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A study of self control between male and female sports persons

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Abstract

Aim: The purpose of this study is to find the relation between age, self-control among male and female sports persons of Mansa District.

Methodology: For present research work the sample was taken from all sports events from Mansa District (Punjab) Total 50 male sports persons were taken. The subjects were selected randomly from Mansa district. Tools.- Self-control level was measured using 10 items questionnaire developed by Tangney, J.P., Baumeister, R.F., Boone, A.L [6]. (2004).

Statistical Analysis: To find out the relationship among the research variables exists or not, t-test was used to test the significance of difference between the means. Statistics for each characteristic were calculated; Mean, Standard deviation, Standard error of Mean. Data was analyzed using SPSS (statistical package for the social sciences). Statistical significance was set at $p < 0.05$.

Results: Significant differences exist between male and female sports persons in self control at $p < 0.5$ level. No significant differences exist between male and female sports persons at the variable of age

Conclusion: From the above discussion we can conclude that as the sports person gain experience through competition and training his self esteem increase and he learn how to control anxiety level.

Keywords: Self-control, trait and state

Introduction

Self control is defined as the ability to manage your actions, feelings and emotions. Self-control is the quality that allows you to stop yourself from doing things you want to do but that might not be in your best interest. For example, without self-control, you might bubble and bane non-stop. Researchers vary in their conceptualizations of self-control, defining it as the ability to delay gratification (Metcalf & Mischel, 1999; Mischel, Shoda, & Rodriguez, 1989) [3, 1], resist temptations (Fudenberg & Levine, 2006) [11], overcome impulses (Hofmann, Friese, & Strack, 2009) [10], avoid procrastination (Ariely & Wertenbroch, 2002) [5], or override short-term goals which block long-term goals (Fishbach & Shah, 2006; Hofmann *et al.*, 2009; Muraven & Baumeister, 2000) [9, 12, 4]. Self control is of two types, the first type of self control is *state* self control and second type of self control is *trait* self control. State self control can fluctuate with the passage of time and is an exhaustible behavior but trait self control is a part of personality and is stable within one individual behavior. Studies show that high trait self-control is a predictor of performing self-control related behavior (De Ridder *et al.* 2012) [14] and especially for behavior that is related to a successful life (Tangney *et al.* 2004) [6]. People high in trait self-control may be tempted as much as people with low trait self-control but they are better in resisting to act on those temptations (Hofmann & Friese, 2009) [12]. Self control can be managed by controlling these two components i.e. anxiety and anger because these two factors helps in losing the self control. Anxiety and anger when controlled helps the athletes to focus for positive results. To boost self control one must avoid high enticement situation further self-control can also be encouraged by inducting positiveness in behaviour, promoting self-directed motivation for task engagement, reaffirming long-term destinations and higher-order values, and taking breaks or engaging in relaxation between self-control tasks. Physiologically self control can be boosted by controlling blood level glucose.

Self control not only helps in focusing on goal but also helps in developing social relations, An athlete having trait self control develops friendly relationship with society because he can

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control his anger, aggression, anxiety and arousal etc. according to the situation in the sports and in the society. So a sportsman having trait self control can performs better in life and can achieve high than the state self control so self control is very essential in all walks of life.

Aim of the Study: The purpose of this study is to find the relation between age, self-control among male and female sports persons of of Mansa District.

Methodology

Sample: For present research work a sample of 50 male sports persons and 50 female sports women were taken randomly from all games and sports events from Mansa District.

Limitation: The study is limited to Mansa District only.

Tools

To measure self control Tangney, J.P., Baumeister, R.F., Boone, A.L. (2004). 10-Item Self-Scoring Self-Control Scale was used to measure the self control among sports persons.

Administration of Test

Questionnaire schedule was distributed among sports persons and the purpose of the test was explained to the sports persons any difficulty in filling the questionnaire was sought out, the

scoring pattern was explained to the sports persons. After completing the test the questionnaire schedules were collected for scoring.

