A Comparative Study of Goal Setting Among Netball Players Playing at Different Positions

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The purpose of the study was to compare the Goal Setting ability of Netball players playing at different positions.165 players (50 Shooters, 65 Passers, and 50 Defenders) participated as the samples for the study. Bd. E. Emory's modified "Goal Setting Questionnaire" was used to gather the required data. To find out the difference between Shooters, Passers, and Defenders mean difference Analysis of Variance (ANOVA) statistical technique was used. The result reveals that **there is no significant mean difference in Goal setting of Shooters, Passers, and Defenders of netball games**. The implications of the results are discussed.

Setting goals has always been a vital part of people's everyday lives, whether the goal is to successfully manage their time, perform well on a math test, or take on the obligations of fatherhood. Throughout their lives, people naturally want to complete a variety of tasks, and setting objectives helps them achieve these aspirations. As stated in Maltbey (2001), Weinberg and Gould describe a goal as "an objective, a standard, a point of action, or a level of performance or capability." According to this definition, a goal is a standard that one aspires to meet. Setting goals is arguably one of the most important skills taught to athletes to help them achieve optimal performance. According to Weinberg, Stitcher, and Richardson (1994), goal setting is a well-known motivational technique for improving performance and finishing tasks in both personal and athletic contexts. Establishing goals has benefits in many facets of life and athletics. Goals have long served as a source of motivation for people to complete tasks and enhance various aspects of their lives, but the psychological effects of goal-setting in sports have only recently attracted much attention. Edwin Locke and Gary Latham are the two major individuals credited with starting research on goal setting in sports and creating related theories. Interest in this field started to grow about 40 years ago (Heider, 1976; Johnson et al., 2011; Stout, 1999). This study keeps improving our knowledge of goal-setting within the realm of athletes
The goal-setting strategy helps competitors get to where they are today and where they need to end up. A game therapist or psychological skills training specialist can teach a competitor how to set structured goals that focus on the cycle and execution rather than the contest outcome.
It has been found by game analysts that competitors often set goals that are not clear and cannot be measured (Rabasca, 1999). Additionally, rivals frequently set uncontrollable goals. Competitors usually set goals that focus on winning, but they may not have much control over the outcome. None of this is greatly impacted by control. Their group may have a bad night, a crucial colleague may become ill or be hurt, or the other group may receive some blessings.
When game brain research is properly examined, it reveals that there are a few different classes or types of objectives (three, in fact). The fact that these three different objective types do not all have equally amazing effects on sports performance is also really noteworthy. They are, in fact, quite inconsistent, with one being the most important but less so in this regard, the other being a rather minor feature, and the last being the most dominant.

THE THREE TYPES OF GOALS:
In sports brain research, there are three sorts of objectives
Cycle Goals:
These are the objectives of executing the real preparation measure it takes to work on your presentation in sport. Here are a few models:
– Making it to the b-ball court something like 5 times each week prior to a citywide 3 3 competition
– Taking the entirety of your enhancements without missing any for a working out show

Execution Goals:
These are the objectives that track your improvement in the game. They are benchmarks for your proceeding with rising. A few models:
– Being ready to average something like 20 focuses per game against your standard practice crew
– Gaining 15lbs before the finish of your multi-month mass stage

Result Goals:
These are the objectives that keep you zeroed in on the 10,000-foot view. They are the aftereffects of the effective utilization of cycle and execution objectives. Models include:
– Winning the citywide b-ball competition
– Taking the top 3 at your subsequent working out show
Cycle objectives are truly only objectives to prepare and eat and recuperate in the most ideal manner conceivable (while as yet being practical, obviously). Execution objectives let you ensure that you're improving, and result objectives keep your focus on the awesome end goal. All are crucial for the most ideal game results, yet not all are similarly weighted in their impact on execution. Some are indeed more significant than others.
Netball is a ball sport played by two groups of seven players. Its turn of events, gotten from the early forms of the ball, started in England during the 1890s. By 1960, global playing rules had been normalized for the game, and the International Federation of Netball and Women's Basketball (later renamed the International Netball Federation (INF)) was shaped. Starting in 2011, the INF involved in excess of 60 public groups coordinated into five worldwide locales.
Games are played on a rectangular court with raised objective rings at each end. Each group endeavors to score objectives by passing a ball down the court and shooting it through its objective ring. Players are allocated explicit positions, which characterize their jobs inside the group and confine their development to specific spaces of the court. During general play, a player with the ball can clutch it for just a brief time prior to going for an objective or passing to another player. The triumphant group is the one that scores the most objectives. Netball match-ups are an hour long. Varieties have been created to expand the game's speed and appeal to a more extensive crowd.

There are 7 diverse playing positions in netball and every one of them implies various spaces of play. They are in particular:
1. Goal Shooter
2. Goal Attack
3. Wing Attack
4. Centre
5. Wing Defense
6. Goal Defense
7. Goal Keeper

So netball is down with most accentuation on assaulting the edge by two shooters, three passers will help the shooters and protectors to make chances in the field and two safeguards will monitor the edge. So each position's liability and objectives must be unique. So to confirm whether the objective setting of three diverse position players in particular Shooters (GA and GS), Passers (WA, C and WD), and Defenders (GD and GK) contrast essentially.

