



ISSN: 2456-0057
IJPNPE 2018; 3(2): 637-639s
© 2018 IJPNPE
www.journalofsports.com
Received: 16-05-2018
Accepted: 20-06-2018

Gurpreet Kaur
D.P.E., Department of
Education, Chandigarh, UT,
Chandigarh, India

Relationship between locus of control (internal-external) and Will to win of athlete students and non-athlete students of Panjab University

Gurpreet Kaur

Abstract

The purpose of the study was to determine the relationship between Locus of control and Will to win of athlete students and non-athlete students of Panjab University. The present study was conducted on a sample of one hundred twenty (N=120), which includes sixty each, athlete students (N1=60) and non-athlete students (N2=60) of age ranging from 18 to 25 year of Panjab University. Data was collected by using Levenson's Locus of Control Scale (2002) and Will to win (Kumar and Shukla, 1988) questionnaires. The result of present study indicates that there was significant relationship between will to win and locus of control of athlete students and non-athlete students.

Keywords: Internal locus of control, external locus of control, will to win, athlete students, non-athlete students

Introduction

A sportsperson need a good combination of physical, physiological as well as psychological fitness in order to succeed. Of all the factors affecting sports performance, it seems that the most important is the attitude of the player towards winning as well as locus of control which always helps in achieving top level performance in sports. The word 'locus' is defined as a position, point or place, or more specifically, a location where something occurs. Control can be defined as the power to determine outcomes by directly influencing actions, people and events. So, locus of control refers to the extent to which individuals believe they can control events affecting them. A person's locus of control may be internal or external. If a person has an internal locus of control, that person attributes success to his or her own effort and abilities. On the other hand, a person with an external locus of control attributing his or her success to luck or fate, will be less likely to make the effort needed to learn (Julian B. Rotter, 1966) [7]. Will to win is an athlete's mind-set of crystallized attitude and his outlook which is given the name as will to win. It is surely an emotional act intimately connected with the athletes personal esteem, his regard and importance of self. A feeling of this nature helps an athlete to put in his best and maintain it, till the end of the activity and competitions. Paul (1960) [4] rightly remarked "A winner never quits and the quitters never win". That means if one has the desire to win surely wins. It indicates that where there is a will, there is a way. It is expressed by scientist that the ability to work to the capacity is directly related to will to win. The psychological build-up is known to create a state of readiness. The main thrust of the modern sports is on winning, not just participating and playing. Will to win phrase has two important words i.e. will and win. Will is the strength of the self, character, attitude, determination, unrevokable decision and total perception of situation. Will is the faculty by which a person decides or conceives himself as deciding upon and initiating action. Will is man's power on the mind, a control exercised by a deliberate purpose over impulse. Will is the determination of the mind coupled with all bodily resources which helps the person to moves forward for the achievement of goal. Pezer and Brown (1980) [5] have reported in their study that will to win is significantly related to performance and analysis indicated that high, moderate and low will to win groups differed significantly from each other. The ultimate goal of player is the victory, nothing short of that the determination with which an athlete runs, throws, jumps and swims.

Corresponding Author:
Gurpreet Kaur
D.P.E., Department of
Education, Chandigarh, UT,
Chandigarh, India

The goal in perception is pursued by players with the spirit of do or die, with the energy of going farther than the farthest, picking up heavier than the heaviest, rising higher than the highest, in sports competitions. It is the factor that makes great competitors.

Material and Methods

Subjects: The present study was conducted on a sample of one hundred twenty (N=120), which includes sixty each, athlete students (N1=60) and non-athlete students (N2=60) of age ranging from 18 to 25 year of Panjab University. The random sampling technique was used to select the subjects.

Methodology

Questionnaire method was used to collect the data. Data was collected by using Locus of Control questionnaire developed by Sanjay Vohra and Will to win questionnaire developed by Kumar and Shukla. The locus of control scale consists of

twenty four totals statements with eight statements for each subcategory which included: (i) Powerful Others (P), (ii) Chance Control (C) and (iii) Individual Control (I). Will to win questionnaire consists 14 items, in which 7 items are keyed true and rest of 7 false. For each item 1 score should be given. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects.

Statistical analyses

A comparative analysis of selected variables –will to win and locus of control, mean, standard deviation, and ‘t’ test was applied. To find out the relationship between locus of control and will to win of athlete students and non-athlete students of Panjab University the product movement co-relation method was used. The level of Significance was set at 0.01 level

Result and Discussion

Table 1: Significance of mean differences in scores of ‘will to win’ and ‘locus of control’ (internal-external) in both groups

Group psychological feature	Athlete		Non-athlete		t-value	sig
	Mean	SD	Mean	SD		
Will to win	11.22	1.90	6	1.43	16.98	0.01
Individual control(Internal)	7.37	1.31	4.01	1.08	15.25	0.01
Powerful others(External)	4.55	1.81	6.35	1.02	-6.71	0.01
Chance control(External)	4.15	1.29	6.05	1.29	-8.06	0.01

Table 1 indicated that athlete students and non-athlete students significantly differed on will to win (t value 16.98), Internal locus of control (15.25) and External locus of control (t value -6.71 and -8.06) at .01 level of significance because their calculated values were found greater than the table value i.e. 2.66. The meaningful difference between will to win in both groups confirmed the desire of winning level of players. Also the existence of the meaningful difference between internal locus of control show that athletes have more control on their life and know themselves as responsive for their successes and defeats and the meaningful difference in external locus of control can be concluded that non-athletes have a less control on their life views.