Scoring

Self-control questionnaire consist of 10 Items, All items are answered using a 5-point Likert scale format ranging from not like me to very much like me. Giving not like me 5 point, A little like me 4 points, some what like me 3 points, mostly like me 2 points and very much like me 1 points. Question no 4, 5 and 6 are reverse scored. Next, add up all the points for the checked boxes and divide by 10. The maximum score on this scale is 5 (extremely self-controlled), and the lowest scale on this scale is 1 (not at all self-controlled).

Statistical Analysis

To find out the relationship among the research variables exists or not, t-test was used to test the significance of difference between the means. Statistics for each characteristic were calculated; Mean, Standard deviation, Standard error of Mean. Data was analyzed using SPSS (statistical package for the social sciences). Statistical significance was set at $p < 0.05$.

Self Control level between Male and Female sportspersons

Table 1

	Male			Female			
	Mean	SD	S Em	Mean	SD	S Em	T-value
Age	21.06	3.11	0.44	21.72	2.00	0.28	1.26
Self control	3.58	0.70	0.10	3.87	0.47	0.07	2.50*

$P < 0.5$

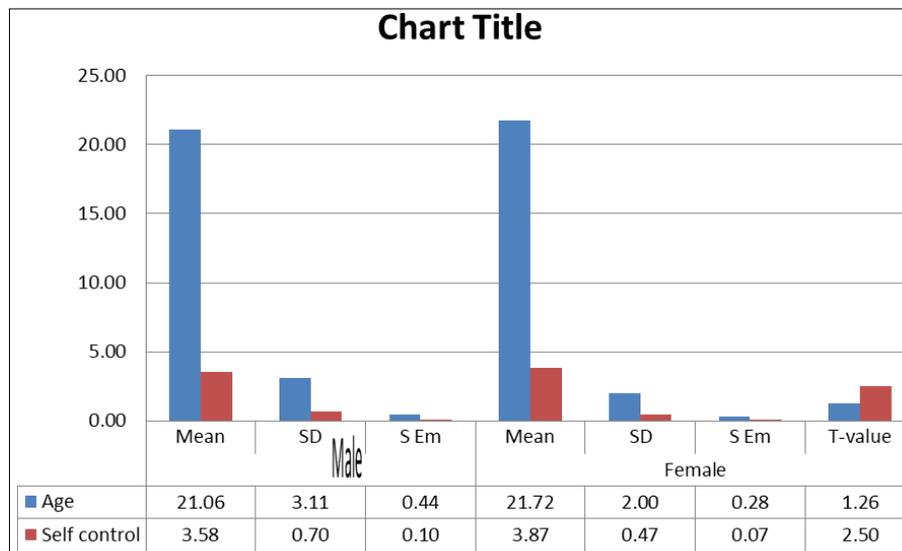


Fig 1

Result and Discussion

The results of the above table shows the mean value of male age is 21.06 and of female sports persons is 21.72 showing t-value 1.26, no significant difference exist between the two variables. In case of self control the male shows less mean value 3.58 as compared to female sportsperson showing mean value of 3.87 showing significant t- value of 2.50 at $P < 0.5$. The results reveals that female sports person shows more self control as compared to male sports person shows that female were more focussed and had better control over anger and anxiety than male sportspersons. The results of Gottfredson

and Hirschi (1990) [2] predict that females will have higher levels of self-control. Indeed, research has consistently supported the claim that females have higher self-control than males (Blackwell & Piquero, 2005; Gibson, Ward, Wright, Beaver, & DeLisi, 2010; Hope & Chapple, 2005) [7, 13, 8]. Supports the results of above study. Female sports women were more shows more self control the reason being natural instinct and social brought up of females this helps the female sports persons to focus on aim and better control on emotions during competition.

Conclusion

From the above study following conclusions were drawn. Non significant differences exists on the variable of age among male and female sports persons. Significant difference exist at $P<0.5$ level on the variable of self-control between male and female sports persons.

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