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**Dr. Amandeep Singh**  
Assistant Professor, Akal College  
of Physical Education, Mastuana  
Sahib, Sangrur, Punjab, India

## Comparative study on locus of control among Kho-Kho and Kabaddi players

**Dr. Amandeep Singh**

### Abstract

The purpose of the study was to compare locus of control among Kho-Kho and Kabaddi Players. For this study 40 subjects in which 20 Kho-Kho Players and 20 Kabaddi Players. The age group of samples ranged from 18-25 Years. All the samples selected on random basis. The selected samples from A.C.P.E. Mastuana Sahib and S.A.I. Centre Mastuana Sahib, Sangrur, Punjab to assess Locus of control among Kho-Kho and Kabaddi Players. The Locus of control Inventory Prepared by Dr. N. Hasnain and Dr. Joshi. This inventory is high reliable and valid to measure the Locus of control of selected samples, to compare the Locus of control selected samples, 't'- test was used. Result of the study have found that Locus of control of Kabaddi Players have better than Kho-Kho Players.

**Keywords:** Locus of control, Kho-Kho, Kabaddi Players etc.

### Introduction

Locus of control is often viewed as an inborn personality component. However, there is also evidence that it is shaped by childhood experiences-including children's interactions with their parents. Children who were raised by parents who encouraged their independence and helped them to learn the connection between actions and their consequences tended to have a better developed internal locus of control. In Psychology, Locus of control is the degree to which people believe that they have control over the outcome of events in their lives, As opposed to external forces beyond their control understanding of the concept was developed by "Julian B Rotter" in 1954, and has since become an aspect of personality studies. A person's "Loci" (Plural of "Locus, Patin for "Place" or Location") are conceptualized as Internal (A belief that one's life can be controlled) or external (a belief that life is controlled by outside factors which they cannot influence. or that chance or fate controls their lives.) Individuals with a strong internal locus of control believe events in their life derive primarily from their own action. For example, when receiving exam results people with on 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.

Locus of control generated much research in variety of eras in Psychology. The construct is applicable to such fields as education Psychology, Health Psychology and Clinical Psychology. Debate continues weather specific or more global measures of Locus of control will prove to be more useful in practical application careful distinctions should also be made between Locus of control (A concept linked with expectancies about the future) and attribution style (a concept linked with explanation for past outcomes), or between Locus of control such as self-efficacy.

Locus of control is one of the four dimensions of core self-evaluation one's fundamental appraisal of oneself-along with neuroticism, self efficacy, and self esteem. The concept of core self-evaluations was first examined by Judge, Locbe, and Durham (1997), and since has proven to have the ability to predict several work outcomes, spicifically, and Job santification and job performance. In a follow up study, Judge *et al.* (2002) argued that Locus of control neuroticism, self-efficacy and self -esteem factors may have a common core.

Locus of Control as a principle was originated by Julian Rotter in 1954. It considers the tendency of people to believe that control resides internally within them, or externally, with others or the situation. Note that, like other preferences, this is a spectrum.

### Correspondence

**Dr. Amandeep Singh**  
Assistant Professor, Akal College  
of Physical Education, Mastuana  
Sahib, Sangrur, Punjab, India

Some people have a wholly internal or external locus of control, but many will have some balance both views, perhaps varying with situation. For example some may be more internal at home but more external at work.

**Methodology**

The subject for the study 40 players in which 20 Kho-Kho Players and 20 Kabaddi Players, selected from A.C.P.E. Mastuana Sahib and S.A.I. Centre Mastuana Sahib Sangrur, Punjab. The age group of sample ranged from 18-25 Years. For this study, to measure the Locus of control, Locus of control inventory prepared by Dr. N. Hasnain and Dr. Joshi, this inventory is highly reliable and valid to measure the Locus of control, of selected samples, and to compare both the group 't'- test was used.

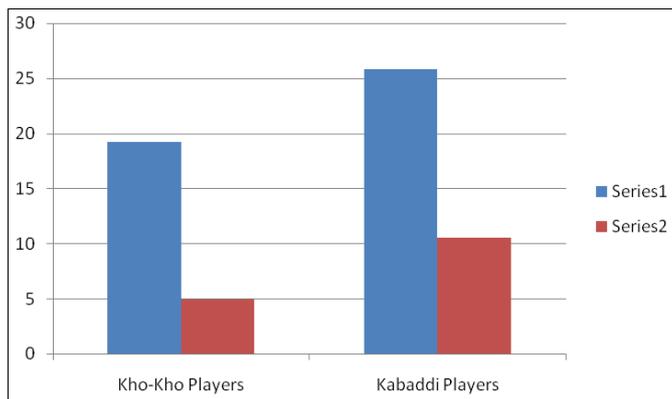
**Results**

The raw data of selected subject of Locus of control was subject to appropriate statistical and the results of both group presented in the table no. 1:

**Table 1:** Mean difference of positive locus of control of Kho-Kho and Kabaddi players

Group	N	Mean	S.D.	M.D.	't'
Kho-Kho Players	20	19.2	4.96	6.6	4.74*
Kabaddi Players	20	25.8	10.5		

't' at 0.05 =2.02

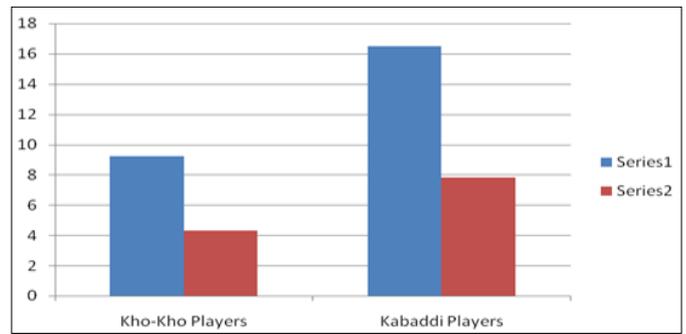


From table no. 1; Results found that Kabaddi Players have shown high positive Locus of control (M=25.8, SD=10.5) as compare to Kho-Kho Players (M=19.2, SD=4.96). The calculated value of 't' (4.74) which is greater than the tabulated value (2.02); so that there is high significance difference has been found 0.05 levels.

**Table 2:** Mean difference of negative locus of control of Kho-Kho and Kabaddi players

Group	N	Mean	S.D.	M.D.	't'
Kho-Kho Players	20	9.25	4.32	7.25	2.94*
Kabaddi Players	20	16.5	7.80		

't' at 0.05 =2.02



From table no.2; Results found that Kho-Kho Players have shown low negative Locus of control (M=9.25, SD=4.32) as compare to Kabaddi Players (M=16.5, SD=7.80). The calculated value of 't' (2.94) which is greater than the tabulated value (2.02); so that there is a significance difference has been found 0.05 levels.

**Conclusion**

Result the study found that Kabaddi Players have shown better Locus of control as compare to Kho-Kho Players.

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