

Achievement Goals Orientation of Brazilian Participant's of a Dance Festival

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Abstract: *The aim of this descriptive research was evaluate the motivation (task and ego orientation) of participants of a dance festival, and consequently verify the performance (reliability) of the instrument TEOSQ. We evaluated 96 dancers (age average: 21.12±11.65 years). The results shows a greatest performance of the instrument, reporting ego's Alpha of 0.84 and task orientation Alpha's of 0.82; the mean of task orientation was 4.52±0.90 and ego ordination was 2.26±1.34, with a significant difference between the gender; median were 5 and 2 respectively to task and ego orientation. We conclude that the instrument reliability was great and the dancer evaluated has predominant features of task orientation, so the try to work hard, rehearsing more especially women.*

Keywords: *Motivation; Dance Festival; Evaluation.*

1. INTRODUCTION

The dance is a corporeal practice of movement that involves different kinds of people with different ages and their involvement reasons in practice are also different (Hirota et al., 2013). We cannot ignore that the dance classes involves the participants, making seek new possibilities of movement, giving them support to these new experiences (Motta et al., 2012).

Thus we can think about the situational conditions that sports and dance offer and also relate how people define success and judge their level of competence (Hirota et al., 2013) and according to Duda (1992) emphasizes that the premise is that people can perform different activities to get your self-realization with focus on different goals, so if auto tuning in the activities.

The self-determination theory (Deci and Ryan, 1985; 2000) is define as an approach to human motivation and personality using empirical methods to determine the internal resources of personality and self-regulation. In addition, according to Barrera (2010) the role of motivation in learning and performance seems indisputable, not restricted to academic life, but extending to the different skills and situations of everyday life. Motivation is necessary, for not only that learning occurs, but also they are put into action the behaviors and skills learned.

Based on the goals perspective of motivation behavior, propose that two major goal perspectives operate in achievement-related contexts such as sports that relate to how people define success and judge their level of competence (Duda, Whitehead, 1992). This motivational approach used in this study is based on two orientations goals: task orientation or expectation of success and ego orientation or the fear of failure (Nichols, 1984; Duda, 1992; Winterstein, 2002).

The characteristics related to task orientation imply that individuals have high awareness of their capabilities to be hardworking and seek thus always perfection in their activities; it seems that this kind of person works for success, search training within an activity, and refines the technique (Winterstein, 2002). orientation ego means that feelings of personal achievement and high competence are normatively referenced, subjective success stems from the perception that someone defeated the other, or by demonstrating superior skill, but do not have that (Duda and White, 1992).

Carvalho et al. (2013) say that the motivational aspects are the main factors to carry out any activity whether the motor or cognitive level, allowing maximum efficiency of learning. We can consider that the key to motivation is the satisfaction that the individual obtains of their behavior

Therefore, the aim of the study was to evaluate the motivation (task and ego orientation) of participants of a dance festival, and consequently verify the performance (reliability) of the instrument TEOSQ

2. METHOD

This study consists in a descriptive study (Thomas and Nelson, 2002) and this kind of study seems to evaluate the moment, and not manipulated the results.

2.1. Sample and Study Site

Data collection occurred in the dance festival that took place in the Nossa Cidade College - Carapicuíba, São Paulo, Brazil; the goal of the event was to promote a democratic event of broad popular participation that encourages the practice of dance as artistic expression and contributing to the dissemination of culture and regional development, and to encourage the emergence of new talent; all the dance groups were invited and participation was voluntary fee waiver with no financial benefit. The total sample was 96 dancers (n: 96), starting age at 9 until 69 years old (age average: 21.12 ± 11.65 , variation coefficient: 55.16%); of this total 28 were men (n: 29) aged from 12 to 65 years old (age average: 26.50 ± 12.02 , variation coefficient: 45.38%) and 68 were women (n: 68), aged from 09 to 69 years old (age average: 18.91 ± 10.82 , variation coefficient: 57.25%). The total sample practice dance for about 75.87 ± 92.86 mouths.

2.2. Instrument

The motivation scale used was Task and Ego Orientation in Sport Questionnaire – TEOSQ (Duda 1992); , and since then the instrument has been tested in several studies both in Portuguese, the Brazilian version (Hirota and De Marco, 2006; Hirota et al., 2006; Hirota et al., 2011; Hirota et al., 2013; Hirota, 2014; Hirota et al., 2014a; Albuquerque et al., 2015), as has also been adapted into other languages in different countries (Duda and Whithead, 1998; Fonseca and Balague, 2001; Lopez-Walle et al., 2011; Klain et al., 2014). The purpose of TEOSQ is to evaluate individual differences in perspectives of the goal, set a school sports practice, detecting if the individual is determined to be task-oriented or ego-oriented. This instrument allows us to identify the motivational goal orientation (task and ego) of the participants assessed when performing a task (in this study the dance), i.e., respondents should see themselves in front of sports or any other physical activity and evaluate how successful they seen to be in this. Therefore, the instrument consists of 13 Likert type questions of 5 points, divided by 6 issues regarding ego orientation, and 7 questions related to task orientation.

2.3. Procedures for Data Collection

Prior to collecting data with students, we ask permission from the Dance Academies to conduct the survey, so the Director or the Professor signed a Letter of Authorization Institution. A Term of Free and Informed Consent Form, was signed to parents to allow their children to participate in the study, so students received along with the consent form, a letter of information to the research subject was written, describing what procedures would be taken in data collection. As students arrived for Dance Festival, were separated into groups, and the researchers handed a clipboard and a pen containing the instrument, interviewed then. Students should respond individually to ensure nothing interfering with

the results, and after responses, the researchers checked whether all issues were properly completed. The procedures for data collection followed the Newsletter to Research Subjects and signature of the Terms of Consent, by paying attention to research ethics set by the Declaration of Helsinki, 196421, Resolution no. 466, 2012 (Who, 2002).

