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Peculiarities of teenagers' goal orientation based on sports tourism

Defining a problem. The problem of adolescent personality has always been relevant in a variety of sciences, especially psychology. One of the characteristics of our time is a desire of the individual to reach success. Nowadays success correlates with purpose, values, and an important criterion for evaluation. Regarding these the issue of the formation of goal orientation in the young generation, namely teenagers, has been relevant lately. L.S. Vygotsky believed that psychologists would never understand the human personality being viewed only in connection with the past (according to Z. Freud), present (according to the views of the behaviorists), abstracting from the final behavior orientation.

An individual's world is not built without a focus on the stated purpose. The relevance of the research is based on the desire to understand what characterizes the concept of "goal orientation" which helps a person gain self-fulfillment and self-realization. The formation of goal orientation in adolescents while playing sports tourism is of particular interest. After all, sports tourism promotes activation of the formation process due to the use of roles (positions) while camping and competing.

Analysis of recent research and publications. Ukrainian psychology has several scientific schools and directions in the study of personality orientation: theory of setting (D.N. Uznadze) individual's relationship (V.N. Myasishchev, B.F. Lomov), theory of significance (N.F. Dobrynin), needs and motives (S.L. Rubinstein, A.N. Leontiev, L.I. Bozhovich). The question of goal orientation was first described by Y.V. Vasiliev.

The concept of "orientation" was coined by S.L. Rubinstein who pointed out that "in the psychological study of a person it is very important to understand what he/she wants to get from life. Taking into account the dominant motives the following kinds of individual orientation are defined: on him/herself, on other people, and on activity. The issue of orientation is primarily a question of dynamic tendencies that being the motives determine human activity and, thus, the tendencies themselves are defined by its goals and objectives." [8, p. 48]

Leontiev determines the orientation as "a set of stable motives that guide the activity of the individual and relatively independent of the current situation" [5, p. 117].

K.K. Platonov determines the orientation of the individual as a component of personality structure that includes a few related hierarchy forms such as beliefs, longing, interest, desire, and outlook.

L.I. Bozhovich determines the orientation as "steady guidance, direction of thoughts, feelings, desires and actions resulted from the dominance of the main, preferred, leading motives that dominate all other motives." [1, p. 96] She claims: "The presence of constantly dominant motives of a child's behaviour and activity creates the orientation of his/her personality" [1, p. 97].

Ukrainian psychologist V.A. Semychenko focuses on the issue related to the relation of the motive and goal. She believes that "the object itself in its material form does not stimulate the activity (motive-goal), and the potential ability of the subject is a means to meet a specific need, i.e. its value for the subject" [9, p. 58].

K. Levin paid special attention to the individual orientation considering the goal in the context of field theory. He declared: "Almost every set of psychological problems especially in the field of motivation and personality includes, if necessary, an issue of the goal and goal-oriented behavior." [4, p. 86]

According to A. Maslow, content theories of motivation describe the structure and content of needs, their connection with the human motivation to the activity; and try to answer the question of what inside

factors motivate human to the activity. A. Maslow states "motivation explains the orientation of an action, organization and sustainability of an integrated activity aimed at achieving a certain goal" [7, p. 81].

In theoretical terms B.F. Lomov contributed significantly to solving the problem of the goals and motivation. As he states, "the activity comes from these or those motives and is aimed at achieving a certain goal" [6, p. 94].

Y.V. Vasiliev was the first to consider the components of goal orientation. He also developed the problems of component of an individual's goal orientation, highlighted a new function of orientation which is a degree of remoteness of goals from the present situations, and developed a method of "Goal orientation of an individual" that was applied in this research.

The purpose of this article is to identify psychological characteristics of the formation of the teenagers' goal orientation in the process of performing roles (tourist positions) at the classes of sports tourism.

