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## Effect of sports participation on locus of control and personality traits and self-efficacy among interuniversity sportsperson

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### Abstract

The purpose of the present research was to describe and compare the personality traits (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, Emotional Stability,) self-efficacy (general self-efficacy, social self efficacy,) and locus of control (Powerful others, Chance control, Individual control)of competitive athletes in Group game and Individual sports. The method of the study is descriptive analyses, total 200 (Each 100) samples representing both in individual and group game were selected men women and to collect the data. participating in interuniversity tournament, later't' test was applied to assess the significant difference in factor of personality traits self efficacy, locus of control, between sportsperson of individual and group game, the conclusion was drawn that group game sportsperson have possessed the high women sports person and individual game men high possessed. Comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

**Keywords:** Personality traits, self efficacy, locus of control between individual and group game

### Introduction

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives in mind: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. Within a short span of time, sports psychology has taken giant strides. Not it does claim to be a full-fledged discipline in the sense that no training of sportsman is considered complete without adequate emphasis on "psychological conditioning" which plays an extremely important role in competitive sports.

### Personality Traits

Personality is one of those concepts that is familiar to everyone but is difficult to define, most people use the term, "Personality" to identify the most obvious characteristics of a person, or to refer to that person's social skills.

Although the construct of personality has been defined in many ways, there is a general consensus on what personality is, Allport (1937) collected some more than 50 definitions of personality and also created one of his own, according to Allport Personality is dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment.

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**Locus of Control**

Locus of control is a term in psychology which refers to a person's belief about what causes the good or bad results in his or her life, either in general or in a specific area such as health or academics. This concept, which was developed by Julian B. Rotter in 1954, has become an important aspect of personality studies. Locus of Control refers to the extent to which individuals believe that they can control events that affect them. Individuals with a high internal locus of control believe that events result primarily from their own behavior and actions. Those with a high external locus of control believe that powerful others, fate, or chance primarily determine events. Those with a high internal locus of control have better control of their behavior and tend to exhibit more political behaviors than externals and are more likely to attempt to influence other people; they are more likely to assume that their efforts will be successful.

**Self-Efficacy**

Self-efficacy is an individuals' assessment of their capabilities to organize and execute actions required to achieve successful levels of performance (Bandura, 1986) that mean, it is an athlete's belief about their capabilities to produce designate level of performance that exercise influence over events that affect their level.

**General Self-Efficacy**

In competitive settings, academic settings and musical performance settings research has supported the notion that higher levels of general self-efficacy directly affect persistence, effort, and performance on an activity. Coutinho and Neuman (2008) tested whether general self-efficacy was positively related to academic performance, met cognition, and deep processing of new information (e.g., critical thinking) with 629 undergraduates. They found that general self-efficacy was the strongest predictor of performance, indicating that students with confidence in their abilities tend to experience success in performance.

**Social Self-Efficacy**

Social self-efficacy is a specific application of self-efficacy theory. Perceived self efficacy is the belief in one's capabilities to organize and execute the courses of action required to produce given attainments. Perceived social self efficacy is an individual's confidence in his/her ability to engage in the social interactional tasks necessary to initiate and maintain interpersonal relationships. This includes behaviors such as negotiating interpersonal conflict, meeting new people, displaying Assertiveness in social situations, cultivating romantic relationships, developing friendships, and Interacting in group settings.

**Statement of the Problem**

The personality is product of interaction between environment and heredity factor of sportsperson. Sports performance and selection of games and physical activities depends upon the

nature of personality. Same time activities and Nature of participation also leads to determine the certain character and qualities of sportsperson, and continuous exposé to sports activities results in term of developing personality abilities and characteristics, hence researcher made a plane to assess. "Effect of Sports Participation on Locus of Control and Personality Traits among Interuniversity Sportsperson"

**Significance of the Study**

1. The present study would acquaint physical education, experts, players and coaches with the psychological factors which are useful in the modern sports not only during the training period, But also during higher sports competitions.
2. The coaches will know about the importance of psychological training in ensuring the peak performance among the sports person.

