

Locus of Control of Sports Persons Training for Athletics and Taekwondo Events

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Abstract: Locus of Control refers to how controlled a person feels towards any event that happens in his/ her life. Individual's perception about the underlying main causes of events in life. The "locus of control" is a personality construct referring to an individual's perception of the locus of events as determined internally by his/her belief that an outcome is directly the result of his/her behaviour, Giora Kaplan (2005).

Strong belief that they themselves have control over their own actions as opposed to external forces has been emerged. Hence based on the above mentioned view, the current study was undertaken to investigate the locus of control in sports persons training for athletics and taekwondo events.

Keywords: Sports Training, Taekwondo, Locus of control, Athletics.

Locus of Control in athletes

Rotter (1966) referred to locus of control as an individual's perception about the underlying main causes of events in his or her life. It is an essential facet of personality. He conceptualized locus of control into two distinct forms: internal locus of control versus external locus of control.

People with an internal locus of control believe that events occur because of their own behavior, whereas those with an external locus of control believe that events are dependent on luck, chance, or other people. Athletes with an external locus of control are more likely to externalize the cause of failure. During a poor performance they might blame the coach, the referee, the opponent team, and the playing conditions

Sports can be defined as an activity requiring skills or physical strength and is competitive in nature. Sports helps an individual in multiple ways and is very essential for every human life at every stage as it keeps them fit and healthy as well. It is also observed that sports persons are comparatively disciplined and focus in their daily routine.

Playing sports not only develops a person's personality but also contributes in an individual's physical attributes as well like improved sleep, stronger heart, reduced anxiety, improved pulmonary functions and many such phenomenal health benefits overall.

Watching your hard work pay off and achieving your goal gives a sense of satisfaction and improves self-confidence.

Taekwondo is a martial art originated from Korea to train and combat fighting skills of armies and individual warriors. After the Korean War, this martial art was brought from Korea to other countries. Since the late 1950s, Taekwondo has been transformed from a traditional combating skill to a modern sport all over the world.

General Choi Hong – Hi (1918 – 2002) was an important figure in the history of the Korean Martial Arts of Taekwondo and also was considered as father of Taekwondo.

It became an Olympic sport in 1994 (Pieter & Heijmans, 2000) and is now one of the world's most popular martial sports in terms of number of practitioners (Park, Park, & Gerrard, 1989).

It is important to stress that sports also teaches us the value of teamwork and encourages us to work hard and never give up. We can be more active and healthy on a regular basis.

Sports has the power to break down barriers such as conflict, racism, jealousy and judgements and create an inclusive environment for both players and audiences.

It is also important to understand that India is a country which worships and religiously follow every sport and as a country it also encourages and provides ample of opportunities to people who are willing to contribute in the field of sports.

The Current Study

Locus Of Control, this concept is formulated within the framework of social learning theory (Rotter 1954) it is related to the measurement of the extent to which an individual is self-motivated, directed or controlled to the environment (power, luck, fate) that influences his behavior. Athletes have an internal locus of control when compared to non-athletes and are likely to believe that they have control over the events that

happen in life and their behaviors are guided by their personal decision. Therefore the study is to understand locus of control in sports persons training for athletics and taekwondo events.

Methods and Tools

Participants

The sample for this study consisted of two types of sports persons training for athletics and taekwondo in different sports organizations from different parts of Bangalore city with minimum two year of training. The sample size consisted of 60 boys and 60 girls between the age group of 14-18 years. In order to elicit relevant information I.E. Scale (Valecha et al. 1980) was used.

Internal – External Scale.

This scale was developed by Valecha et al. (1980) to measure locus of control. This scale is multiple choice questionnaire consisting of 45 items of which 9 are buffer/ filler items, which are not scored. The items are intended to measure the extent to which an individual believes, he is self-motivated, directed or controlled(internal frame of reference) or the extent to which he believes that the environment (luck, fate, chance) plays a dominant role in influencing his behavior and the rewards and punishment that he attains. The scale is based on Rotter’s I.E. Scale(1966) and constructed to suit Indian conditions. Each item has 2 alternative and the subject is instructed to select the one alternative which he/she more strongly believe to be true as far as he/ she is concerned.

The responses are scored in the external direction that is the higher the scores obtained, greater the externality.

Results and Discussions

The psychological variable studied was locus of control. Locus of control refers to the way in which people perceive their control over what happens to them. Persons classified as internals believe that they control their own destiny. Externals view their lives as being controlled by luck, chance of powerful others. Taking into considerations locus of control, the responses of I.E. scale were scored. This scale is scored into the direction of externally indicating the higher the score, more external in orientation of the individual.

Table 1: Locus of control scores of two groups

Raw Scores	Athletics	Taekwondo
2-4	10	5
5-7	17	21
8-10	15	17
11-13	11	12
14-16	5	4
17-19	2	1
Mean	8.5	8.6
S.D.	3.9	3.4

Table 1 shows the raw score of the individuals practicing athletics and taekwondo. The maximum number of athletics and taekwondo persons raw score is between 8-10.

The total mean score of athletics is 8.5 and SD score is 3.9. in taekwondo the mean score is 8.6 and SD is 3.4.

To compare the athletics and taekwondo group to see if there are any differences in I.E. scale ‘t’ tests were calculated taking the mean and S.D

Table 2: differences between the two groups on locus of control

	Mean	SD	‘t’
Athletics	8.5	3.983	0.14
Taekwondo	8.6	3.415	

*P < 0.05, ** P < 0.01. NS = Not Significant

The obtained ‘t’ ratio of 0.14 does not indicate any significant difference in locus of control between athletics and taekwondo sports persons.

Conclusions

The findings of the present study indicate that the sports persons from both groups have equal scores. This shows that they tend to take responsibility for their own actions and view themselves as having control over their own destiny because at present condition in the field of sports the individuals who are really talented will get encouragement by many sports organizations and going as per the recent trend, even the sports authority bodies are extremely supportive in providing opportunities at various sports events including national and international events. Thereby we can also conclude that the aspect of self-belief and intrinsic factors have majorly contributed to the thinking pattern of the sports players.

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