The body. S.L. Rubinstein claimed an important role of need and motivation as the main factors that motivate human orientation. Adolescence is associated with the restructuring of the entire body of a child and changes in one's interests. Renewal of the activity causes intense physical and physiological development. There are significant motivation changes in adolescents: the key motives are related to the formation of interests, and future life plans. The structure of motives is characterized by a certain system of subordinate motivational tendencies on the basis of leading socially important motives that have become valuable for an individual.

In social psychology the concept "role" is defined as "the social function of an individual; appropriate human behaviour in the accepted norms according to their status or position in the society, in the system of interpersonal relations" [3, p. 126]. Individual role performance by a teenager has a certain personality specification which depends on his/her knowledge and skills to be in this role, the importance of the role for a human, a desire more or less to meet the expectations of the surroundings. The range and number of roles are defined by diverse social groups, activities and relationships and a personality being a part of it, and his/her needs and interests. The variety of roles in sports tourism depends on the types of activities and complexity of the position.

The forming experiment involved twenty teenagers who were a part of the experimental group. Tourist activity of the study subjects consisted of several kinds of sports tourism. The first and the most important kind

is to be involved in trips. Each has its own characteristics. According to the arrangement, the route, and the means of transportation trips can be attributed to a particular type of tourism such as hiking, mountain, ski, water, and cycling tourism.

Each type of tourism used in the study is divided into two types of events. The first type characterizes the events which are based on sports trips through a classified route. In competitive terms, this type of events is implemented in the form of trip competition, tourist quiz or championship in the same geographic area and absentee championship. The participants of these events can be groups that passed a route in any place in the world. The second type of events is a tourist all-around which is held in a form of a rally, a cup, a championship, performances or a complex event in multiple types of tourism. All-around tourism competitions may precede the tourist quiz and a trip championship in one area and naturally complement each other. The teenagers as subjects are involved in 7 types of a tourist all-around during a year. All the types are organized and held by Mykolaiv regional center for tourism, local history and excursions for students. The types include personal obstacles, general physical preparation, connections technique, sports orienteering, relay of connections, and cross hiking.

A system of variable positions was applied to assign roles to teenagers. The system of variable positions is a system of self government that operates during the preparation and conduct of trips and competitions. All participants take certain positions, and some positions can be changed while going on trips. The change of positions is made after the group leaves the place of staying for a night. The positions include a navigator who is responsible for the technical description of the route, people on duty, a photographer responsible for local lore task, a repairman, a doctor who is in charge of food while hiking.

A task of a navigator is using a compass and a map to lead a group according to a scheduled route for this day. The task of a person responsible for the technical description of the route lies in marking the main areas of a track, time and speed of passing it, the distance between them, overcoming obstacles, and their degree of complexity in a special notebook. Teenagers who are on duty acquire basic skills of self-service work. The task of those who are on duty is to take care of fire, firewood, breakfast, lunch and dinner. A photographer is a person who is responsible for photographing groups in certain strategic locations throughout the route. These photos will be necessary for reporting about the route and

identifying the category of its complexity. The task of a person responsible for local history task lies in keeping track of landmarks which a group passes by, preparing necessary information for a trip about the historic places of interest in a special diary. A doctor is a person who is responsible for the first-aid kit and has the skills of providing first aid. A person responsible for food has to make a menu for the whole trip, arrange the purchase of food and arrange a delivery of products to the people who are in charge of preparing meal.

There were classes in tourism with an experimental group of teenagers for two years. The teenagers attended the classes three times a week within one academic year and once a week in the summer. The subjects received the skills not only about being ready for different types of trips (hiking, cycling, caving, water), but also were preparing to take part in city and regional competitions. The teenagers also learned how to write reports on completed trips to participate in the All-Ukrainian absentee championship in trips of different categories of difficulties among students.

The use of variable positions by the teenagers in the trips and successful performance were described in the diaries which were filled out after every trip.

Further steps in the study were associated with a quantitative test of the results in a forming experiment. There were held special checking situations at the end of each year. The focus of our experiment is in using a "technique to study individual goal orientation" developed by Y.V. Vasilyev [2, p. 108].