**Objectives of the Study**

1. To find out the difference in psychological factors of different level participants with respect to personality traits, locus of control, self-efficacy
2. To find out the nature of correlation between level of participation and manipulation of psychological factors.

**Hypothesis**

1. It was hypothesed that there may be significant influence of sports participation on locus of control of sports person.
2. It was hypothesed that there may be significant influence of sports participation on personality traits of sports person.
3. It was hypothesed that there may be significant influence of sports participation on locus of control of individual sports person.
4. It was hypothesed that there may be significant influence of sports participation on personality traits of group games sports person.

**Limitation**

1. The present study and personality traits self efficacy and locus of control not other factors of sports person.
2. Data will be collected by administering standardized scale and questionnaire on individual and group gam participated at Inter University, sports participation of Karnataka Universities.
3. The selected for individual and group gam the Study are limited to Karnataka.

**Delimitations**

1. The study is Delimited to the measuring the level of personality traits, locus of control, and self efficacy Inter University sports participation of Karnataka Universities.
2. The study sample is delimited to 200 players in various games.
3. Individual players 100 and Group game players 100

**Table 1:** Results of t test between men and women sport persons interuniversity sports persons with respect to Personality Traits and its components

Variable	Groups	Mean	SD	SE	t-value	P-value
Personality traits	Men sport persons	299.79	19.51	1.95	22.9520	<0.001
	Women sport persons	245.82	13.12	1.31		
Sociability	Men sport persons	42.04	3.43	0.34	15.1492	<0.001
	Women sport persons	35.37	2.76	0.28		
Dominance	Men sport persons	43.66	3.25	0.32	18.8947	<0.001

	Women sport persons	35.37	2.95	0.29		
Extroversion	Men sport persons	42.20	4.11	0.41	14.9405	<0.001
	Women sport persons	34.94	2.59	0.26		
Conventionality	Men sport persons	42.35	3.68	0.37	16.7637	<0.001
	Women sport persons	34.72	2.68	0.27		
Self-Concept	Men sport persons	43.06	3.55	0.36	18.3975	<0.001
	Women sport persons	34.98	2.58	0.26		
Mental toughness	Men sport persons	43.16	3.45	0.34	16.6753	<0.001
	Women sport persons	35.38	3.14	0.31		
Emotional stability	Men sport persons	43.32	3.61	0.36	17.9541	<0.001
	Women sport persons	35.06	2.85	0.29		

Form the results of the above table, it can be seen that

- There is a significant difference between men and women interuniversity sports persons with respect to personality traits scores ( $t=22.9520$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. sociability scores ( $t=15.1492$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the sociability scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. dominance scores ( $t=18.8947$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the dominance scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. extroversion scores ( $t=14.9405$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the extroversion scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. conventionality scores ( $t=16.7637$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the conventionality scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. self-concept scores ( $t=18.3975$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the self-concept scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. mental toughness scores ( $t=16.6753$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the mental toughness scores are significantly higher in men as compared to women sport persons interuniversity sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of personality traits i.e. emotional stability scores ( $t=17.9541$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the emotional stability scores are significantly higher in men as compared to women sport persons interuniversity sports persons. The mean score are also presented in the following figure.