2.4. Processing Statistical Data

The statistical method used was calculating the *Alpha's Cronbach* Coefficient in order to verify the reliability and internal consistency of the instrument items therefore calculated separately for each type of motivational orientation (task and ego orientation). We adopted this procedure because according Pasquali (1998) the most used techniques to assess the internal consistency are two halves, *Kuder- Richardson* and *Cronbach's Alpha*. Also for statistical analysis to calculate the median, average, standard deviation and score for all orientations of the scales. We have adopted the division of the calculations of descriptive statistics separately by genders. In order to highlight possible significant differences between the means we include the Mann-Whitney test ($p \leq 0.05$) and *Spearman* test was used to establish the correlation of data for task and egoorientation. For these analyzes we used the SPSS software EDITOR-DATA (Statistical Package for Social Science) version 18.0 for Windows.

3. RESULTS AND DISCUSSION

Table1. *Alpha's Cronbach if it's deleted of each issue of the Task and Ego Orientation in Sport Questionnaire - TEOSQ*

<i>I feel most successful in Dance when...</i>	
I'm the only one who can dance with ability (E1)	0.80
I learn a new move and it makes me want to dance more (T1)	0.80
I dance better than my friends (E2)	0.79
The others don't dance as well as me (E3)	0.82
I learn something that is fun to do (T2)	0.79
Others mess up and I don't (E4)	0.87
I dance batter by trying hard (T3)	0.80
I work really hard in dance (T4)	0.82
I score the most points/goals/hits, etc. in dance (E5)	0.78
Something I learn makes me practice and dance more (T5)	0.77
I'm the best dancing (E6)	0.83
A move that I learn makes me feel good (T6)	0.77
I always do my very best (T7)	0.78

Observing the results of Table 01 we can a homogeneous Alpha's results, so we can conclude that the instrument still have a good performance of internal consistence. As total Alpha's coefficient of task orientation the value was 0.82, designed an excellent result; egos Alpha's coefficient was 0.84.

Table2. *Results of Mean, Standard Deviation, Median, Score and Alpha's Cronbach by Gender of Task and Ego Orientation.*

ORIENTATION (TEOSQ)									
Gender	N	TASK				EGO			
		Mean	Med.	Score	α	Mean	Med.	Score	α
Male	28	4.41±1.07	5	30.17	0.82	2.04±1.26	2	11.82	0.84
Female	69	4.57±0.81	5	32.02		2.35±1.36	2	14.13	
Total	97	4.52±0.90	5	31.37		2.26±1.34	2	13.44	
"p"		0.05				0.008			

The trajectory of the instrument has shown results around of 0.64 (Hirota, 2014) until 0.82 (Hirota et al., 2013) and 0.83 (Hirota and De Marco, 2006) for ego orientation. Goal task orientation has a better performance 0.85 (Hirota et al., 2014b) and 0.89 in handball (Hirota et al., 2014a). Duda (1992) in the first testing led to Alpha's of task orientation of 0.72 and 0.82 for ego orientation. In the retest after three weeks obtained Alpha's of 0.68 for task orientation and 0.75 for ego.

After all results, the first conclusion is that, the instrument have good internal consistence and had shown a good performance in evaluations of goals orientation; the most problematic questions are T5 and T6, and maybe need to be reconsider the language. One explanation for the low consistency of

these issues might be related to motivational characteristics. The instrument used in this study (TEOSQ) identifies only if the motivation is intrinsic character (task) or extrinsic (ego).

Above all the results we can observe the mean of task orientation, of male (4.41) and female (4.57) that is significantly difference, leading us to think that women are more task oriented than the men. Nevertheless, when we observe the median, there is no difference between the gender either in task or in ego orientation. The results indicate that the sample, both men as women, practicing dance the autonomic way (self-choice), it probably give them feelings of fun and self-efficacy, so they can feel success in the festival, and happy we are dancing.

So task oriented person knows that the important thing is learning and not victory; have a self-reference in relation to skills makes the individual grow larger; attribute success to the team is part of the game; success is allied to the effort.

The behavior runs by the ability to anticipate the purposes to achieve the goal, and internal issues are valued; intentions, expectations and individual plans are connected to the desire; the subject can decide what you want or not to do, according to their satisfaction and the need or easiness.

Looking the ego orientation results, we check that male has less this kind of orientation than women, the difference is significant ($p=0.008$), so female are more ego oriented than male participants are. The same situation of median was repeated, so we have the same results (median of 2). The maximum possible score of task orientation is 35 points, so following the mean, in task orientation women are more tendency. The ego tendency can be consider certain to female behaviors, which are concerned with the sensuality or the improvement of physical beauty; these behaviors are considered natural, i.e., their own female nature or essence (Andreoli, 2010).

If one is predominantly task oriented, perceived ability tends to be self-referenced skill mastery, improvement, and learning provide the basis for subjective success in this case. On the other hand, if one is primarily ego oriented, perceptions of ability tend to be based on normative or peer comparison. It appears that greater cognitive maturity and/ or competitive experience is necessary before a talented, task oriented athlete believes that both ability and hard work lead to success (Newton and Duda, 1993). Therefore, according to Martens and Webber (2002) people has intrinsic necessity to get competencies over their environments.

We can conclude that the instrument Teosq has shown a good performance to evaluate the propose of motivation, but it's necessary a factor analysis. In this case, of study we can consider that the sample studied has mainly characteristics related to task orientation, so this kind of person used to work hard to achieve their goals, they known about their competence level, so they used to trainer hard.

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