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Role of locus of control among different sports categories

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Abstract

Aim of this study was to comparatively investigate the players of combat and non combat sports who participated at state, national and All India University level on the variable locus of control. A group of hundred (N=100) male players of combat and non combat sports, aged between 18 to 25 years were purposively selected for this study. They were further divided into two groups: A (combat sport) and B (non combat sports). The level of significance was set at 0.05. Results showed no significant difference in locus of control among the players of combat and non combat-sports.

Keywords: Locus of control, combat sports and non combat sports

1. Introduction

The interest in psychological factors contributing to sport performance is antiquital but it was only about five decades ago that sport psychology became a recognized field of its own. The field of sport psychology in general began to acquire status in the 1960s with the formation of the International Society of Sport Psychology in 1965 (Martin and Thompson, 2011) ^[1]. Many psychologists and educationists have been trying to bridge the gap between success and failure caused by head and heart (Balamurugan and Gowdhaman 2009) ^[2]. To bridge that gap sports psychologists researched various personality constructs of the sports person. Among such most buzzing constructs is the locus of control which reflects whether an individual perceives the cause of behavior to be within his/her personal control. It means the extent to which individuals believe that they can control events and causes of their actions. It may be defined as the perceptions one holds regarding personal responsibility for success or failure (Wood & Olivier, 2004). Julian Rotter is credited for introducing the concept of Locus of Control. Being a personality construct it refers to an individual's perception of the locus of event as determined internally by his/her own behavior versus fate, luck or external circumstances (Onu, *et al.*, 2013) ^[4]. When the locus of control is internal, it is said to be autonomous, while external causality can be controlled (by others) or it can be impersonal (under the influence of a coincidence or luck) (Marijana, 2010) ^[3]. Locus of control focuses on the ability to cope with uncertainty. While the individual who have less tolerance resist to the change, the ones with high tolerance can adapt to the change more easily (Mali, 2013).

Individuals who are external in the light of locus of control, have a lack of control on their life and they believed that what happened for them is a result of external factors such as chance, fate, other people and like them. In other words they don't have any active role in their life. Individuals, who have internal control, know themselves as a ruler on their fate and undertake responsible of their success and defeat. Internals are more dominants on the behavior flow and have active manner while externals are more passive and non-active. The internal locus of control is accompany with recognition, justice and realistic. While external locus of control has sentimental, lack of recognition, no justice against events or causes of behavior. Therefore, the believers to the internal control at reaching purposes more attempts are spend and in addition to the more self-respected, they thought the control of their life affaires from their inside (Samaei *et al.*, 2012) ^[5]. It has been noted that internal control beliefs are an ability to handle stress in general life and at work. Persons who are internally oriented make more attempts to acquire information, are less rootless, and display greater work motivation. They tend to expect that hard working leads to good performance, and feel more control over their Time.

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1.1 Objectives of the Study

1. To find out locus of control of combat and non-combat sports.
2. To find out the significant difference of locus of control between combat and non-combat players.

1.2 Hypothesis

There will be a significant difference in perception of locus of control among combat and non-combat players.

2. Methodology

In this chapter the procedure to be adopted for the selection of subject, selection of variables, collection of data and statistical technique to be used has been described.

2.1 Subjects

Subjects for this study were N=100 (50 combat and 50 non-combat spots) male players and between age group of 18 to 25 years selected from lovely professional university, Phagwara (Punjab).

2.2 Selection of Tools

Locus of control scale prepared by Sanjay Vohra (1992) for assessing locus of control of sports person. The split-half reliability coefficient and test-retest reliability for this scale was found to be 0.72 and 0.76 respectively. It has the validity of 0.54.

2.3 Statistical Technique

To compare locus of control between combat and non-combat sports person independent ‘t-test’ was used.

2.4 Statistical Analysis

Table 1: Independent t-test

	Combat sports	Non-combat sports	Sig (P-Value)
Mean	62.14	65.27	0.061
SD	7.06	10.42	

It is evident from the above table-1 that insignificant difference was found between the mean scores of combat and non-combat sports person in relation to the locus of control as the p-value 0.061 was found to be greater at 0.05 level of significance. Thus null hypothesis of no difference among the means of the two groups was failed to be get rejected.

3. Discussion and Conclusion

The result of the study revealed insignificant difference as the p-value was found to be greater at 0.05 level of significance. The mean scores of combat players were higher than the non-combat players. It clearly seems that combat players were having more locus of control as compared to the non-combat players.

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