



IMPACT OF LOCUS OF CONTROL ON THE SPORTS PERFORMANCE

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ABSTRACT:

The locus of control is the persons trust on the self abilities or external forces like god, luck, fate, etc. it is showing the type of the personality which believes self or external forces. Before we see the meaning of Locus of control, first we see the meaning of Control. The self control over the situation or pre decided about the result and having complete control over the situation. The word Latin "Locus" means "Place" or "Location". Hence, Locus is defined as a point, place, situations, the present research investigation had done to know the impact of locus of control on the sports performance among the sports players of Kalaburagi district. The major objective of the research study to measure the locus of control among sports players, to compare the locus of control sports players than divide them into internal and external locus groups among sports players, to conduct the speed, agility and strength tests to find out the sports performance among the sports players. The research hypothesis stated that there would be significance difference in locus of control among the sports players, there would be significance difference in speed, agility and strength tests among internal and external locus sports players of Kalaburagi district. Total one hundred sports players taken as sample of the study than divided them internal and external locus groups through the standard scale of locus of control developed by Roma pal, the basic statistical techniques like, mean, SD, t tests used to measure ad analysis the data of the research study.

KEYWORDS: Locus of control, sports performance.

INTRODUCTION

The LOC factor has its own value in the life of the individual of the society, the people are more depending on their own self abilities having the internal LOC with them and also ready to face the situations in their own ways not waiting for others help or external help like, god, fate, luck, they believe on the self ability more than the external forces.

DEFINITION OF LOCUS OF CONTROL:

The definitions of Locus of control are given as "the psychological factor of an individual which decides the ability of the individuals in facing the challenges with his own way or waiting for external help"

Rotter, 1966 "Locus of control is more explicitly an individual perception of the location of responsibility for events (Negative or positive) which happen to that person"

Lefcote, 1982 "the control on the situation or places, tasks which are going through the will and wish of the individual, so it is internal control over the condition, if the individual notable control the situation and depending on other forces that is call external

Characteristics of Locus of Control: The major characteristics of the Locus of Control are two, which is Internal Locus of Control and the External Locus of Control. Another one character is Stability, which affect both internal and external locus of control. Let we discus one by one.

The Characteristics of internal locus of control: In the present society many people are unaware of the psychological problems in the child or students; the locus of control is the one of the important factor in the stable development of the personality of the individual. the internal locus of controls characteristics .are

1 the people are more active towards the task or goals in their life and always search the new ways to resolve the problems.

2 these people are not giving more time on the others opinions about the works, they listen the people but doing the works in their own ways.

3 the people of internal locus of control believes on their own abilities,, skills than any external influences.

The Characteristics of External Locus of Control: Those people with External LOC always irresponsible towards their works and feeling hard to get the decisions in the right time. they are in confusion about things which happens between their plans, the unexpected situation are makes them dump, in the hard condition they are sit with the hope of luck or any invisible powers to resolve the problems.

1 the people with external LOC they are less self confidence and low grade in personal skills related to their work.

2 they believe the fate or luck than the abilities they have in them and they are always depending on others to complete the work.

Asthena and Usha, (1990) the research study found the influence of the internal and external locus of control among the sports players performance in concern to the personality among the sample groups of the study. The locus of the control measured by the standardize scale to measure the internal and external factors of the locus among the sample of the study. the study result found that the internal locus sports players were more bold in the decision making, assertive, warm active towards the society, the sports players were related to external locus they were not ready to face the situations in the bold manner,

Method of the study

Significance

The present study intended to know the sports performance of internal and external locus of control among the sports players of the study. The investigator used the standardized tests to analysis the data of the study. The investigator tried to find out the significance difference in the motor fitness tests like, speed, agility and strength among the sports players.

Objectives

- To measure the locus of control among sports players of the study.
- To measure the sports performance between internal and external locus groups of the study.
- To compare the speed, agility and strength between internal and external locus sports players of the study.

