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## Comparative study on locus of control of international, national and state level gymnasts of India

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### Abstract

The present study was undertaken to compare Locus of Control among Senior International, National and State Level gymnast of India. Total 30 male Gymnasts (10 each group) were randomly selected as subjects for the purpose of the study. The age of the subject ranged from 19 to 26 years. For the acquisition of psychological data of the participants on locus of control a questionnaire developed by Rotter's was used. To compare and characterize the locus of control among Senior International, National and State level gymnasts one way ANOVA and descriptive statistics was used. LSD post hoc test was also used after find out significant difference. It was concluded that significant difference was existing in the locus of control of the three different level of gymnasts and National players were having greater locus of control as compare to Senior International and State level Gymnasts.

**Keywords:** Locus of control, gymnastics, international, national and state level gymnasts

### 1. Introduction

Research has brought out some interesting facts concerning gymnasts as compared to other athletes. The author has found that the majority of gymnasts have not been involved in the total spectrum of sports, possibly in no more than two or three active team sports. This indicates that gymnasts have very little understanding of other sports or the responsibilities of the team athlete. Therefore the efficient and successful gymnastics coach will have to explain the rudi-goal orientation to his prospective gymnastics members. Gymnastics, like any physical activity, takes a dedicated effort. The coach must challenge his gymnast to understand the process and evolution involved in becoming a good competitor.

Locus of control refers to an individual's generalized expectations concerning where control over subsequent events resides. In other words, who or what is responsible for what happens. It is analogous to, but distinct from attributions. According to Weiner the "Attribution theory assumes that people try to determine why people do what they do, i.e. attribute causes to behavior". There is a three stage process which underlies an attribution. Step one: the person must perceive or possibly observe the behavior. Step two is to try and figure out if the behavior was intentional and step three is to determine if the person was forced to perform that behavior. The latter occur after the fact that is they are explanations for events that have already happened. Expectancy, which concerns future events, is a critical aspect of locus of control. Locus of control is grounded in expectancy-value theory, which describes human behavior as determined by the perceived likelihood of an event or outcome occurring contingent upon the behavior in question and the value placed on that event or outcome. More specifically, expectancy-value theory states that if (a) someone values a particular outcome and (b) that person believes that making a particular action will produce that outcome, then (c) they are more likely to take that particular action.

### 1.1 Objectives of the Study

1. The Objective of the present study was to assess the Locus of Control of Senior International, National and State level Gymnast of India.
2. To find out significant difference among Senior International, National and State level Gymnast in relation to locus of control.

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## 2. Materials and Methods

The present research was designed to explore the locus of control among Senior International, National and State level male Gymnast. A total 30 senior male gymnast (10 each group) were randomly selected as subject for the purpose of the study. The age of the subject were ranged from 20 to 26 years. Senior International level players are there players who had participated in Asian Games/ World Gymnastics Championship and Senior National level players who had participated in Senior National/National Games and Senior State level players those who have participated in only state level tournament. For the purpose of the study Senior International, National and State level Gymnast Players were approached The National Sports Academy, Allahabad, Sports Hostel, Agra and B. B. S. Sports Collage, Gorakhpur. Locus of Control was measured through the tool constructed and developed by Rotter's.

## 2.1 Analysis and Interpretation of Data

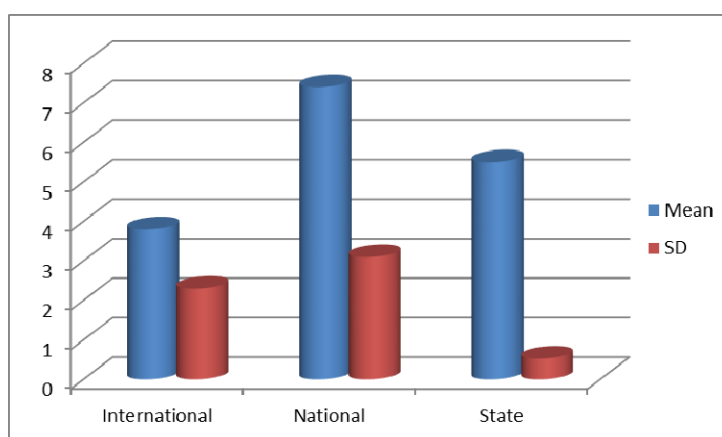
Analysis of variance and LSD test were used to assess the significant difference in the means of three groups.

