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## A comparative study of locus of control between male & female students of physical education and non-physical education college

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### Abstract

The locus of control is very useful term in sports psychology. The value of locus of control is different in various persons. The locus of control is play very important role in physical education & sports area. According to this the researcher was selected this study "level of locus of control in male & female students of physical education & nonphysical education college of Punjab. A total number of 400 students (200 physical education & 200 non physical education colleges) are observed for the study by having a questionnaire schedule including closed-ended questions. And when we talk about students, they all are belonging to different colleges of Punjab. Their age group is in the stage of between 18 to 25 years. To evaluate the Locus of Control Scale: Dr. N. Hasnain and Dr. D.D. Joshi were applied. To observe the theory of the study illustrative statistics like mean and standard variation & t ratio were used. It concludes the more difference of level of locus of control among male & female students of both colleges. The level of significance set at 0.05 levels.

**Keywords:** Comparative study locus control between male female students physical education

### Introduction

Psychological variables may affect the performance of an athlete and of the entire team. Psychological stress associated with competitive performance is likely to affect the athlete's skill performance. Alderman (1974) <sup>[1]</sup> while emphasizing the psychological variable comments, "One essential point which must be stressed is that regard less of how much ability, skill fitness level athlete process for a selected a particular task or sport, the success or the quality of his/her performance will, in the final analysis probably depends on his particular psychological make-up."

Today sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. Success or failure on the field often depends on the mental factors as much as physical ones. As the role played by psychological variables in the performance and over well-being of athletes, development and social aspects of sports participation has become better understood, intervention has been designed to ably affect athlete behavior throughout their involvement in Sports and beyond.

### Locus of control

The construct of locus of control is a locus of control dimension involving an individual's perceived control over events occurring in his life. People are having internal or external locus of control. Locus of control refers to a person's beliefs about control over life events. Locus of control is the extent to which people believe that they are responsible for their behavioral outcomes. It has often been cited as an important factor in achievement oriented behavior. Some people feel personally responsible for the things that happen to them. Those people are labeled internals. People with an internal locus of control tend to believe their behavior influences outcomes, while those with an external locus of control tend to attribute outcomes to outside forces such as fate, chance, luck and other people. They feel that their outcomes in life are determined by forces beyond their control. These people are labeled as externals. (Rotter, J.B. 1954) <sup>[2]</sup>

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**Aim of the study**

- To evaluate the locus of control in physical education college students.
- To analyze the locus of control in non-physical education college students.
- To comparison the locus of control in physical education and non-physical education college students.

**Method and Technique**

The survey type study was designed to find out the significance difference in college students of physical education and non-physical education college of Punjab. The

400 (200 physical education & 200 non physical education) college students (100 Male & 100 female of each group) were selected for this study with the age group of 18 to 25 years. The random sampling method was used for selection of students. Only locus of control was calculated through the Locus of Control Scale: Dr. N. Hasnain and Dr. D.D. Joshi were applied. The t ratio was used for significance of this study. After that the difference in level of locus of control was presented in following table & graph.

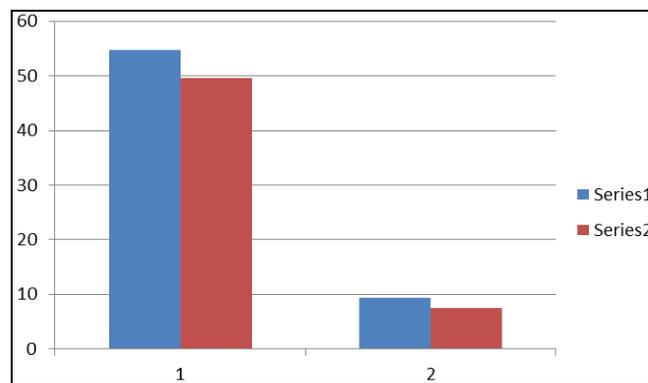
**Statistical Analysis**

**Table 1:** Showing t-ratio between male and female of physical education students on locus of control

S. No.	Group	Sex	N	Mean	S.D	S.ED	t-ratio	Level of significance
1	Physical edu. Stu	M	100	54.64	9.39	1.21	1.21	Insignificant
2		F	100	49.63	7.57			

According to above table, shows comparison between male and female physical education students on Locus of control. The table shows that the mean score of the male physical education students is 54.64 which is higher than their female Counterpart. The Difference between the two mean scores is

tasted by t-ratio. The obtained t- ratio is 1.21 which is less than table value. Hence, there is insignificant difference between the mean scores of Male and Female Physical Education Students on Locus of Control.



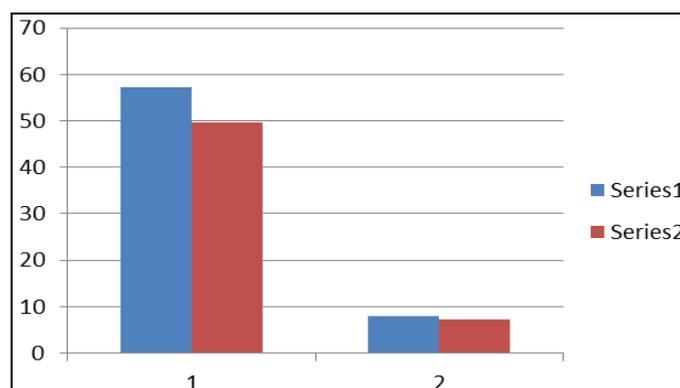
**Graph 1:** Bar graph showing t-ratio between male and female of non-physical education students on locus of control

**Table 2:** Showing t-ratio between male and female of non-physical education students on locus of control

S. No	Group	Sex	N	Mean	S.D	S.ED	t-ratio	Level of Significance
1	Nonphysical edu. Stu	M	100	57.33	8.01	1.08	7.16	Insignificant
2		F	100	49.60	7.20			

According to above table, shows comparison between male and female physical education students on Locus of control. The table shows that the mean score of the male non-physical education students is 57.33 which are higher than their female Counterpart. The Difference between the two mean scores is

tasted by t-ratio. The obtained t- ratio is 7.16 which is less than table value. Hence, there is insignificant difference between the mean scores of Male and Female Physical Education Students on Locus of Control.



**Graph 2:** Bar graph showing t-ratio between male and female of non-physical education students on locus of control

### **Conclusion**

After the used of suitable statistical analysis (t ratio) it can be concluded that the locus of control is much better in female students of physical college to compare to male students.

The locus of control is much better in female students of non-physical college to compare to male students

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