

Effects of Gender on Goal Orientation and Satisfaction Among Kenyan Volleyball League Players

**Hannington Mugalla Bulinda¹,
E. K. Wamukoya², W. W. S. Njororai²,
Department of Exercise, Recreation, Sport Science
Kenyatta University**

Abstract

Sport psychology studies have shown that goal orientation may be affected by gender. According to Duda and Nicholls (1992) goal orientation has two categories, task and ego. Male and female players have portrayed varying goal orientation towards sport. Most studies have shown female players to be more task oriented while their male counterparts have portrayed ego-oriented traits. Additionally, goal orientation has been found to affect satisfaction of players towards sports. Task oriented players have been found to affect satisfaction of players towards sports. Task oriented players have been found to be more intrinsically motivated while ego oriented players have been found to be extrinsically motivated. The study involved 134 players from 12 teams in division 1 (48.5%) and division 2 (51.5%) of Kenyan National Volleyball League. The study included both male (46.3%) and female (53.7%) players. Sampling of the teams was done randomly from the two strata of division 1 and division 2 of Kenyan National Volleyball League. Goal orientation was measured using the Task and Ego Orientation in Sport Questionnaire.