

MASTER'S THESIS

Goal orientations and perceived purposes of physical education for secondary school students

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Goal Orientations and Perceived Purposes of Physical Education
for Secondary School Students

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ABSTRACT

This study aimed to examine students' goal orientation and their views on the functions of physical education program. The participants in this study were 1792 secondary school students (948 males and 844 females) with ages range from 12 to 19 years. They completed a Chinese and modified version of the 13-item task and ego orientation in sport (Duda & Nicholls, 1992) and the 46-item perceived purposes of sport (Duda, 1989) questionnaires.

Results indicated that more than half of the students were task oriented and only a third of students were ego oriented. The top four important perceived purposes of physical education program were Enhance Self-Esteem, Social Status/Getting Ahead, Mastery/Cooperation and High Status Career. The most important perceived purposes of participating in physical education program was enhance self-esteem, and the least important was active lifestyle. By utilizing analysis of variance (ANOVA), differences among gender, age group, sport involvement situation and being a team member on two subscales of task and ego orientation of physical education program were examined. Moreover, examining the differences among gender, age group, sport involvement situation, being team member and the four goal profile groups on perceived purposes of physical education were also conducted. Findings reflected that there were significant gender differences on Ego Orientation and Mastery/Cooperation and Active Lifestyle factors. Significant age group differences on high status career factor were found. Higher task orientation and higher mean scores on the seven perceived purposes of physical education factors were found in sports participants than non-sports participants. Furthermore, high task and high ego group was found to have higher mean scores on seven factors than high task and low ego group, low task and high ego group, and low task and low ego profile group.

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