This technique reveals the main goals that teenagers set for themselves. A number of goals were limited to twenty and it took time to decide on a major life goals within ten minutes. Obtained goals reflected unconscious mental activity of the subjects as no other instructions were given except for completing twenty sentences. That is why the teenagers could complete them in any sequence. The only condition that limited the respondents is lack of time. Limited time and spontaneity encouraged getting true goals that at the time of conducting the study were of high importance for students. Also, the technique allowed to see the distance of a goal, which made it possible to characterize the subject according to one's being ready to pursue one's goal and one's ability to put this goal into reality. This factor showed that distant goals are the highest in the humanistic, moral and ethical terms.

The main objective of the study at this stage was to identify the entire range of possible goals that can be set by the subjects at the beginning of

classes in tourism activity. The next step was providing an experimental observation and interviewing people who had influence on teenagers while attending classes in tourism as for the changes at psychological, moral and social levels.

After providing empirical study among teenagers who were part of the experimental group to identify the orientation of set goals, it was possible to see how a subjects' position changed in social environment, what actions and efforts they made to implement the set goals, how their behavior, worldview and self-image changed while achieving the goals; what emotions they had after realizing their success and failures, whether they managed to achieve their goals, and how vital goals changed within two years. The technique applied to the study implied goal orientation in seven areas such as personal, intimate, family, friendly, educational and professional, social, and amateur.

Personal sphere of goal orientation includes goals related to self care, orientation to one's own ego. The second sphere is intimate where goals are focused on relations with the opposite sex. They relate to issues of love, starting own family, wedding and marriage. The third sphere of the goal orientation of the individual is family-oriented. It concerns the goals related to parents, grandparents, brothers and sisters, home. The fourth sphere of orientation is friendly. It contains goals connected with friendly communication, friends and others. The fifth sphere is about education and profession which covers the issues related to gaining knowledge and a future profession. The sixth sphere of individual's orientation is public. It includes all issues concerning society in general. Its content of the goals relates to universal values, political and ideological views. The last sphere is of amateur type. This sphere includes goals that are associated with individual activity that is not imposed from outside and is carried out on its own initiative. This sphere is different from leisure which is of entertaining nature.

Provided methodology incorporates several components. The first column is the original list of goals which is essential because all the further work is based on it. This list displays spontaneous and unconscious activity of an individual because the subjects have not been set any other goals except for being required to be frank and continue a statement within a limited time.

The next column is a column of the significance of goals. Unlike the previous list that reflected unconscious activity of the individual, the list is reconstructed basing on the importance of the objectives for the subject.

The comparison of these two lists shows the correlation of unconscious and conscious processes in the structure of the goal orientation of the individual.

The column "Date" displays the time when each separate goal will be achieved. This indicator helps determine how far the goals are taken in the future from the present situation.

The column "goals implementation" shows assessment by subjects themselves regarding every desire from a position of its implementation at the moment.

The column "Dependence on ego" reflects the evaluation of every desire from the position of how achieving it depends on own efforts. These two columns are almost identical because they reflect the implementation of self-esteem and personal influence opportunities to achieve goals. Implementing the goals we determine how the subjects assess the done part on the way to the goal.

The second indicator is the dependence of achieving the goal on one's own efforts, an important indicator of confidence in one's abilities and opportunities important for the future. The following figures reflect emotional and volitional attitude toward each goal.

The column "emotional attitude" and the column "willpower" show how upset a person will be if the goal is not achieved and how many efforts the students will make, if there are any obstacles in achieving goals.

After receiving the results of the study, the next step was to conduct a statistical tabulation of the results. The main task was to identify the number of goals in each of seven spheres, distance of goals, and correlation of unconscious and conscious lists of each subject. It was also necessary to conduct a psychological analysis of goals. As a result this analysis shows that there have turned out levels of the individual and their type.

