

## Goal orientation of Brazilian skateboarders

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Received 13<sup>th</sup> December 2012, Accepted 6<sup>th</sup> February 2014, Published April 2014

**The aim of this research is to evaluate the goal orientation (task and ego) of skateboarders based on a descriptive research. We evaluate thirty one male skateboarders aged between 12 to 30 years (age average: 19.54 ±4.98), who live in São Paulo City, Brazil. They answered the TEOSQ (Task and Ego Orientation in Sport Questionnaire), and the results showed that the average for task orientation was 4.47 ±0.34; median, 5; and for ego orientation the result was 2.47 ±0.61; median, 3. The general results show there is significant difference between task and ego orientation in the total group, and separately by ages. We conclude that the task orientation was the tendency of these group to always work together for learning new skills and training their ability; so these sportsmen have more security in their actions and behavior; they have feeling of success constantly and more self-control.**

**Key words:** Skateboard, evaluation, goals orientation.

### INTRODUCTION

In Brazil, the practice of alternative sports proves to be growing daily in adolescents and young adults as well. Acosta (2012) reports that the culture of body movements should be understood as a sum of values, customs, knowledge and behavior; and in his work mode of skateboarding as well as other modalities is being incorporated.

However, we hypothesize that because of the diversity of materials and movements that skateboard require, one needs to be motivated to practice and has to persist in the practice, due to the complexity of motion.

Scander (2009) concludes that the primary factor based on the choice of this sport by its practitioners is, first, to increase their adrenaline after overcoming fear and exceeding preset limits, ending with friendships won and popular locations because of skateboarding.

We asked what kind of goal orientation each practitioner has. The first is task orientation, which is how can a person work hard to learn some new maneuvers; Do

they like to learn new skills, and evaluate their competences during the practice? And the other kind of goal, ego orientation represents people who are very worried about the defeat of their opponent; they are individualists and very competitiveness, and these kind of practitioners cannot evaluate their skills and the level of their ability (Winterstein, 2002).

With the idea of evaluating the goals orientation, Duda and Nicholls (1998) and Duda (1992) developed an instrument (TEOSQ – Task and Ego orientation in sport questionnaire) for measuring and analyzing individual differences achievement orientation in sport. Duda (1992) emphasizes that the premise is that people can perform different activities to get self-realization with focus on different goals, in order to self-adjust in their activities.

Since 1992 the TEOSQ has been used by different investigators in many countries and it has been adapted from different languages and one of the last validation

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was from Spanish language, in Mexico (Lopez-walle et al., 2011).

So for the Portuguese language from Portugal Fonseca and De Paula Brito (2005) presented the validity and in Brazil we have been working on it since 2006, across different sports with the reliability analysis of Alphas coefficient (Camargo et al., 2008; Hirota et al., 2009, 2011a, 2011b).

Castillo et al. (2010) tested the Measurement Invariance and Latent Mean Differences in Spanish and Portuguese Adolescents, and the TEOSQ can be considered to operate equivalently across Spanish and Portuguese adolescents. The purpose of this research was to test the reliability of the scale TEOSQ - Task and ego orientation in sport questionnaire - and evaluate the goal orientation of the Brazilian skateboarders.

**METHODS AND INSTRUMENTS**

This research was based on a descriptive research (Thomas et al. 2002) where we applied the instrument TEOSQ. The first step of this study was to make contact with the association where the skateboarders train; so we have to sign the Term of Consent of the Institution of Barueri City – São Paulo, Brazil. Concluding this first contact, the second step was to contact the skateboarders and have them signed the consent form, conforming to the ethics in research. If the skateboarders were under eighteen years old, their parents should consent to let them participate in the research.

**The instrument**

TEOSQ was designed by Duda (1992) and translated, adapted and validated to Portuguese by Hirota and De Marco (2006). The choice of the instrument was based on the evidences of reliability during the years and the purpose was to test a new modality like skateboard. The questionnaire consists of 13 questions: 07 questions directed to the task orientation and 06 questions, the ego orientation; using likert scale from 1 to 5 points. The answers indicated in a 5-point Likert-type scale where 1= strongly disagree, 2 = disagree, 3 = neutral, 4 = agree and 5 = strongly agree. Mean scale score for Ego Orientation = (E1 + E2 + E3 + E4 + E5 + E6)/6. Mean scale score for Task Orientation = (T1 + T2 + T3 + T4 + T5 + T6 + T7)/7 (DUDA, 1992).

On the TEOSQ, the maximum score that a guy can get guidance for the task orientation is 35 points and the minimum for the same orientation is 7 points. For ego orientation, the maximum points scored can be 30 with a minimum of 6 points, so the total can add be 65 points; only 13 points among the least agree to disagree very much with the propositions represented in the following form:

*When do you feel most successful in sport? In other words, when do you feel sport activity has gone really good for you?*

*I feel most successful in sport when...*

**TASK**

07.....35

strongly disagree

strongly agree

**EGO**

06.....30

strongly disagree

strongly agree

**Sample**

A convenience sample composed by thirty one male (N:31) skateboarders, aged between 12 to 30 years (age average: 19.54 ±4,98) that practice this modality every day answered the TEOSQ scale; all of them live in Barueri, São Paulo, Brazil. They all live in the country and ride by skate using it as a lifestyle. The youngsters seem to be doing their best looking for championships and using this sport as a means of labor, in order to become professionals in sport.

