



## **A study on locus of control and aggressive behaviour of sportsperson**

**\*<sup>1</sup> Sangeet S Patil, <sup>2</sup> Dr. Savitri S Patil**

<sup>1</sup> Research Scholar, Department of Physical Education, Akkamahadevi Women's University, Vijayapur, Karnataka, India

<sup>2</sup> Physical Education Teacher, Govt Pre-University Collage, Nagathana, Vijayapur, Karnataka, India

### **Abstract**

The study was carried out to assess the influence of locus of control on aggressive behaviour of sportsperson, To meet the objectives of the present study the data was collected at 63<sup>rd</sup> All India Inter University Athletics Championship held in January 2003 at Gulbarga University, Gulbarga by administering personal-bio-data schedule, aggressive and Locus of control was administered, the responses were scored and terminated as per the manual, after collecting data 't' test was employed to assess the significant impact of locus of control on aggressive behaviour on aggressive behaviour of sportsperson, the calculated 't' value was significant at table value at 0.05 level. The result has found that internal locus of control leads to control emotion and understand the situation in real sense with practical aspect, whereas external locus of control sportsperson would lose their temper and behaviour assertively without understanding the consequence, hence formulated hypothesis was tested and proved positively and drawn the conclusion that aggressive behaviour of sportsperson depends upon the beliefs system and mind state of the person.

**Keywords:** locus of control, aggressive behaviour, sportsperson

### **Introduction**

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realised the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation. So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contests in the national and international competitions.

Many research studies in the psychology of sport men and women studied separately not much interest has been focused on the socio-economic status, which plays a major role in determining the personality factors of the sportsmen, which could play an important role in their performance. In the face of more and more men and women belonging to different strata of society are entering the sports arena every year and sharing the laurels with their counterparts it was felt necessary to "find out influence of locus of control on aggressive behaviour among sportsperson "

### **Aggressive Behaviour**

The reliance aggression in sports has been traditionally cantered round the usefulness of sports in providing an outfit

for aggression and controlling violence in the society. Adjustment attempts to satisfy needs by over-coming both inner and outer abstracts and by adopting circumstances. The learning about adjustment means analyzing two things interval make-up and internal personal or social behavior. Adjustment is dynamic process by which organizes mart their needs. Physical education and related activities satisfy many of these needs. The aggressive constructs is a complex one, that there are individual differences in the invite, potential to aggress and that the aggression can also be learned or stimulated by specific situations. When aggressive energies are expressed within the rules of a sport and channeled in to skill by a mature athlete, then one may witness a peaceful and inspiring performance. Aggression for aggression sake should not be sanctioned. It is self-defeating and debilitating to others. The outstanding athlete's entire competition with control and not with implose. The aggressive athlete will be more active, eager, strong, highly motivated and likely to seek to vanquish any opponent. Athlete is who is highly motivated by emotional aggression should not be confused with the athlete who has primary motivation, but who aggression because he or she is placed in an athletic situation that demands it. Football, Hockey and Boxing would be expected to attract more aggressively motivated individuals than Curbing, Golf and Badminton: latter sports require their own form of aggression. Even nonphysical sports have been described as fiercely aggressive.

### **Review of related literature**

Bandura as well as others had observed the aggressive behavior of children. Rather than have them participate in the complex teacher learner situation, researchers permit children to play with toy, some of which give an idea of their

aggressiveness punching a doll or a punching bag may be indicative of a child's level of hostility, and such measures are often used in studying children's aggression (Baron).1 Johnson and Hutton founds that measures of aggressive feelings obtained from a projective, test (tree house person) in eight wrestlers, taking 4 to 5 hours before the first intercollegiate match of the season, were greater than apparent feelings projected by them the morning after completion. The heightened aggression before the match, the writers suggested, was connected with possible feeling of guilt, paralleling the anticipated aggressive sport. This aggression was thus hypothesized as intropunitive in nature or aggression directed towards themselves rather than their opponents.