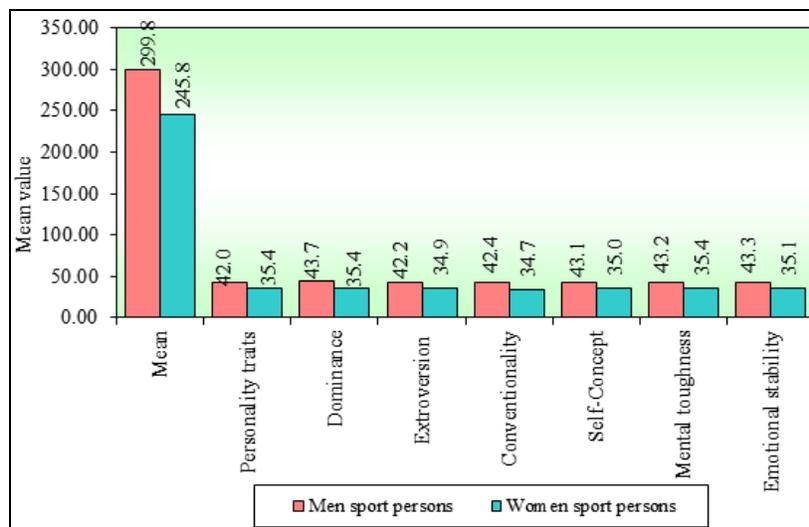


Fig 1: Comparison between men and women sport persons interuniversity sports persons with respect to Personality Traits and its components

**Hypothesis:** There is no significant difference between men and women sport persons interuniversity sports persons with respect to Self efficacy and its components i.e.

- General self-efficacy

- Social self-efficacy

To achieve this hypothesis, the independent t test was applied and results are presented in the following table

**Table 2:** Results of t test between men and women sport persons interuniversity sports persons with respect to Self efficacy and its components

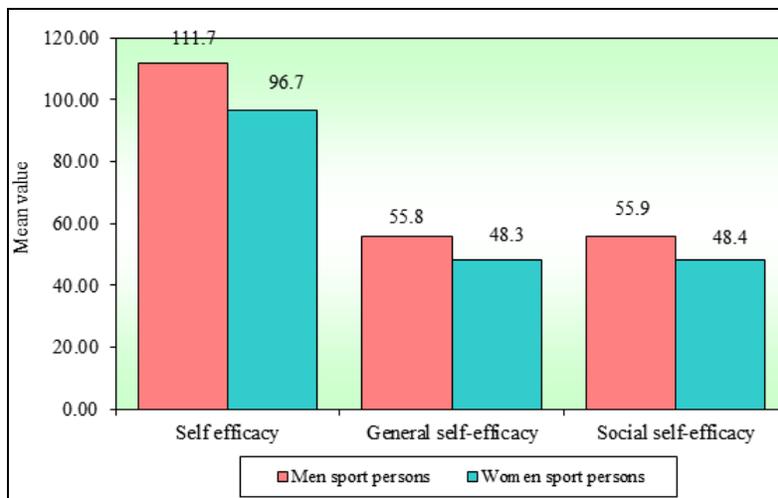
Variable	Groups	Mean	SD	SE	t-value	P-value
Self efficacy	Men sport persons	111.68	6.39	0.64	14.7272	<0.001
	Women sport persons	96.67	7.94	0.79		
General self-efficacy	Men sport persons	55.79	4.07	0.41	11.7634	<0.001
	Women sport persons	48.30	4.89	0.49		
Social self-efficacy	Men sport persons	55.89	2.99	0.30	14.8842	<0.001
	Women sport persons	48.37	4.07	0.41		

Form the results of the above table, it can be seen that

- There is a significant difference between men and women interuniversity sports persons with respect to self-efficacy scores ( $t=14.7272$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the self-efficacy scores are significantly higher in men interuniversity sports persons as compared to women sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of self-efficacy i.e. general self-efficacy scores ( $t=11.7634$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis

is accepted. It means that, the general self-efficacy scores are significantly higher in men interuniversity sports persons as compared to women sports persons.

- There is a significant difference between men and women interuniversity sports persons with respect to component of self-efficacy i.e. social self-efficacy scores ( $t=14.8842$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the social self-efficacy scores are significantly higher in men interuniversity sports persons as compared to women sports persons. The mean score are also presented in the following figure.



**Fig 2:** Comparison between men and women sport persons interuniversity sports persons with respect to Self efficacy and its components

**Hypothesis:** There is no significant difference between men and women sport persons interuniversity sports persons with respect to locus of control and its components i.e.

