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## Analysis of the relationship of Goal Orientation and Burnout among National Pool of Obstacle Course Racing

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**Abstract:** Goal orientation is classified into task and ego orientation. Task orientation is associated with the belief that success is a function of mastery of skills. Task-oriented individuals feel most successful when they experience personal improvement that they believe is due to their hard work and effort. Ego-orientation on the other hand is linked to the notion that success is a function of how well a person performs relative to other people. For ego-oriented athletes, success is outperforming an opponent using superior ability as opposed to high effort or personal improvement. This research obtained the goal orientation and the level of burnout of National Training Pool of Obstacle Course Racing in the year 2019. It delimited its scope to the 2019 members of national training pool of OCR who actively underwent training for the 2019 South East Asian Games and other international competitions and participated in the following categories: 100 meter, 5km, team assist and team relay. The proponents of this study focused on the athletes' goal orientation and level of burnout as well as the relationship of burnout to sports orientation of the OCR athletes. They used the descriptive method of research which is a fact-finding process with adequate and accurate interpretation of the findings that concerned with the current status or situation of the OCR athletes. A survey questionnaire was developed for the gathering of data and was utilized in the conduct of the athletes' training. The result of the study shows that task orientation has generally no significant relationship in the over-all burnout of the athletes. The way on athletes motivate himself or herself, whether intrinsically or extrinsically, doesn't affect his or her level of burnout. Therefore, null hypothesis is accepted.

**Key Words:** burnout; goal orientation; ego-orientation; task orientation; OCR athletes



## 1. INTRODUCTION

Goal orientation is a mindset towards the achievement of work-related goals, and has been found to be related to occupational well-being. On the other hand, it is also connected to burnout which is typically viewed as resulting from situational factors such as workload and motivation. While burnout is considered one factor that restrains the athletes from successfully bringing about the desired goal orientation, their disposition may also be relatively significant. In the study of Salmela et al it is shown that trend performance during studying periods predicts a high level of work commitment and a low level of burnout. Conversely, a high level of avoiding performance during studying periods is a predictor of low levels of work commitment and a high level of burnout.

Hallsten (1993) believe that students who have no control over their actions and goals can easily get burnt out and usually lack compatibility

This study is conducted during 2019 South East Asian Games with the purpose of determining the goal orientation and the level of burnout of the Philippine Obstacle Course Relay training pool. It involves participants from the 2019 Philippine OCR training pool who participated in 2019 SEA Games and other international competitions. The whole population of the training pool is 38 which is the target number of the respondents.

Furthermore, it also tries to investigate the relationship of the athlete's burnout with task and ego orientation during their training and preparation for the competition.

## 2. METHODOLOGY

### 2.1 Subsection

The proponents of the study make use of the descriptive method of research which is more appropriate in describing the present existing condition. (Calderon, 1993).

The researchers adapted a survey questionnaire to determine both the level of goal orientation and level of burnout of the Philippine OCR athletes. The questionnaire is divided into two parts: first is the assessment of Task and Ego Orientation in Sports by Duda (1989) which is composed of thirteen (13) items; the second is the measure of burnout or the Modified Athlete Burnout Questionnaire by Raedeke and Smith (2001) with fifteen (15) items.

The respondents are thirty eight (38) athletes from the 2019 Philippine OCR training pool participating the 2019 SEA games and other international competition. SEA games is established in 1959 and it was first held in Bangkok, Thailand. It was held every 2 years with 11 countries in South-East Asia participating in the sports competition.

## 3. RESULTS AND DISCUSSION

The results of the study show that the OCR athletes are highly task oriented and moderately ego oriented. On the other hand, their level of burnout is low in terms of emotional and physical exhaustion and in sport devaluation.

Thus, the burnout of the OCR athletes has no significant relationship with their goal orientation and task orientation.

Table 1 Goal Orientation

Task orientation	4.41	High task orientation
Ego orientation	2.50	Moderate ego orientation



Table 2 Level of Burnout

Reduced sense of accomplishment	2.05	Low
Emotional and physical exhaustion	2.44	Low
Sport devaluation	2.03	Low

Table 3 Relationship of Goal Orientation to Burnout

Burnout	Task orientation	Ego orientation
Reduced sense of accomplishment	No correlation	Moderate negative correlation
Emotional and physical exhaustion	No correlation	No correlation
Sport devaluation	No correlation	No correlation

#### 4. CONCLUSIONS

Based on the results of the study, task orientation has no significant relationship with the over-all burnout of the athletes. Comparatively, it cannot be claimed that goal orientation may affect the athletes level of burnout since having high level of task orientation doesn't result in having low level of burnout likewise; possessing high ego orientation doesn't show susceptibility to burnout. Nonetheless the sense of accomplishment has moderate negative correlation with moderate ego oriented athletes. The way the athlete motivates himself or herself, whether intrinsically or extrinsically, doesn't influence his/her level of burnout. Therefore, null hypothesis is accepted. On the contrary, there were items in the survey questionnaire about burnout that has a significant relationship with the athlete's goal orientation. Hence, further investigations on the possible factors that might affected like the profile of the athletes, coaching style and years of involvement in different sports and events.

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