**Table 1:** Mean and Standard Deviation of Locus of Control of Senior International, National and State level Gymnasts

Groups	Mean	Std. Deviation
International	3.8000	2.29976
National	7.4000	3.09839
State	5.5000	0.52705

Mean and Standard Deviation of locus of control of Senior International gymnasts were (3.80±2.29), senior national level gymnasts were (7.40±3.09), and senior state level gymnasts were (5.50±0.52).

It is clearly indicated from the above table that Senior National level gymnasts were having better locus of control in comparison to International and State level gymnasts.



**Fig 1:** Graphical Representation of Mean and Standard Deviation of Locus of Control in Senior International, National and State level Gymnasts

**Table 2:** Analysis of variance of Locus of Control of International, National and State level Gymnasts

Source of Variance	Sum of Squares	df	Mean Square	F
Between Group	64.867	2	32.433	6.415*
Within Group	136.500	27	5.056	

\*Significant at 0.05 level.  $f_{.05}(2,27) df = 2.052$

Table -2 revealed that there was significant difference in senior International, National and state level gymnasts in relation to Locus of control, as obtained F-ratio was 6.415 which was higher value than the value (2.052) required for F ratio to be significant at,05 level.

Since the one way analysis of variance was found significant in relation to Locus of control, thus the least significant difference (LSD) test was applied to find out the difference between mean scores of each group i.e. Senior International, National and State level gymnasts to the others and results are presented in the table-3.

**Table 3:** Least Significant Difference (LSD) Post Hoc Test for the Mean Score of International, National and State level gymnasts in Relation to Locus of Control

Mean Values of Gymnast Players			Mean Difference
International	National	State	
3.8000	7.4000		3.60000*
3.8000		5.5000	1.70000
	7.4000	5.5000	1.90000

It is evident from table-3 that there is significant difference between the mean score of Senior International and National level gymnasts in relation to Locus of Control because p value is less than,05.

There is insignificant difference between the mean score of Senior International and state level and National and State level gymnasts in relation to Locus of Control because p value is greater than,05.

## 3. Discussion and Finding

On the basis of result it was concluded that Senior National level gymnasts were having better Locus of control in comparison to State level gymnasts and International level gymnasts. There is significant difference were found in Senior International and National level gymnasts in relation to Locus of Control. This might be due to the Locus of Control is a psychological characteristics that is totally dependent on the athletes response to success and failure. The results clearly show in the present study that the international and national level gymnasts were found to be better as compared to the state level gymnasts. The literature supported that the Dr. Bhopinder Singh *et al* (2012) conducted a study on A Comparative Study of Achievement Motivation and Locus of Control of University Level Team and Individual Sports. Significant between group differences were found among the athletes of individual and team sports on the variable achievement motivation and locus of control. Study conducted by (Tammy A. Schilling 2001) revealed that athletes defined

positive and negative experiences through task ego - and socially oriented personal incentives as well as sense of self and perceived options components. Socially oriented personal incentives and sense of self components were more prevalent for the basketball athletic than for the cross country athletic. Burke *et al* reported that the elite female long distance runners and elite swimmers have an internal locus of control orientation (Burke, Straub & Bonney. 1975. Burke & Straub 1977), and the elite West German swimmers best performances positively correlated with internal locus of control (Gabler. 1976).

#### 4. Conclusion

1. Significant difference was found among Senior International, National and State Level gymnast players in relation to Locus of Control.
2. National players were having greater Locus of Control in comparison the International and State players.

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