"Research technique of the goal orientation of the individual" reflects the results obtained within the period of two years in Table 1 and Table 2.

In the first table you can see that most of the goals are associated with a personal sphere representing 25% of all goals. Amateur sphere takes the second place and represents 20.5%. This indicates that the investigated teenagers are more focused on their own "ego". Most of their goals are related to meeting their own needs, spending their leisure time, and self-development.

Educational and professional, intimate and friendly spheres have close results regarding the number of goals. Such a situation shows that these spheres are less important.

Table 1.

Quantitative results in the spheres of goal orientation in teenagers of the first year classes in sports tourism

Spheres of orientation	Total amount of the goals	% to the general amount of goals	Initial list of goals	Significance of goals	Time of fulfilling goals	Implementing goals	Dependence on ego	Emotional attitude	Willpower
Personal	100	25	7,8	7,2	4,7	3,2	6,3	6,4	5,3
Intimate	44	11	12	11,6	8,6	4,1	4,2	7,8	4,8
Family	35	8,8	5,3	5,1	6,9	6,8	5,7	5,3	5,9
Friendly	48	12	8,4	7,2	5,2	5,4	7,3	8,2	7,2
Educational and professional	55	13,8	7,9	8,5	4,9	4,9	8, 1	6,1	6,4
Social	36	9	11,8	12,7	5,7	5,6	3,9	5,7	5,7
Amateur	82	20,5	6,6	6,1	4,6	4,1	4,5	7,3	8,1
Total	400	100	8,5	8,5	5,8	4,9	5,7	6,7	6,2

The remaining spheres are family and social ones. It is caused by the peculiarities of teenager development. Family relationships take the second place comparing with the communication with peers. It is important for teenagers to be accepted into the group, to feel unity in communication with others. The graph of emotional attitude shows this. According to the survey most respondents experience despair when the goals within friendly sphere cannot be achieved. The average assessment of this criterion is 8.3 points according to the ten-point scale. The column "willpower" is interesting for our study. It gives a chance to see how many efforts teenagers will make to implement their set goals. Classes in tourism will have a considerable impact on the results. Performing roles in trips and competitions will strengthen willpower and orientation of teenagers to the set goal. The first table shows that most teenagers will make more efforts to achieve goals within friendly and amateur spheres. In general the average result of volitional effort after the first year of

Table 2.

Quantitative results in the spheres of goal orientation in teenagers of the second year classes in sports tourism

Spheres of orientation	Total amount of the goals	% to the general amount of goals	Initial list of goals	Significance of goals	Time of fulfilling goals	Implementing goals	Dependence on ego	Emotional attitude	Willpower
Personal	92	23	7,8	8,3	5,2	6,9	7,1	6,2	6,7
Intimate	27	6,7	10,6	11,1	7,6	5,2	3,6	7,4	5,8
Family	41	10,2	7,3	6,8	7,2	6,9	5,2	6,9	7,3
Friendly	54	13,5	6,6	6,2	4,9	7,8	6,4	8,3	8,4
Educational and professional	57	14,3	8,2	7,9	7,7	7,2	8,6	7,1	8,1
Social	46	11,5	9,4	10,1	6,3	6,4	5,3	5,9	6,9
Amateur	85	20,8	6,9	6,2	4,1	5,3	5,9	7,5	8,4
Total	400	100	8,1	8	6,1	6,5	6	7	7,4

training is above average but is not high. That shows a lack of stability and focus on achieving results.