The research hypothesis

- there would be significance difference in locus of control among the sports players,
- there would be significance difference in speed, agility and strength tests among internal and external locus sports players of Kalaburagi district

Tools

Locus of Control scale

The scale locus of control developed by the Roma pal (1983) this scale is using to find out the locus of control among the sample group. the scale based on the people nature in facing the situations in their life, it measures the faith or self control on the situations coming in the day today life, the scale has thirty five pairs of items, which are related to the self efficiency, competency superiority of the behavior, independency or reserve to these. The validity was measured through the testing the scale on four hundred students in the Agra city, the test was conducted on the both male and female students, test and retests were showing the reliability co efficient observed 0.77. The scale is in hindi and English versions,

Sports performance tests

Speed measured through the 100 mtrs dash. Agility measured by 10*4 Shuttle run and chin up test used to measure the muscular strength of shoulders.

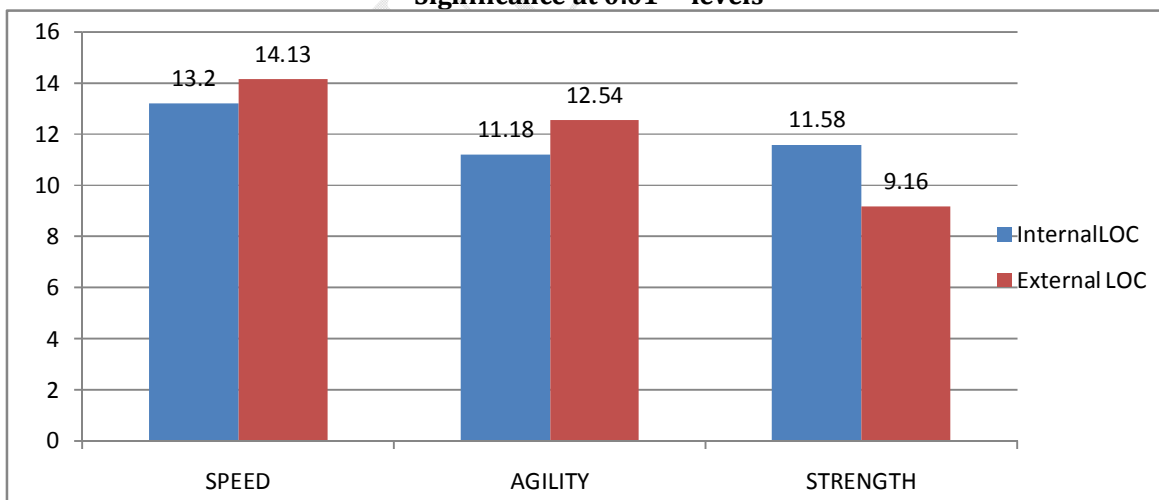
Statistical tests -In the research study the investigator used the basic statistical tests like mean, SD, t tests to check the level of locus of control and compare the locus of control among the sports players of the study.

DATA ANALYSIS

The Table Showing The Mean, SD, T Values Of Sports Performance Among Internal And External Locus Of Control Groups.

Sample	Loc	N	Mean	SD	T values
Speed	Internal	50	13.20	.881	2.018**
	External	50	14.13	1.245	
Agility	Internal	50	11.18	1.971	3.159**
	External	50	12.54	1.554	
Strength	Internal	50	11.58	1.819	7.794**
	External	50	9.160	2.402	

Significance at 0.01 levels**



The table and graphs are showing the sports performance abilities among internal and external locus of control groups of the study, in speed test the internal locus sports players group taken the less time to complete the one hundred meters dash compare to the external locus sports players group. In agility test the internal locus group taken less time to complete the test, in the strength test the internal locus group scored higher number in the pull ups than the external locus group of the sports players. The study results showing that the internal locus of control group is better in the sports performance

than the external locus of control among the sample of the study. All the t values are significant at 0.01 levels.

FINDING OF THE STUDY

- There is significance impact of locus of control on the sports performance among the sample of the study.
- There is significance difference in speed among internal and external locus groups.
- There is significance difference in agility among internal and external locus groups.
- There is significance difference in strength test among internal and external locus groups.
- The internal locus of control sports players are better performed in fitness tests than the external locus players of the study.

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