**Locus of control**

Locus of control is a term introduced by psychologist Julian Rotter that represents social learning theory's concept of internal versus external control of reinforcement (Kormanik & Rocco, 2009). Locus of control refers to a predisposition in the perception of what causes reinforcement (Kormanik & Rocco, 2009). Essentially, it is the degree to which individuals feel that they have control over reinforcements or outcomes of behaviours (Rotter, 1990). One would have an internal locus of control if he or she feels as though consequences of his or her actions are contingent on personal behaviours or characteristics (Rotter, 1990). On the other hand, an individual with an external locus of control would expect that the outcome or reinforcement is a function of luck, fate, or chance and that this consequence is generally unpredictable (Rotter, 1990). Locus of Control, Stress and Performance 129 A multitude of research has been conducted regarding Rotter's aspect of locus of control. Kormanik & Rocco (2009) referenced a study that looked at the relationship between locus of control and life stress, as measured by depression and anxiety. It was found that the less internal locus of control an individual perceives, the greater the likelihood for stress and depression (Kormanik & Rocco, 2009). In addition, Bemardi (2001) explained that when an individual perceives that he or she has control over a situation, he or she will be less likely to perceive the situation as stress-inducing. Also, internal-locus-of-control individuals tend to experience lower anxiety than others; therefore, externality may act as a stress buffer (Bemardi, 2001). Likewise, externality was found to be positively correlated with general stress (Bemardi, 2001). With regard to locus of control and task performance, studies have found that internal tend to perform better than external (Blau, 1993). However, more concrete and significant results are obtained when a variable such as stress is incorporated into the study (Wolk & Bloom, 1977). Wolk and Bloom (1977) carried out a study where students encountered various levels of stress designed to dismpt their performance on verbal and mathematical tasks. It was found that under the no stress condition, both external and internal performed similarly (Wolk & Bloom, 1977). However, when under the high stress condition, internal l participants made significantly fewer errors on both verbal and mathematical tasks relative to their external counterparts (Wolk & Bloom, 1977). At the same time, the internal participants did not report higher levels of stress or anxiety than the external participants did when they found themselves under the same condition (Wolk & Bloom,

1977). Therefore, it seems as though internality acted as a stress buffer,

**Problem**

A study on influence of locus of control on aggressive behaviour of sportsperson,

**Hypothesis**

1. There is significant influence of locus of control on aggressive behaviour among the sportsperson.
2. The External locus of control leads to produce more aggressive behaviour comparing to the internal locus of control
3. Objectives To assess the influence of locus of control on aggressive behaviour of sportsperson

**Methodology**

Selection of the subjects in this study 200 male students those are participated in all India inter university tournament

Selection of Variables.

The Variables selected for this study were as follows: 1. Aggression behaviour 2. Locus of control

Tool used to measure the Aggression behaviour and Locus of control

The following tests were selected and scores were considered as criterion measure for the study was A. Kumar (Aggression) and Dr. Romapal (Locus of control) and test were administered to the study.

**Collection of data**

To meet the objectives of the present study the data was collected at 63<sup>rd</sup> All India Inter University Athletics Championship held in January 2003 at Gulbarga University, Gulbarga by administering personal-bio-data schedule, aggressive and Locus of control was administered, the responses were scored and terminated as per the manual.

Statistical Technique To analysis the study T-test was used

**Discussion and Interpretation of data**

The data was applied to 't' test to assess the significant difference and influence of locus of control on aggressive behaviour of sportsperson,

**Table 1:** Showing the Mean, SD and 't' values of locus of control and Aggression of Male Sportsmen

Variables	Aggression	Locus of Control
Mean	11.73	40.01
SD	2.72	6.01
t-value	48.13**	

Table-1 presents us the mean, SD and 't' value of aggression and locus of control of male sportsmen. The male sportsmen mean scores of locus of control is 40.01 and on aggressive behavior is 11.73. This suggests us that the male sportsmen are having internal locus of control and the moderate level of aggression. The obtained' value is 48.13 which is significant at 0.01 level. The significant' value suggests that there is a significant influence of locus of control on the aggressive behavior of sportsmen. In other words, the internal locus of control of the male sportsmen has significant influence on

moderate aggressive

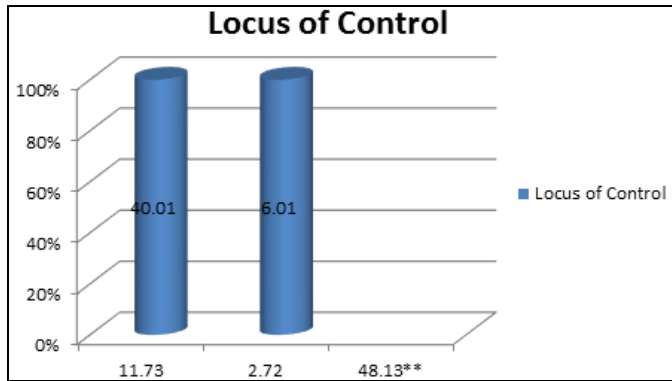


Fig 1: Showing the locus of control trends

Behavior. This is because the sportsmen with the internal locus of control would be rational, optimistic and would gain control over their emotions and aggression. Therefore, the sportsmen with an internal locus of control would definitely control the aggression and help to adopt the moderate level of aggressive behavior and boost his achievement or performance.

### Conclusion

The result has shown the fact and information about the consequence of locus of control, internal locus of control person have control their emotion and ability to manage situation in real sense and external locus of control person would lose their temper without understanding real causes for their behavior.

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