



Review Of Research



COMPARISON OF SELF - CONCEPT AND LOCUS OF CONTROL BETWEEN INDIVIDUAL GAME PLAYERS AND TEAM GAME PLAYERS OF DIFFERENT COLLEGES OF LUCKNOW

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ABSTRACT :

Psychology is a science in which, we study about human behavior and self - concept is generally thought of as our individual perceptions of our behavior, abilities and unique characteristics. Locus of control is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. Locus of control focuses on the ability to cope with uncertainty. Players, whether from individual games or team games, are always under pressure, stress, anxiety and fear while participating in competitions. In competitions, players (whether team games or individual games) require concentration, mental toughness and other psychological factors for winning in competitions. Psychological factors play an important role in winning the competitions. Considering the role of Self - Concept and Locus of Control the present study was

undertaken.

Purpose of the study : The main purpose of the study was to compare the difference in Self - Concept and Locus of Control between individual game players and team game players of different colleges of Lucknow.

Research Methodology : The present study was conducted on 30 individual game players and 30 team game players of

different colleges of Lucknow were randomly selected to assess the selected psychological variables: Self - Concept and Locus of Control. For the collection of data standard questionnaires, **Swatah Bodh Parikshan** made by G.P. Sherry, R.P. Verma and P.K. Goswami for Self - Concept and **Rottor's Locus of Control** scale made by N. Hasnain and D.D Joshi for Locus of Control were used. The collected data were analyzed by using 't' test statistical technique at 0.01 level of significance.

Conclusions : The study clearly indicated that there is a significant difference in Locus of Control and Self - Concept between individual game players



and team game players. In case of Locus of Control, team game players are highly internally oriented in comparison to individual game players. It means that team game players' believes that they themselves control their life by their own abilities. In case of Self - Concept, team game players have very good self concept as compared to individual game players.

KEYWORDS: *Self-concept, Locus of control, team players and individual players*

INTRODUCTION

Psychology is a science in which, we study about human behavior and Sports Psychology is primarily concerned with the analysis of behavior of sports persons. Sports psychology involves the study of how psychological factors affect performance and how participation in sports and exercises affect psychological and physical factors. Concentration, confidence, control, and commitment are generally considered the main psychological qualities that are important for successful performance in sports. Nowadays sports not only require physical skills, but a strong mental game as well. Self - Concept and Locus of Control are complex components of mind. Self - Concept is the most important single attribute and the key to understanding the behavior of an individual. The self - concept is how we think about and evaluate ourselves. To be aware of oneself is to have a concept of oneself. The term self - concept is a general term used to refer to how someone thinks about or perceives themselves. Self - Concept is a multi - dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics.

A locus of control orientation is a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation). In the present scenario, sports have become highly competitive. All individuals are varying from each other. No two individuals are exactly alike. Personality traits are very important in sports.

Self - concept is generally thought of as our individual perceptions of our behavior, abilities and unique characteristics. According to the book *Essential Social Psychology* by Richard Crisp and Rhiannon Turner: "The individual self consists of attributes and personality traits that differentiate us from other individual". Locus of control is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. Locus of control focuses on the ability to cope with uncertainty.

Players, whether from individual games or team games, are always under pressure, stress, anxiety and fear while participating in competitions. In competitions, players (whether team games or individual games) require concentration, mental toughness and other psychological factors for winning in competitions. Psychological factors play an important role in winning the competitions.

RESEARCH METHODOLOGY

The present study was conducted on 30 individual game players and 30 team game players of different colleges of Lucknow were randomly selected to assess the selected psychological variables: Self - Concept and Locus of Control. For the collection of data standard questionnaires, *Swatah Bodh Parikshan* made by G.P. Sherry, R.P. Verma and P.K. Goswami for Self - Concept and *Rottor's Locus of Control* scale made by N. Hasnain and D.D Joshi for Locus of Control were used. The collected data were analyzed by using 't' test statistical technique at 0.01 level of significance.

