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Relationship of locus of control with motor fitness of university level of team game players

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Abstract
The aim of the study was to know the relationship of locus of control with motor fitness of university level team game players. For achieving purpose of the study total 40 University level players were selected for this study, in that 20 volleyball players and 20 football players. The age of the subjects ranged between 18 to 25 years. For this study, the psychological variable such as Locus of control and motor fitness variable such as speed, endurance, flexibility, agility, explosive strength Balance was selected. To know the relationship of locus of control with motor fitness of University level of team game players the Pearson correlation statistical technique was applied and level of significance fixed at 0.05 level. The findings of this study may help to coach, trainer, mentor and physical educationalist to improve an athlete's performance for higher level competition and development physical education and sports in a scientific manner.

Keywords: locus of control, motor fitness, speed, endurance, flexibility, agility, explosive strength and balance

1. Introduction
The concept of psychology comes from longer decades, but the sports world was recognised from five decades ago. Requirement sports psychology most essential in sports filed. In the sports or competition the players wants to be tackle, control their mind and every each difficult situation. The psychological profile such as Anxiety, Aggression, Motivation, Self-esteem, personality and locus of control etc… these are the profiles going to influence on the sports performance in competition and on the acquiring skills. The sports psychology helps to reduce athlete's mental toughness develop their performance and finally It helps to reach their fixed destiny in sports competition.

Locus of control
Locus of control it is a psychological notion, its refers to how people can believe they have control over the situation and experiences that affect their daily lives.
There is a two types of locus of control one is internal locus of control its refers to the belief that athletes or people have ability to impact the events around people and second is external locus of control refers to the belief that events are controlled by outside forces be the other people, circumstance,
luck or chance. So with all these aspects in sports field for athletes also have to be maintaining that kind of ability to control their daily affairs. The sports person feel that they have control over the situation that influence their lives, sports person should believe that have control over what happens in their life's without controlling their life affairs an athlete can not possible to involve in sports completion and other any activities.
Therefore, in this study the researcher made an attempt on to know the relationship of locus of control with motor fitness of university level team game players.

Objectives of the study
- To analyse the status of locus of control and Motor fitness of University level team game player.
- To know the significant relationship of Locus of control with motor fitness of University level of team game players.

Significance of the study
- This study may help to determine the correlation of locus of control and motor fitness of University level team game players.
- This study helps to coach, sports trainer and physical educationalist, team mentor to know the essential of the locus of control in sports field.

Methodology
To achieve this purpose of the study total 40 subjects was selected from University level of team game players. In that 20 volleyball players and 20 football players. The subject selected age ranged between 18 to 25 years. For this study psychological variable such as locus of control and motor fitness such as speed, endurance, flexibility, explosive strength, agility and balance were selected as variables. The locus of control measured by the Levenson's scale for Locus control questionnaire and the motor fitness such as speed was measured by 50 meter dash, endurance measured by 12 minutes' walk/ run test, flexibility was measured by sit and reach test, agility measured by 4*10 meters shuttle run, explosive strength measured by standing broad jump and balance was measured by Flemingo Balance ability test. To tease out significant relationship of locus of control with motor fitness of University level of team game players, mean, standard deviation and Pearson correlation statistical technique was applied and the level of significant fixed at 0.05.

Results and Interpretation

Table 1: Status of Motor fitness and Locus of control of team game University player.

Variables	Mean	Std. Deviation	N
Locus of control	62.03	9.720	40
Speed	6.1497	1.065	40
Endurance	2586.75	651.094	40
Flexibility	12.20	1.829	40
Agility	7.1862	.38056	40
Explosive Strength	1.4185	.566	40
Balance	3.08	2.347	40

Inference: The above table 1.1 shows that the mean scores and standard deviations for locus of control is 62.03±9.720, Speed is 6.14±1.065, Endurance is 2586.75±651.094, Flexibility is 12.20±1.829, Agility is 7.18±1.829, Explosive strength is 1.41±0.566 and Balance is 3.08±2.347 for each variables 40 numbers of university team game players respectively.

Table 2: Correlation of Locus of control with Motor fitness of the team game University player.

Variables		Speed	Endurance	Flexibility	Agility	Explosive Strength	Balance
Locus of control	Pearson Correlation	- 0.295*	-.206	-.132	-.066	0.357*	-0.306*
	Sig.	.032	.102	.209	.344	.012	.027
	N	40	40	40	40	40	40

* Correlation is significant at the 0.05 level.

Interpretation: the table reveals that the r values of locus of control with speed and Balance is -0.295, -0.306 respectively. The p-values are. 032 and. 027, which are less than 0.05 level of significant, therefore it is conclude that there is significant negative correlation of Locus of control with speed and balance of University level team game sports persons.

Further, the table shows that r-value of Locus of control with Explosive strength is 0.357 and the p value is 0.12, which is less than 0.05 level of significant. Therefore, it is conclude that there is significant positive relation of Locus of Control with Explosive strength of University level team game sports persons.

On other hand the r value of locus of control with endurance, Flexibility and Agility is -. 206, -0.132 and -.066 respectively. The p-values are. 102, 209 and. 344, which is less than 0.05 level of significant, therefore it is conclude that there is no significant relationship of locus of control with endurance, flexibility and coordination of team game university players.

Discussion and Conclusions

There was a significant negative relationship of locus of control with speed and balance of University team sports persons. Locus of control plays essential role in the sports performance. Sports person can control their life affairs from their inside of mind for greater achievement in competition.

There was a positive correlation exists between locus of control and explosive strength of university level of team players and there was no relationship of locus of control with endurance, locus of control with flexibility and also locus control with Agility. The Sports performance perform with help physical and some of psychological aspects, locus of control is the one of psychological profile. It is helps to performer to execute their skills and performance without any obstacles of the mind and its controls players thinking about their life affairs and provides free mind to involve in activity or competition.

Finally, the findings of the study suggest to the physical educationalist, Coach, Trainers, Mentors in Sports, they need to develop locus of control to sports persons through the counselling, meditation and other practices for their better achievement.

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