GOAL ORIENTATION AND MENTAL RESILIENCE IN ELITE SPORT

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INTRODUCTION
It is assumed that two orientations, ego and task, depict the ways in which a person defines and experiences success and failure and evaluates personal competence (Duda, 1989). Mental resilience might be defined as personal capacity to sustain cognitive self-control and overcome stress during competition (Mladenovic, 2016). Some latest research in neuroscience indicate that cognitive self-control is overrated and that sportsperson might overestimate conscious capacity to control activation level at the competition (Damasio, 2010). It is assumed that development of task orientation contributes more to mental resilience in competitive situations. The aim of this research was to explore relation between task and ego orientation and mental resilience in competitive context.

MATERIAL AND METHOD
The research was conducted during senior European handball championship for women 2016. Sample included 17 participants, players of Serbian national handball team (N=17). Applied instruments were TEOSQ and Color association method (CAM). TEOSQ consists of 13 items in the form of Likert scale. Six items belong to task orientation scale, while seven items measure ego orientation. CAM measures mental resilience during the competition by exploring subjective sense of pain, effort, fear, injury, readiness for competition and training, ability to take a risk during the match, relying on habits in sports context (www.camethod.com). Results on CAM vary from zero to one hundred. CAM, like Lüscher’s color test (Lüscher, 1971), is based on palette of eight colors, but combined with words. ANOVA was applied.

RESULTS
Results indicate significant relation between task orientation and some measures of mental resilience: pain (F=12.280; p<0.001), fear (F=12.061; p<0.001), tiredness (F=4.260; p<0.028), injury (F=14.543; p<0.001) and habit relation (F=10.707; p<0.002). It seems that orientation on task in competitive situation are prone to experience negative subjective psychological state.

DISCUSSION Y CONCLUSIONS
Data collected by CAM were congruent with information based on introspection reports and observed behavior. Future research and more complex statistical analysis should examine validation of CAM. Below is an example of CAM results of one national handball team member, that indicate optimal mental state for elite competition.

REFERENCES