**Statistical treatment**

As statistical treatment, we adopt the calculations of Alpha’s Cronbach Coefficient, to testing the reliability of the scale; and also for showing comparative results with other studies, we calculated the descriptive statistical including the average, standard deviation referring to each orientation (task orientation and ego orientation). For comparing the average between task and ego orientation we applied the Man Whitney test (p≤0.05), looking for some possible differences between ages.

**RESULTS AND DISCUSSION**

As we could see by the collected data the result of Alpha Coefficient is significant compared to others studies (Duda, 1989, 1992; Newton and Duda, 1993; Duda and Whitehead, 1998; Hirota and De marco, 2006). The skateboarders showed us that they understood the questions in the scale and the results are comparable with the literature. As we can see, the total subjects that are involved in this present research have task direction (average of 4.47 ±0.34); this difference is significant compared to ego orientation (2.47 ±0.61); referring to the median, these values are similar.

Comparing with Castillo et al. (2010), the alpha coefficient of task orientation of Portuguese group was 0.78 and ego’s alpha was 0.85. Fernandes et al. (2012) show 0.79 of alpha’s ego and 0.77 of alpha’s task orientation.

Observing the results of ego alpha cronbach if some items were deleted, we can see that in questions 6 and 9, the results of alpha will increase by 2 points, reaching 0.66. The same treatment was observed with task orientation, where the main question was number 5 (“I learn a new skill by training hard”); and we observed that if this item was deleted the results of task’s alpha will increase to 0.70.

**Table 1.** Alpha's cronbach results, average, standard deviation, median and mode of total skateboarder's group.

Orientation	Age (years)	N	Alpha	Average	Standard D.	Median	Mode
Task	12 to 30	31	0.68	4.47	±0.34	5	5
Ego	12 to 30	31	0.64	2.47	±0.61	3	3
Test "U"				0.000*			

\*Significant difference.

**Table 2.** Alpha's cronbach, average, standard deviation, median and mode referring to task and ego orientation of skateboarders aged between 12 and 17 years.

Orientation	Age (years)	N	Alpha	Average	Standard D.	Median	Mode
Task	12 to 17	11	0.73	4.54	±0.56	5	5
Ego	12 to 17	11	0.72	2.47	±0.83	3	3
Test "U"				0.000*			

\*Significant difference.

**Table 3.** Alpha's cronbach, average, standard deviation, median and mode referring to task and ego orientation of skateboarders aged between 18 e 30 years.

Orientation	Age (years)	N	Alpha	Average	Standard D.	Median	Mode
Task	18 to 30	20	0.62	4.44	±0.61	5	5
Ego	18 to 30	20	0.61	2.48	±0.98	3	3
test "U"				0.000*			

\*Significant difference

\*Significant difference.

However, observing our results, it seems possible to review the instrument on each specific question, especially because of the kind of radical sport. In testing the differences in Brazilian sports modalities we noted that the translation of the instrument stills needs some adaptations (Table 1).

The skateboarders aged between 12 to 17 years; task orientation average was  $4.54 \pm 0.56$ . The value was more significant than that of ego orientation; but the values of median is the same for the total group (Table 2).

In Table 3, the results of goal orientation from the age between 18 to 30 years are similar to the group of 12 to 17 years; when we look at the median (3 for ego orientation and 5 for task orientation), there is some significant difference between task and ego orientation. These results showed that as they meet every day and practice together their ways of thinking about learning new skills are the same.

Discussing separately task orientation from the different ages, there is no significant difference between the

groups, also in the median is the same. Looking for some difference in ego orientation, the group does not have significant difference and the median is three.

Looking for some comparative research, Hirota et al. (2011a), during tennis field sports learning, demonstrated ego orientation of 2.42 ( $\pm 0.85$ ) and task orientation of 4.20 ( $\pm 0.93$ ); competitive values, thinking that both sports, skateboard and tennis are also playing individually.

So, in all the tests we saw that the median of the group is 5, for task orientation, revealing that the skateboarders have a tendency to be more independent in their action; they have feeling of success because they are more persistent, they have more self-control, take responsibility for their actions; these skateboarders want to give help to their companions, if it is necessary, and believe in their effort.

The construction of new skills is always doing together with the group, so the ego characteristics are refuted and the task allocation random success is not put into

account. It means they know what they are doing.

## Conclusion

Considering the findings of goal orientation, we can say that the skateboarders have task choice. The instrument (TEOSQ) presents reliability just above other studies. But in other studies, the skateboarders need to have more references and demonstrate evidences of validation of the instrument; issues of instrument should be revised. These kinds of sportsmen seem to be more persistent, they always want to learn something new, choose different kinds of ways to learn a new ability; so they can measure their effort, and also have references of their skills, to have the best performance. The practice of skateboard lets the people to look for some adrenaline and to achieve the greatest and biggest goals.

## Conflict of Interests

The author(s) have not declared any conflict of interests.

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