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## Interpersonal relationship and locus of control among elite level football players at different playing position

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### Abstract

To achieve the purpose of the present study, fifteen football players (N=15) each in different playing positions namely attackers, midfielders and defenders (N=45) were randomly selected from Chennai division and their ages ranged between 20 and 27 years. The standardized psychological tool devised by J.B. Rotter's Internal-External Locus of Control scale is a measure of personal belief and this tool was used to assess the Locus of control of football players. The interpersonal relationship was measured using a sports relationship scale devised by Shahin Ahmed and Swaminathan V.D. The data collected was interpreted and analyzed through the descriptive statistics, analysis of variance and Scheffe's post hoc test. The results were tested at 0.05 level of significance. The results reveal that the interpersonal relationship and locus of control had significant differences among football players at different playing positions. It was concluded that defenders are very good in interpersonal relationships than attackers and midfielders. Also, it was concluded that defenders has an internal locus of control while midfielders has an external locus of control among elite-level football players at different playing positions.

**Keywords:** Locus of control and interpersonal relationship, sports psychology

### Introduction

Sports psychology is an applied psychology principles of education and psychology are applied in sporting situations. In sports, general principles from several branches of psychology help study the behaviour of an athlete. The European Federation of sport psychology (FEPSAC 1996) [8] defined sport psychology as the study of psychological bases, processes and effects of sport. It includes any physical activity for the purpose of competition, recreation, education or health.

Interpersonal relationships are a critical factor in every kind of group. According to McGrath (1984, p.7) [5] "Groups are those social aggregates that involve mutual awareness and potential interaction". Therefore, asking questions about the importance and effect of interpersonal relationships in sports groups is logical.

Locus of control has much significance to sports personnel, in the sense that, it helps to gauge how a sports person adjusts with the event will be it positive or negative in his/her social environment.

Rotter (1966) [6] referred to locus of control as an individual's perception of the underlying main causes of events in his or her life. It is an essential facet of personality. He conceptualized locus of control into two distinct forms: internal locus of control versus external locus of control. Individuals with an internal locus of control believe that events occur because of their own behaviour, whereas those with an external locus of control believe that events are dependent on luck, chance, or other people. Athletes with an external locus of control are more likely to externalize the cause of failure. During a poor performance, they might blame the coach, the referee, the opponent team, and the playing conditions. Whereas an athlete with an internal locus of control is more likely to take responsibility for his or her performance and will look inward and ask himself or herself what they could have done better to improve their performance. Ara and Imamipour (2015) [1] investigated locus of control and hardiness in one hundred and eighty skilled and novice female Taekwondo athletes from Tehran who were divided into three groups- sixty-skilled athletes, sixty semiskilled athletes and sixty-novice athletes.

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The participants completed the Hardiness questionnaire, Rotter's Internal and External Locus of Control (Rotter, 1966) [6]. One-way ANOVA was computed to analyze the data. The results revealed that when compared to semi-skilled and novice athletes, skilled female athletes exhibited more internal locus of control and higher hardiness.

Football is an unpredictable game and the need to change direction frequently demands acute alertness of fellow players and the capacity to make quick decisions and act upon them without delay (Belly 1972) [2].

The purpose of the study was to analyze the interpersonal relationship and locus of control among elite-level football players at different playing positions.

## Method

To achieve the purpose of the present study, fifteen football players (N=15) each in different playing positions namely attackers, midfielders and defenders (N=45) were randomly

selected from the Chennai division and their ages ranged between 20 and 27 years. The standardized psychological tool devised by J.B. Rotter's Internal External Locus of Control scale is a measure of personal belief and this tool was used to assess the Locus of control of football players. The interpersonal relationship was measured using a sports relationship scale devised by Shahin Ahmed and Swaminathan V.D. The data collected was interpreted and analyzed through the descriptive statistics, analysis of variance and Scheffe's post hoc test. The results were tested at 0.05 level of significance (Thirumalaisamy, 1998) [7].

## Results

From the analysis of data the following results were drawn. The result of the descriptive statistics consisting of mean, standard deviation and interpersonal relationship and locus of control of football Players at Different Playing Positions are presented in Tables I, II & III.

**Table 1:** Descriptive statistics of interpersonal relationships and locus of control of football players at different playing positions

S. No	Variables	Attackers		Mid-Fielders		Defenders	
		Mean	SD(±)	Mean	SD(±)	Mean	SD(±)
1.	Interpersonal Relationship	50.46	6.58	50.66	4.40	55.93	3.69
2.	Locus of Control	11.80	1.82	13.33	1.34	11.26	2.25

Table I shows that the descriptive statistics of the interpersonal relationship of attackers N=15, Mean=50.46 and S.D. = 6.58, mid-fielders N=15, Mean=50.66 and S.D. = 4.40 and defenders N=15, Mean=55.93 and S.D. = 3.69. Locus of

Control of attackers N=15, Mean=11.80 and S.D. = 1.82, mid-fielders N=15, Mean=13.33 and S.D. = 1.34 and defenders N=15, Mean=11.26 and S.D. = 2.25.