The second table shows some changes in terms of all spheres of teenagers' orientation. The second control of respondents shows the increased number of goals within family, friendly, educational and professional, amateur and social spheres. The number of goals within personal and intimate spheres has decreased. During the second year of training the teenagers put friendly, amateur and family spheres to the first place. This was caused by the communication in a team, testing situation while traveling that demanded maximum of team work and trust. As for the emotional attitude, the most vulnerable spheres turned out to be friendly, intimate, amateur, and educational and professional. This indicates that the teenagers realize the importance of learning and self-realization in a professional life. This figure has been greatly affected by the system of variable positions. It was the very model of the future

adult life. Teenagers acquired knowledge, they were assigned the tasks and they had to cope with them successfully. This model made them think about how important the knowledge is to fulfill their professional potential. The last column showed qualitative and quantitative changes in teenagers. The overall rate of volitional effort has increased by 1.2 points. This indicates an increase in volitional qualities of teenagers, and that they will make more efforts to realize their goals. That is by no means a good result. It is also noteworthy to mention an increase in willpower rate in social sphere because these purposes are more distant and noble. Speaking about orientation on something in most cases it is implied that there is a remote goal, although it is not explicitly indicated. However, to illustrate the goal orientation and willpower the examples connected with long duration of achieving a goal are given. No wonder L.S. Makarenko stated that "a person who defines his/her conduct within a short term perspective is the weakest one" [3, p. 117].

Conclusions. Conducting empirical research and findings helped to highlight the characteristics of goal orientation. Due to these features it takes an important place in volitional activity of an individual. Goal orientation is determined primarily by the setting of a clear objective; in this case it is meant not only the understanding of what should be achieved, but also the ability to predict the ways and means to achieve the goal. Another specific feature is the ability of a person to control all his/her actions, thoughts and actions in achieving a chosen goal. The third feature of goal orientation is the steady focus, persistent desire to achieve the goal. This commitment is seen in the ability to maintain a long-term goal and to behave properly in order to achieve it. Sports tourism helps to activate the forming process in teenagers highlighting the goals in most valuable spheres (friendly, family, social) and strengthening willpower on the way to achieving the goal.

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Abstracts

НІНА ШИЛОВА. Особливості рольових орієнтацій підлітків, що займаються спортивним туризмом. У даній статті розглядається формувальний аспект цільової направленості підлітків у процесі засвоєння ролей та використання системи змінних посад у походах під час занять спортивним туризмом. Представлені результати дослідження та порівняльна характеристика сфер цільової направленості особистості за два роки занять.

Ключові слова: підлітковий вік, цільова спрямованість, спортивний туризм, рольова поведінка, система змінних посад, особистість, сфери цільової спрямованості.

NINA SZYŁOWA. Właściwości orientacji celowej nastolatków zajmujących się turystyką sportową. Niniejszy artykuł poświęcony jest formującemu aspektowi celowego ukierunkowania nastolatków w procesie przyswajania ról i wykorzystania systemu zmiennych stanowisk podczas wypraw turystycznych.. Są w nim przedstawione wyniki badań i porównawcza charakterystyka aspektów celowego ukierunkowania osobowości w ciągu dwóch lat zajęć.

Słowa kluczowe: wiek nastoletni, celowe ukierunkowanie, turystyka sportowa, zachowanie społeczne, system stanowisk zmiennych посад, osobowość, aspekty celowego ukierunkowania.

НИНА ШИЛОВА. Особенности ролевых ориентаций подростков, занимающихся спортивным туризмом. В данной статье рассматривается формировочный аспект целевой направленности подростков в процессе усвоения ролей и использования системы сменных должностей в походах во время занятий спортивным туризмом. Представлены результаты исследования и сравнительная характеристика сфер целевой направленности личности за два года занятий.

Ключевые слова: подростковый возраст, целевая направленность, спортивный туризм, ролевое поведение, система сменных должностей, личность, сферы целевой направленности.

NINA SHILOVA. Peculiarities of teenagers' goal orientation based on sports tourism. In this article is considered the forming aspect of the Task Force direction of adolescents in the process of assimilation of the roles and the use of replacement posts in the camping during classes sports tourism. The results of the study and the Comparative characteristic of the areas of focus of the task force the identity for the two-year occupation.

Key words: adolescence, task force thrust, sports and tourism, role-based behavior, system replacement posts, identity, the scope of the Task Force focus.