

Research Papers



**“A Comparative Study of Loneliness and Locus of Control among Athlete and Non-Athlete”**

**DR. QUADRI SYED JAVEED**

Associate Professor in Psychology  
M.S.S. Art's Commerce & Science College  
Jalna – 431203 (M.S.) India.

**Abstract**

*The aim of the study was to examine the loneliness and locus of control of athlete and non-athlete 200 sportsmen have taken the study (100 athletes and 100 non-athletes). Hypothesis of the study are 1. There will be significant difference in between athletes and non-athletes Dimension of loneliness. 2. There will be significant difference in between athletes and non-athletes Dimension of locus of control. First test Dr Pravin kumar ojha loneliness scales were used the study.*

And second test locus of control test by Dr. Anand Kumar and Dr. S. N. Srivastav. It was conclusion that 1. Non- athlete have significantly high loneliness than the athlete. 2. Athlete have significantly high locus of control (External locus of control) than the non- athlete (Internal locus of control).

**INTRODUCTION:**

Many people experience loneliness for the first time when they are left alone as [infants](#). It is also a very common, though normally temporary, consequence of a [breakup](#), [divorce](#), or loss of any important [long-term relationship](#). In these cases, it may stem both from the loss of a specific person and from the withdrawal from [social circles](#) caused by the event or the associated sadness. Sense of loneliness is a psychological, distressful and personal position that encounter people with vacuum and dejection affect on relations between persons and other part of their lives in different forms.

Sport programmers for survivors of GBV in conflict/post-conflict areas can provide critical opportunities for social support that can reduce loneliness and help relieve stresses and anxiety in their lives. Many of the girls and women interviewed for this guide reported feeling ostracized and stigmatized by their experiences of GBV. This in turn made them feel excluded and lonely.

Locus of control is a concept initially used to distinguish between two types of situations – those in which outcomes are determined by skill in contrast to settings where chance is the main determinant of success and failure. For example, in games such as chess, sporting events such as tennis, and exams in fields such as mathematics, It is reasoned that positive and negative outcomes are determined primarily by ability and level of skill.

SHAMSAEI N. YOUSEFI BAHRAM (2007) THE STUDY OF RELATIONSHIP OF FEELING OF LONELINESS AND LOCUS OF CONTROL AMONG ATHLETE AND NON -

Please cite this Article as : DR. QUADRI SYED JAVEED , “A Comparative Study of Loneliness and Locus of Control among Athlete and Non-Athlete”: -A STUDY WITH REFERENCE TO LATUR DISTRICT’ : Review of Research (May ; 2012)

ATHLETE STUDENTS UNIVERSITY. 4 : HAKAKAT FALL 2007; -(33):47-65. This study was done with the aim of the assessment of the relationship and comparison of feeling of loneliness and locus of control among athlete and non - athlete male students of Kermanshah Razi University. 60 athlete male students participating in university team exercises and 60 non - athlete male students with age - wise extent were considered as the subjects. Feeling of loneliness and locus of control were measured by UCLA and Levenson questionnaires. After gathering the data, person correlation coefficient was used for inspecting the relationship of variables in two groups and for comparing variables, the independent - sample t Test was applied. The assessment of relationship among the variables showed no meaningful relationship between the feeling of loneliness and locus of control (internal and external with tendency to powerful others) in two groups Also there was no meaningful relationship between feeling of loneliness and external locus of control (tendency to change) in the athlete males. There was a meaningful relationship between feeling of loneliness and external locus of control (tendency to change) in non - athlete males. Comparing the variables among the subjects showed that there is a meaningful difference between feeling of loneliness and internal locus of control in two groups and there was no meaningful difference between two groups In external locus of control with regard to the meaningful relationship between feeling of loneliness and external locus of control (tendency to change) in non - athlete males, we can claim that non - athletes individuals with external locus of control, with this belief that they have less control on the events of life, experience the feeling of loneliness more than others. The meaningful difference in feeling of loneliness between athlete and non - athlete males confirm the useful psycho – social effects of physical activities and the meaningful difference between internal locus of control in two groups shows that the athletes have more control on their own lives and consider themselves responsible for their success and failures.