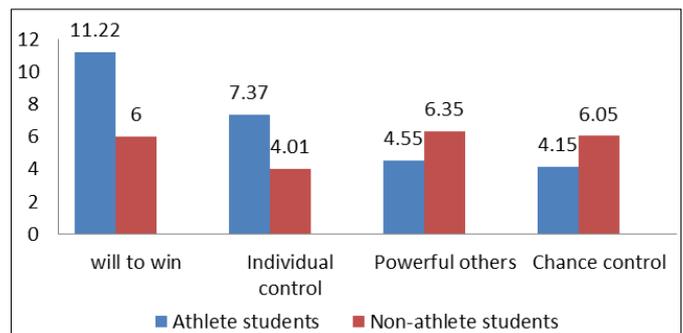


Fig 1: Mean differences in scores of ‘will to win’ and ‘locus of control’ (Internal-External) in both groups

Table 2: Correlation between locus of control (internal-external) and will to win in both groups

Will to win	Individual control (Internal)		Powerful others (External)		Chance control (External)		r
	Athlete	Non-athlete	Athlete	Non-athlete	Athlete	Non athlete	
	0.736	0.658	-0.448	-0.511	-0.393	-0.404	
0.01	0.01	0.01	0.01	0.01	0.01		

Table 2 indicated that there were significant relationship between will to win and locus of control (Internal-External) in athlete and non-athlete students. The individual control (LOC) of athlete students positively correlates with will to win (r=.736), where as powerful others and chance control (LOC) correlates negatively with will to win (r=-0.448, r=-0.393) respectively. Thus it is concluded from whole result that athlete students have higher level of will to win than non-athlete students. Athlete students also possess internal locus of control where as Non-athlete students were externally oriented

Discussion

The results of this study demonstrate that a significant relationship between locus of control (Internal-External) and Will to win of athlete students and non-athlete students. Athlete students scored significantly higher on internal locus of control than non-athlete students. Athlete students attribute

success to ability and effort and attribute failure to lack of effort whereas non-athlete students attribute success to unstable factors such as task difficulty and luck and failure to stable factors such as lack of ability. They attribution of failure to an internal stable factor lack of ability results in low expectations for future success. Believing that they lack ability will produce low future expectations. Internal attributions about failure evoke more intense emotional reactions. The findings of the present study are in line with Tiwari revealed significant relationship between will to win and locus of control of high and low achiever rowers. Park and Kim (1998) [3] showed that academically high achieving students are higher on internal locus of control and low on external locus of control. Lynn *et al.* 8 on the basis of their study found that athletes are internally controlled on locus of control. Reddy *et al.* 13 showed significant differences with regard to will to win among male long distance runners, short distance runners, jumpers and throwers. Moore *et al.* (1981,

1987) [2] believed that individuals who are more internal in the light of responsibility and know themselves as responsible of their life they have more desire to win the challenges than others who believed that they have less control on their life. On the basis of our findings we can say that athlete students perceive more control over competitive situations than non-athlete students.

Conclusion

Thus it is concluded from whole result that athlete students possess internal locus of control and non-athlete students possess external locus of control. Athlete students with internal locus of control are careful, alert, dominant, focused on success, self-confident, and ingenious. On the other hand, the non-athlete students with external locus of control are less careful, affected by the group members, easily influenced by external forces, less self-confident, and they display unsteady performances. There was significant relationship between Locus of control (Internal-External) and will to win of athlete and non-athlete students.

References

1. Lynn R, Phelan J, Kiker V. Beliefs in internal external control of reinforcement and participation in group and individual sports, *Perceptual and Motor Skills*. 1969; 29:551-553.
2. Moore SL, University of Oregon, Eugene, 1981.
3. Park YS, Kim U. Locus of control, attributional style and academic achievement: Comparative analysis of Korean-Chinese students. *Asian Journal of Social Psychology*. 1998; 2:191-208.
4. Paul BW. *Building a Champion Football Teams*, NJ: Englewood Cliffs, 1960.
5. Pezer V, Brown M. Will to Win and Athletic Performance. *International Journal of Sport Psychology*. 1980; 11:121-131.
6. Reddy TO, Singh V, Reddy TP. Will to Win as a Psychological Differential to Play and Triumph among Female Runners, Jumpers and Throwers, *British Journal of Sports Medicine*. 2010; 44:i55.
7. Rotter JB. Generalized Expectancies for Internal Versus External Control of Reinforcement, *Psychological Monographs General and Applied*. 1966; 80(1):1-26.
8. Tiwari LM. Comparative Study of Will to Win and Locus of Control between High and Low Achievers of Rowing, *Asian Journal of Physical Education and Computer Science in Sports*. 2011; 4:120-122.
9. Vohra S. *Manual for the Lvenson's Locus of Control Scale*, Psy-com Services, New Delhi, 1992.