- Powerful others
- Chance control

- Individual control

To achieve this hypothesis, the independent t test was applied and results are presented in the following table

**Table 3:** Results of t test between men and women sport persons interuniversity sports persons with respect to locus of control and its components

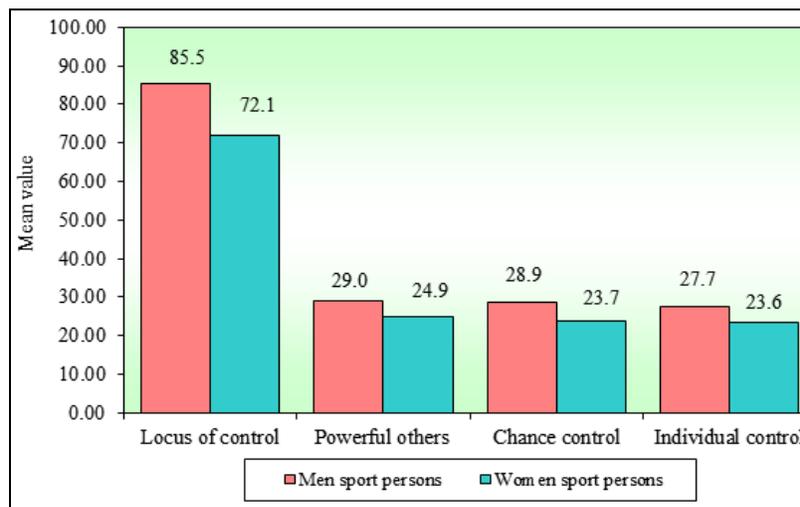
Variable	Groups	Mean	SD	SE	t-value	P-value
locus of control	Men sport persons	85.53	5.99	0.60	14.9650	<0.001
	Women sport persons	72.12	6.67	0.67		
Powerful others	Men sport persons	28.96	2.73	0.27	10.4547	<0.001
	Women sport persons	24.87	2.81	0.28		
Chance control	Men sport persons	28.85	2.61	0.26	12.8904	<0.001
	Women sport persons	23.68	3.04	0.30		
Individual control	Men sport persons	27.72	2.09	0.21	14.4315	<0.001
	Women sport persons	23.57	1.97	0.20		

Form the results of the above table, it can be seen that

- There is a significant difference between men and women interuniversity sports persons with respect to self-efficacy scores ( $t=14.9650$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the self efficacy scores are significantly higher in men interuniversity sports persons as compared to women sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component of self-efficacy i.e. powerful others scores ( $t=10.4547$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the powerful others scores are significantly higher in men interuniversity sports persons as compared to women sports persons.
- There is a significant difference between men and women interuniversity sports persons with respect to component

of self-efficacy i.e. chance control scores ( $t=12.8904$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the chance control scores are significantly higher in men interuniversity sports persons as compared to women sports persons.

- There is a significant difference between men and women interuniversity sports persons with respect to component of self-efficacy i.e. individual control scores ( $t=14.4315$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the individual control scores are significantly higher in men interuniversity sports persons as compared to women interuniversity sports persons. The mean score are also presented in the following figure.



**Fig 3:** Comparison between men and women sport persons interuniversity sports persons with respect to locus of control and its components

### Conclusion

The group women sportsperson also reveals the more sociability behavior comparing the individual game sportsperson. The group game women player expressed the more dominance nature in their sports participation comparing to their counterpart, whereas the individual male players have noticed more dominance nature behavior comparing to the female players. In conventionality behavior women group players have expressed more comparing the men group players, whereas the individual male players have more comparing the women individual players. In self-concept women group players have expressed more comparing the men group players, whereas the individual male players have more comparing the women individual players. The mental toughness has noticed more in individual male and in women group players, comparing to their counterpart. The emotional stability has noticed more by women group players and male individual game players comparing to individual women and male group players. General Self-efficacy tendency has noticed more by women individual and group game players comparing their counterpart. Similar kind of nature has expressed in their Social self-efficacy ability by the women players comparing to male players. Locus of control in powerful other source has shown more by women group and individual comparing to their counterpart. Locus of control as chances control source has shown more by women group and individual comparing to their

counterpart.

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