Objectives of the study
To verify whether goal setting significantly differs according to the playing position (i.e. shooters, passers, and defenders) of netball players

Methods
For the study, 165 netball players (50 Shooters, 65 Passers, and 50 Defenders) from Karnataka state who represented their university teams in the All India Inter University Men and Women netball competition held at Latur, Maharashtra from 21st March to 26th of March 2017 were served as the subject. Subjects included 93 Female and 72 Male netball players. Modified “Goal Setting Questionnaire” of Bd. E. Emory was used to collect the required data. This questionnaire contains 30 questions that measure the Goal-setting score of an individual. Respondent has to record his or her response on a 5 5-point Likert scale from Almost Never to Almost Always. 5 Responses were scored as “All most Never” 1 mark, Never 2 marks, Not Decide 3 marks, Almost 4 marks, and Almost Always 5 marks. Each player was asked to respond to each statement and then circle appropriate numbers to the right of the statement to indicate how he felt about that statement. There were no right or wrong answers Subjects were asked not to spend too much time on anyone's statement but to choose the answer that described their feelings. Response scores for every item were added to get the total goal-setting score of an individual

Statistical Analysis

To accomplish the result mean, standard deviation of goal setting was calculated using descriptive statistics. To calculate the difference between the shooters, passers, and defender data is subjected to analysis of variance (ANOVA)by using the spss XXI version.

Result

In the following table, descriptive statistics of different playing groups of netball players have been established.

Table No: 1 Mean and Standard Deviation of Defensive Players, Passers and Scorers

	N	Mean	Std. Deviation
Defense	50	123.16	15.97
Passers	65	123.47	17.28
Scorers	50	125.84	16.29

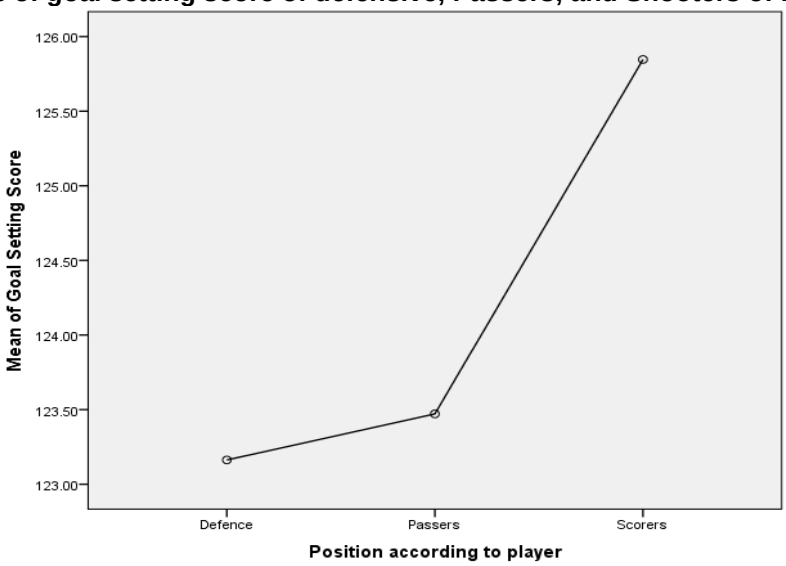
From above the table, we can observe that shooters have higher mean goal-setting scores than passers and defensive players. Defensive players have the lowest goal-setting score among all. To verify whether, among them, the mean goal-setting score is significantly different data was subject to analysis of variance (ANOVA)

Table No: 2 Anova table of Defenders, Passers and Shooters in netball

	Sum Of Squares	Df	Mean Square	F	Sig.
Between Groups	223.721	2	111.861	.404	-668
Within Groups	44874.073	162	277.000		
Total	45097.794	164			

From the above table, you can observe that there are no significant differences between the mean goal-setting scores of defensive players, passers, and shooters in netball games. Although the mean differences among them are there it was not at a significant level.

Figure 1: Mean plots of goal setting score of defensive, Passers, and Shooters of netball game player



Discussion

From the study we found that there will be no significant difference in goal setting means score of Defensive, Passers, and Shooters of Netball game players. Although Shooters have higher mean than the passers and defensive players but mean difference is not at a significant level. Shooters possess high goal-setting scores it's because shooters require a high level of concentration, balance, aim, determination, and courage for goal-scoring. To fulfill all these psychological qualities goal setting is the prime psychological attribute that

helps them to gain success. So it might be reflected in their mean score of goal setting. After them, passers have higher mean goal-setting scores. Passers need more accuracy and judgment than defenders. So goal setting might help them to do that which might be reflected in their mean goal-setting result. So all and all we may conclude that No significant difference has been found between Defenders, Passers, and Shooters in netball games.

Conclusion

1) Shooters have higher mean goal-setting scores than all
2) Passers have lower mean scores than the shooters but higher than the Defenders.
3) Defenders have to have the least mean goal-setting score among all
But the difference is not at a significant level.

Recommendation

1) This study is only limited to netball players. Further, it can be done with other games also
2)The study is only limited to netball players of Karnataka state universities. Further, it can include universities from other states also
3) Present data includes both genders. In the forthcoming study, we can compare the goal-setting of different genders
4) This study can be extended to national, and international level players also and we can include or compare goal setting with different age groups.

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