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Research Article

LOCUS OF CONTROL AND PERFORMANCE IN ROWING

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ABSTRACT

The purpose of the study was to determine the relationship between Locus of control and performance of rowers. . Ninety rowers (forty five males and forty five females) were the subjects of this study who had participated in All India Inter University Rowing Championship held at Sukhna Lake, Chandigarh their age ranged between 18 to 25 years. The subjects were administered Levenson's Locus of Control Scale (2002) for measuring the locus of control. The result of present study indicates that there was significant relationship between locus of control and the performance of rowers.

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INTRODUCTION

A sportsperson can perform optimally only when he/she is in a perfect state of physical, physiological, psychological preparedness for an event or performance. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Psychological factors help physical trainers and coaches to understand the reality of fitness along with behavior of rowers before and during competition. Personality which influences the performance is also affected by many factors like, locus of control, sportsman spirit, psycho-physical state etc. Hence there is a need to study effect of 'locus of control' on rowers performance. The word 'locus' is defined as a position, point or place, or more specifically, a location where something occurs. Control can be defined as the power to determine outcomes by directly influencing actions, people and events. We have people that think they control everything, others that think they are controlled by the world around them and pretty much everything in between. So, locus of control refers to the extent to which individuals believe they can control events affecting them. A person's locus of control may be internal or external. A person's "locus" (Latin for "place" or "location") is conceptualized as either internal meaning the person believes they can control their life or external meaning they believe their decisions and life are controlled by environmental factors which they cannot influence, or by chance or fate. (Julian B. Rotter, 1966). Individuals with a strong internal locus of control believe events in their life derive primarily from their own actions: for example, when receiving exam results, people

with an internal locus of control tend to praise or blame themselves and their abilities. People with a strong external locus of control tend to praise or blame external factors such as the teacher or the exam. (Carlson, N.R., et al., 2007). Internal individuals can be psychologically unhealthy and instable if they decline competence, efficacy and opportunity. They may become neurotic, nervous or depress. It can be said that they require suitable surroundings which influence them to experience success. External individuals may be easy going, relaxed and lead a pleasant life (Hans, 2000; Hattie, Marsh, Neill & Richards, 1997). A player with an internal locus of control believes that success or failure is not beyond his control for instance, this player would believe that performances are the outcome of his effort whereas a player with an external locus of control believes that success or failure is controlled by external forces beyond his control and may believe that performances do not reflect effort and are effected by external factors such as luck, examination system, biased attitude of coach etc. We can say that players with an internal locus of control are the captains of their sports destinies whereas the players with an external locus of control are at the mercy of external forces (Trice, 1985). A player with an internal locus of control feels like a "origin" believes in his ability and feels capable of his personal development whereas a player with an external locus of control feels like a "pawn" on the chess board pushed around by luck, coaches, and significant others (Arkes & Garske, 1982). Ryan and Grolnick (1986) studies have indicated that when players feel more like origins and less like pawns they have high self-esteem. These players feel more

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competent and feel that they are the in charge of their sports learning.

REVIEW OF LITERATURE

Baljinder Singh Bal, Bhupinder Singh and Onkar Singh conducted a study which aimed to find out the significant differences among the players of individual and team sports, on the variable achievement motivation and locus of control. A group of three hundred and fifty (N=350) male players of individual and team sports, aged between 20 to 25 years were purposively selected for this study. They were further divided into two groups: A (individual game) and B (team game). It was hypothesized that there may not be significant differences with regard to achievement motivation and locus of control among individual and team game players. The significance between group differences were assessed using the student's t-test for dependent data. The level of $p < .05$ was considered significant. Significance between group differences were found among the players of individual and team sports on the variable achievement motivation whereas no significance between group differences were found among the players of individual and team sports on the variable locus of control.

Amandeep Singh conducted a study which aimed to compare the locus of control and will to win between inter – college level male basketball and volleyball players. The present study was conducted on a sample of forty (N=40), which includes twenty each, male basketball (N1=20) and volleyball (N2=20) players of age ranging from 18 to 25 years who participated in inter-college competitions of Guru Nanak Dev University, Amritsar, Punjab, India respectively. Data was collected by using Locus of Control and Will to Win (Kumar and Shukla, 1988) questionnaires. The independent samples t-test was applied to assess the differences between basketball and volleyball players. The level of significance was set at 0.05. Results revealed statistically significant ($p < 0.05$) differences between basketball and volleyball players with regard to will to win but insignificant ($p > 0.05$) differences with regard to locus of control.

