

## EXTERNAL AND INTERNAL LOCUS OF CONTROL AMONG NATIONAL LEVEL SPORTS PERSONS: A COMPARATIVE STUDY



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### ABSTRACT

The main objective of this study was to examine the performance of sports persons and their grooming in the society with National level sports. Some positive inferences were drawn to indicate that the sports activities are very helpful in developing in their life and sports field. The study was conducted on one hundred twenty (120) national level male players (i.e. thirty (30) players from each game) from wrestling, boxing, Football and Handball who represented Tripura state in various National competitions. The range of age of males is 18 to 24. The data collected through questionnaire from the subjects, to measure the locus of control and Team and individual sports.

**Keywords:** National games; External & Internal Locus of control.

### INTRODUCTION

Modern man lives in a mental world in which the important skills of success of based on his psychological activities. Increasing pressure on human mind in the pursuit of materialistic philosophy are making inroads into the happiness of life. Moreover the twentieth century is a revolt against the traditional practices prevalent in the past. To keep pace with the fast and vast changes that are taking place in the various disciplines, there is a tremendous demand and responsibility cast on the training system to meet the challenges of preparing men and women to achieve tasks with success and excellence. Sports are no exception to this and so emphasis is placed on psychological aspects of a player to attain success (Mohan et. al. 1986).

### METHODOLOGY

To facilitate the study two teams are made, taking 60 players in a team and 60 players in individual sports are selected from Tripura State. The subjects are selected randomly from the teams of players who took part in the National level games. Their age ranges were between 18 to 24 years. The requirements for the collection of data

‘Curiosity is the best Quality of a Good Researcher’

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through tested questionnaires from the subjects. All the subjects are participated voluntarily and responded to the questionnaire without bias.

### RESULTS AND FINDINGS

This study deals with the analysis of data collected from the samples under study. The investigator had selected Locus of Control as dependent variables for this study and independent variables are four (4) games. The Independent randomized research design is used for this study. The responses obtained through standardized questionnaire from the two groups for locus of control. The collected data are present in tabulated form as statistical norms.

### VARIANCE OF LOCUS OF CONTROL

The Locus of control of 4 sports i.e. wrestling; boxing, football and handball players are measured through Rotter's Internal External Scale. The responses are converted into scores and analyzed using the analysis of variance i.e in abbreviated ANOVA. The data so collected are presented and tabulated in **Table-I**

**Table No: I**  
**Table showing the External Locus of Control Mean with SE ( $\pm$ )/ SD**

Variable	N	Mean	SD	SE	Mean - SE	Mean + SE
Wrestling	30	4.9	1.66	0.308	4.592	5.208
boxing	30	5.167	1.392	0.259	4.908	5.425
Football	30	5.467	1.628	0.302	5.164	5.769
Handball	30	4.833	1.916	0.356	4.477	5.189

In Table-I the mean value of External Locus of Control in Plus (+) and Minus (-) is calculated from the collected data. From the Table-4.1 it is found that the mean values on External locus of control of the wrestling players are 4.9, boxing players are 5.167, Football players are 5.467 and Handball players are 4.833. The wrestling players SD are 1.66, boxing players SD are 1.39, Football SD are 1.62 and handball players SD are 1.91. The wrestling players SE are 0.308, boxing players SE are 0.259, Football SE is 0.302 and handball players SE are 0.356. The External Locus of control wrestlers MEAN – SE are 4.592, boxing players MEAN- SE are 4.908, Football players MEAN –SE are 5.164 and Handball players MEAN –SE are 4.477. The External Locus of control wrestling MEAN + SE are 5.208, boxing players MEAN + SE are 5.425, Football players MEAN + SE are 5.769 and Handball players MEAN + SE are 5.189.

**Table N: II**  
**Table showing the External Locus of control one-way ANOV**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7.492	3	2.497	.876	.456
Within Groups	330.500	116	2.849		
Total	337.992	119			

From the Table-II it is found that the One-way ANOVA on External locus of control Further it found that the mean Square value of between four games is 2.497 and the analysis of variance between Sum of Squares is 7.492, Degree of Freedom (df) is 3 and the analysis of variance within Sum of Squares is 330.500, Degree of Freedom (df) is 116 and the mean Square is 2.849 and for both Source of Variance of between and within i.e. F value is .876 which is more than level of Significance i.e. .456 as per analysis of variance i.e. ANOVA.

**Table No: III**  
**Table showing the Internal Locus of Control Mean with SE (±)/SD**

Variable	n	Mean	SD	SE	Mean - SE	Mean + SE
Wrestling	30	4.967	1.602	0.297	4.669	5.264
Boxing	30	5.467	1.335	0.248	5.219	5.715
Football	30	5.6	1.474	0.274	5.326	5.874
Handball	30	5.133	1.821	0.338	4.795	5.471

In Table-III, The mean value of Internal Locus of Control in Plus (+) and Minus (-) is calculated from the collected data. From the Table-4.3 it is found that the mean values on internal locus of control of the wrestling players are 4.967, boxing players are 5.467, Football players are 5.6 and Handball players are 5.133. The wrestling players SD are 1.60, boxing players SD are 1.33, Football SD are 1.47 and handball players SD are 1.82. The wrestling players SE are 0.297, boxing players SE are 0.248, Football SE are 0.274 and handball players SE are 0.338. The Internal Locus of control wrestling MEAN – SE are 4.669, boxing players MEAN- SE are 5.219, Football players MEAN –SE are 5.326 and Handball players MEAN –SE are 4.795. The Internal Locus of control judo MEAN + SE are 5.264, gymnastic players MEAN + SE are 5.715, Football players MEAN + SE are 5.874 and Handball players MEAN + SE are 5.471. The whole result of

the Internal Locus of Control for Mean value of Plus (+) and Minus (-) is depicted in figure and shown in Figure – 4.3.

**Table No: IV**  
**Table showing the Internal Locus of control one-way ANOVA**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	7.692	3	2.564	1.008	.392
Within Groups	295.100	116	2.544		
Total	302.792	119			

From the Table-IV, it is found that the One-way ANOVA on Internal locus of control Further it found that the mean Square value of between four games is 2.564 and the analysis of variance between Sum of Squares is 7.692, Degree of Freedom (df) is 3 and the analysis of variance within Sum of Squares is 295.100, Degree of Freedom (df) is 116 and the mean Square is 2.544 and for both Source of Variance of between and within i.e. F value is 1.008 which is more than level of Significance i.e. .392 as per analysis of variance i.e. ANOVA.

#### CONCLUSION

Within the limitations and delimitations of the study, the following conclusions may be drawn:

- It is concluded that there is no significant difference on locus of control among judo, between gymnastic, football and handball players.
- It is concluded that there is no significant differences on locus of control football between judo, gymnastic and handball players.
- It is concluded that there is no significant differences on locus of control handball between judo, football and gymnastic players.
- It is concluded that there is significant difference on interpersonal relationship judo between gymnastic, football and handball players.

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