RESULTS AND DISCUSSIONS

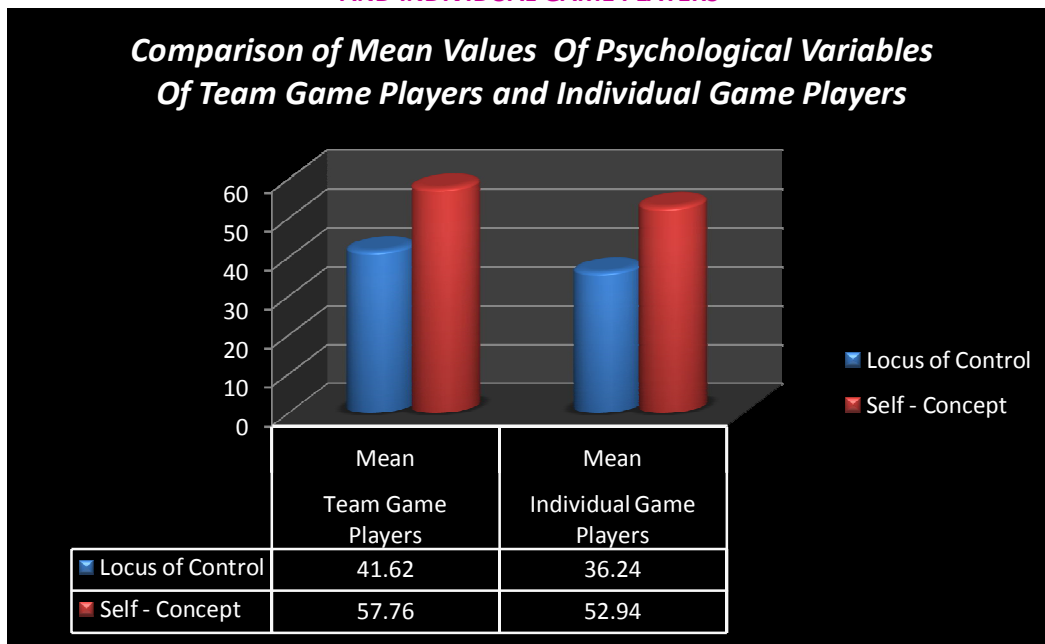
Table 1
Mean, Standard Deviation and 't' Value of Team Game players And Individual Game Players

Variables	Team Game Players		Individual Game Players		't' Value
	Mean	Standard deviation	Mean	Standard deviation	
Locus of Control	41.62	5.41	36.24	4.82	2.146*
Self – Concept	57.76	6.51	52.94	5.16	2.387*

*Significance at 0.01 level

It is evident from the table 1 that there is a significant difference between two groups. In Locus of Control, team game players mean value is 41.62 with standard deviation is 5.41 and individual game players mean value is 36.24 with standard deviation is 4.82 and the 't' value is 2.146. In Self - Concept, the team game players mean value is 57.76 with standard deviation is 6.51 and individual game players mean value is 52.94 with standard deviation is 5.16 and 't' value is 2.387. The mean differences are found in both the groups and calculated 't' values are greater than the tabulated value i.e. 2.05. This shows that individual game players are better than the individual game players in Locus of Control and Self - Concept.

GRAPHICAL REPRESENTATION OF MEAN VALUES OF PSYCHOLOGICAL VARIABLES OF TEAM GAME PLAYERS AND INDIVIDUAL GAME PLAYERS



CONCLUSIONS

We can conclude from the above analysis that there is a significant difference in Locus of Control and Self - Concept between individual game players and team game players. In case of Locus of Control, team game players are highly internally oriented in comparison to individual game players. It means that team game players' believes that they themselves control their life by their own abilities. In case of Self - Concept, team game players have very good self concept as compared to individual game players.

RECOMMENDATIONS

1. Similar study may be undertaken to compare the selected psychological variables between female and male athletes.

2. Similar study may be undertaken to compare the selected psychological variables among different games.
3. It is recommended that the study based on other psychological variables like anxiety, mental toughness, achievement motivation and personality traits.
4. Similar study may be undertaken to compare the selected psychological variables between athletes and non athletes.

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