Lalit Mohan Tiwar determined the comparison of high and low achiever rowers on 'will to win' and 'locus of control' variables of personality. It was also aimed to find out relationship between will to win and locus of control. 60 male rowers were the subjects of this study. Their age ranged between 17-25 years. For analysis, 't' test was applied to test the hypothesis. The level of Significance was set at 0.05 level ($p < 0.05$). The result of present study indicates that there was significant relationship between will to win and locus of control of high & low achiever rowers. It may be concluded that high & low achiever rowers significantly correlated to each other on will to win & 'individual control' variable of locus of control, whereas on will to win & 'powerful others' & 'chance control' variables of locus of control correlates significantly but negatively.

Objectives of the Study

- To assess the relationship between locus of control & sports performance of male rowers.
- To assess the relationship between locus of control & sports performance of female rowers.

Hypothesis of Study

- There will be no statistically significant relationship between locus of control & sports performance of male rowers
- There will be no statistically significant relationship between locus of control & sports performance of female rowers

METHODOLOGY

Subjects

Forty five male and forty five female rowers were the subjects of this study who had participated in All India Inter University Rowing Championship held at Sukhna Lake, Chandigarh.

Tools Employed: - The subjects were administered a questionnaire of Sanjay Vohra (2002) scale for measuring the locus of control.

Test administration: -

Locus of control: This scale is Likert Type Scale, with multiple choice responses. Responses range from Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree. It is an Indian adoption of locus of control inventory standardized by Sanjay Vohra (2002). The scale consist of twenty four statements 8 each for P- powerful others, C- chance control and I-individual control.

P = Belief about control by powerful others. High scores indicates that other people control your outcomes.

C = Belief about chance control. High scores indicate that unordered chance, or random events control your outcomes.

I = Belief about individual control. High scores indicate you believe that your outcomes are controlled by you that your current situations and your rewards are direct outcomes of things you control.

Scoring

Each answer scores 1, 2, 3, 4 and 5 points. A transparent stencil scoring key was placed on the test booklet and answers appeared as pencil or pen marks in boxes on given test booklet. These scores were separately added for all three factors (P, C and I), and the total was written in space provided at the back page of test booklet.

Statistical Analyses

To find out the relationship between locus of control and rowers performance product movement co-relation method was used. The level of Significance was set at 0.01 level ($p < 0.01$)

RESULT AND DISCUSSION

Table 1 Relationship between Locus of control and sports performance of male rowers.

Sr. No.	Locus of control	Correlation coefficient	Level of significance
1	Individual control	0.895	< .01
2	Powerful others	-0.758	< .01
3	Chance control	-0.792	< .01

Table 1 indicated that performance of male rowing players was significantly related to all the variables of Locus of control. These variables were Individual control ($r = 0.895$),

Powerful others ($r = -0.758$), Chance control ($r = -0.792$) at .01 level of significance because their calculated values were found greater than the table value.

Table 2 Relationship between Locus of control and sports performance of female rowers.

Sr. No.	Locus of control	Correlation coefficient	Level of significance
1	Individual control	0.875	< .01
2	Powerful others	-0.793	< .01
3	Chance control	-0.844	< .01

Table 2 indicated that performance of female rowing players was significantly related to all the variables of Locus of control. These variables were Individual control ($r = 0.875$), Powerful others ($r = -0.793$), Chance control ($r = -0.844$) at .01 level of significance because their calculated values were found greater than the table value.

DISCUSSION

The results of this study demonstrate that a significant relationship between locus of control and performance of male and female rowers. Male rowers scored significantly higher on internal locus of control than female rowers. Male rowers attribute success to ability and effort and attribute failure to lack of effort whereas female rowers attribute success to unstable factors such as task difficulty and luck and failure to stable factors such as lack of ability. Female rowers attribution of failure to an internal stable factor lack of ability results in low expectations for future success. Believing that they lack ability will produce low future expectations. Internal attributions about failure evoke more intense emotional reactions. The findings of the present study are in line with Tiwari revealed significant relationship between will to win and locus of control of high and low achiever rowers. The findings strongly support Strickland and Haley (1980) study which reported that females are more likely to respond in the external direction on the item related with the achievement as compared to males. Similarly our findings showed with Zaidi and Mohsin (2013) that boys have an internal and girls have an external locus of control. Park and Kim (1998) showed that academically high achieving students are higher on internal locus of control and low on external locus of control. On the basis of our findings we can say that male rowers perceive more control over competitive situations than female rowers.

CONCLUSION

Thus it is concluded from whole result that male rowers possess internal locus of control and female rowers possess external locus of control. Male rowers with internal locus of control are careful, alert, dominant, focused on success, self-confident, and ingenious.

On the other hand, the female rowers with external locus of control are less careful, affected by the group members, easily influenced by external forces, less self-confident, and they display unsteady performances. There was significant relationship between the variables of Locus of control and the performance of male and female rowers.

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