#### **AIM OF THE STUDY:**

1. To examine the loneliness and locus of control among athletes and non-athletes.

Hypothesis:

- 1) There will be significant difference in between athletes and non-athletes Dimension of loneliness.
- 2) There will be significant difference in between athletes and non-athletes Dimension of locus of control.

#### **SAMPLE:**

For the present study 200 athletes and non-athletes were selected from Aurangabad. The effective sample consisted of 200 respondents, 100 athletes were male and 100 non-athletes.

#### **TOOLS**

##### **PERCEIVED LONELINESS SCALE:**

Perceived loneliness scale constructed by Dr Pravin Kumar jha. 36 items are in the scale and each of the items has five responses – 1. Almost always true, 2. Some time true, 3. Neutral 4. Rarely true and 5. Almost never true. The obtained test-retest reliability coefficients .84, and validity of L-scale was examined by three ways. Content, predictive and concurrent validity.

##### **ROTTER'S LOCUS OF CONTROL SCALE:**

Locus of Control Scale constructed by Dr. Anand Kumar and Dr. S. N. Srivastav. 29 items are in the questionnaire and each of the items has two responses (a and b). The reliability of the inventory was determined by split-half method and test-retest methods used. Split-half indexed reliability coefficients are .88 and test retest reliability is .85. And Construct validity of the inventory is determined by finding coefficient of correlation between scores on Maslow crowne desirability scale.

#### **PROCEDURES OF DATA COLLECTION**

The subjects were called in a small group of 20 to 25 subjects and their seating arrangement was made in a classroom. Prior to administration of test, through informal talk appropriate rapport form. Instructions and procedure suggested. The tests were administered and a field copy of tests was collected back.

Please cite this Article as : DR. QUADRI SYED JAVEED , "A Comparative Study of Loneliness and Locus of Control among Athlete and Non-Athlete": -A STUDY WITH REFERENCE TO LATUR DISTRICT' : Review of Research (May ; 2012)

**Variable:**

Independent variable: Group a) Athlete b) non-athlete

Dependent Variable: 1. Loneliness

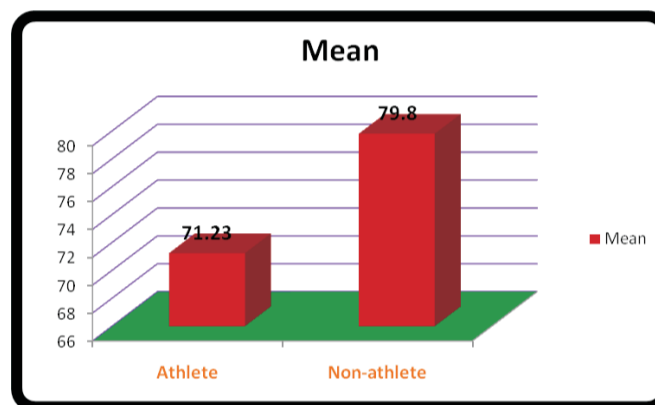
2. Locus of Control

**STATISTICAL ANALYSIS AND DISCUSSION**

**Table No. 01**

't' showing the significance of difference between the athlete and non-athlete of two groups in respect to loneliness.