**Table 2:** Computation of analysis of variance for interpersonal relationship and locus of control on different playing positions among football players

Variables	Source	Sum of Squares	DF	Mean Square	F
Interpersonal Relationship	Between Groups	288.31	2	144.15	5.65*
	Within Groups	1070.00	42	25.47	
Locus of Control	Between Groups	34.53	2	17.26	5.08*
	Within Groups	142.66	42	3.39	

\*Significant at 0.05

From the above-shown table II, the scores of interpersonal relationship and locus of control of football players at different playing positions were analyzed and the obtained F ratio are 5.65 and 5.08 respectively which are greater than the

Table value of 3.21 for the DF (2,42). Since, the obtained f values are found to be greater than the table value it is accepted that significant difference exists among football players at different playing positions.

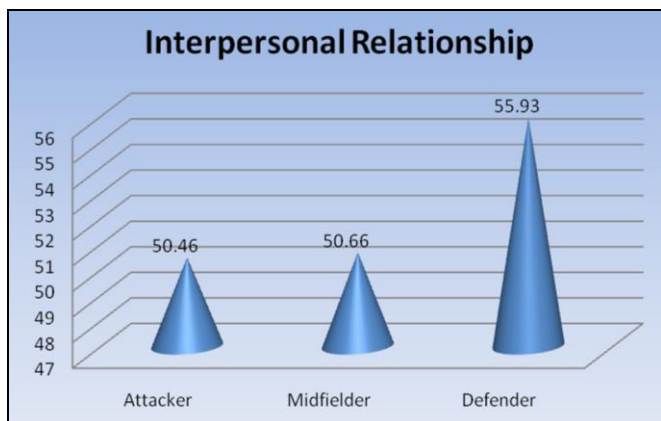
**Table 3:** Scheffe's post hoc test of locus of control on different playing positions among football players

Variables	Attackers	Midfielders	Defenders	Mean Difference	CI Value
Interpersonal Relationship	50.46	50.66	-----	0.20	3.89
	50.46	-----	55.93	5.46*	
	-----	50.66	55.93	5.26*	
Locus of Control	11.80	13.33	-----	1.53	1.83
	11.80	-----	11.26	0.53	
	-----	13.33	11.26	2.07*	

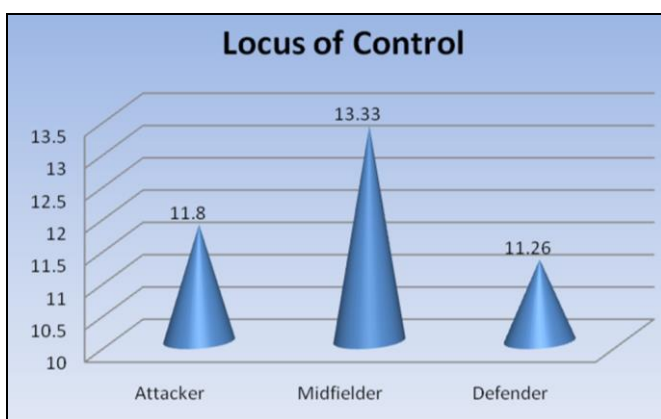
\*Significant at 0.05

Further, the results of Scheffe's post hoc test on interpersonal relationships revealed that the mean difference between attackers and defenders, and midfielders and defenders are 5.46 and 5.26 respectively which is found to be significant since  $p < 0.05$ . The mean difference between attackers and midfielders is 0.20 ( $p > 0.05$ ) which has no significant difference.

The results of Scheffe's post hoc test on locus of control revealed that the mean difference between midfielders and defenders is 2.07 which is found to be significant since  $p < 0.05$ . The mean difference between attackers and midfielders, and attackers defenders are 1.53 and 0.53 respectively ( $p > 0.05$ ) which has no significant difference.



**Fig 1:** Shows the graphical depiction of the comparison of the means of Interpersonal relationship in different playing positions



**Fig 2:** Shows the graphical depiction of the comparison of the means of Locus of control on different playing positions

### Discussion

The result of the study reveals that in interpersonal relationship defenders has the highest score followed by midfielders and attackers. It clearly shows that the defenders are very good in interpersonal relationships than the attacker and midfielders. Its results of locus of control showed that the defenders has an internal locus of control since there score was high among the midfielders and attackers. Similarly, Sudha (2016) <sup>[4]</sup> conducted a study on the Relationship of Sports Achievement Motivation, Locus of Control and Team Relationship with the Performance of First Division Cricket Players in Chennai and revealed that locus of control and team relationship has a greater influence on performance.

### Conclusion

**Within the limitations of the study the following conclusions were drawn:**

1. It was concluded that defenders are very good in interpersonal relationships than the attackers and midfielders among elite Level Football Players at Different Playing Positions.
2. It was concluded that defenders has an internal locus of control while midfielders has an external locus of control among elite Level Football Players at Different Playing Position.

### Conflict of Interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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