Group	Mean	SD	S.E	N	df	't'
Athlete	71.23	6.86	0.69	100	198	8.02**
Non-athlete	79.80	8.19	0.82	100		

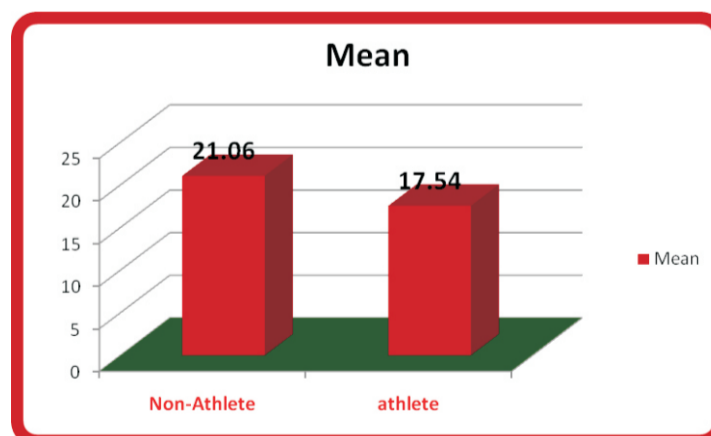


The results related to the hypothesis have been recorded. Mean of loneliness score of the athlete Mean is 71.23 and that of the non-athlete Mean is 79.80 The difference between the two mean is highly significant ('t'= 8.02, df=198, P < 0.01) It is clear that athlete and non- athlete Differ Significantly From each other from the mean scores and graph it was found that the non- athlete have Significantly high loneliness than the athlete.

**Table No. 02**

't' showing the significance of difference between the athlete and non-athletes of two groups in respect to locus of control.

Group	Mean	SD	S.E	N	df	't'
Non-Athlete	21.06	4.29	0.43	100	198	6.69 **
athlete	17.54	3.05	0.31	100		



Please cite this Article as : DR. QUADRI SYED JAVEED , "A Comparative Study of Loneliness and Locus of Control among Athlete and Non-Athlete": -A STUDY WITH REFERENCE TO LATUR DISTRICT' : Review of Research (May ; 2012)

The results related to the hypothesis have been recorded. Mean of locus of control score of the non-athlete Mean is 21.06 and that of the athlete Mean is 17.54 The difference between the two mean is highly significant ( $t=6.69$ ,  $df=198$ ,  $P < 0.01$ ) It is clear that athlete and non-athlete Differ Significantly From each other from the mean scores and graph it was found that the Non-athlete have significantly high locus of control (External locus of control) than the athlete (Internal locus of control).

#### **CONCLUSION:**

- 1) Non-athlete has significantly high loneliness than the athlete.
- 2) Non-Athlete have significantly high locus of control (External locus of control) than the athlete (Internal locus of control).

#### **REFERENCES:**

- Atkinson, et al. (1993).** Introduction to Psychology, 11th ed. Fort Wrth, Texas: Harcourt Brace Jovanovich.
- Cutrona, C. (1982).** Transition to college: Loneliness and the process of social adjustment. In Peplau, L. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. (pp.291-309). NY: John Wiley and Sons.
- Gerson, A. & Perlman, D. (1979).** Loneliness and expressive communication. Journal of Abnormal Psychology, 88(3), 258-261.
- Jones, W. (1982).** Loneliness and social behaviour. In Peplau, A. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. (pp.238-254). NY: John Wiley and Sons.
- Paloutzian, R. & Ellison, C. (1982).** Loneliness, spiritual well-being and the quality of life. In Peplau, L. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. (pp.224-237). NY: John Wiley and Sons.
- Peplau, L., Miceli, M. & Morasch, B. (1982).** Loneliness and self-evaluation. In Peplau, L. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. (pp.135-151). NY: John Wiley and Sons.
- Peplau, L. & Perlman, D. (1982).** Perspectives on loneliness. In Peplau, L. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory, Research and Therapy. (pp.1-20). NY: John Wiley and Sons.
- Solano, C., Batten, P. & Parish, E. (1982).** Loneliness and patterns of self-disclosure. Journal of Personality and Social Psychology, 43(3), 524-531.
- Weiss, R. (1982).** Issues in the study of loneliness. In Peplau, L. & Perlman, D. (eds.). Loneliness: A Sourcebook of Current Theory Research and Therapy. (pp.71-80). NY: John Wiley and Sons.