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Exploration study on the relationship between the dimensions of centre of control and perceived stress among physical education students of C.C.S. University

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Abstract

The aim of the present study was to find out the relationship between the dimensions of centre of control and perceived stress among Physical Education students of Chaudhary Charan Singh (C.C.S.) University. For the collection of the data Questionnaire Method was used, which is developed by Levenson for find out Centre of Control and Sheldon Cohen for find out Perceived Stress. The study was delimited to 60 samples from Chaudhary Charan Singh (C.C.S.) University. Correlation Analysis was used to test the relationship between the dimensions of centre of control and perceived stress. t-test was used to find out the gender differences in each variable. Result was represented through suitable tables and figures.

Keywords: Centre of control, physical education, perceived stress, questionnaire method

Introduction

In personality psychology, Centre of Control is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. The concept was developed by Julian B. Rotter in 1954, and has since become an aspect of personality studies. A person's "loci" (plural of "locus", Latin for "place" or "location") are conceptualized as internal (a belief that one's life can be controlled) or external (a belief that life is controlled by outside factors which they cannot influence, or that chance or fate controls their lives).

Individuals with a strong internal Centre of Control believe events in their life derive primarily from their own actions: for example, when receiving exam results, people with an internal locus of control tend to praise or blame themselves and their abilities. People with a strong external Centre of control tend to praise or blame external factors such as the teacher or the exam. Centre or Locus of control generated much research in a variety of areas in psychology. The construct is applicable to such fields as educational psychology. Debate continues whether specific or more global measures of Centre of control will prove to be more useful in practical application. Careful distinctions should also be made between Centre of control (a concept linked with expectancies about the future) and attribution style (a concept linked with explanations for past outcomes), or between centre/locus of control and concepts such as self-efficacy.

Rotter (1966) defined locus of control as an individual's perception about the underlying main causes of events in his/her personal decisions and efforts (internal) or as unrelated to his or his or her actions and is guided by fate, luck, or other external circumstances (external). People with internal locus of control believe that they can control what happens in their lives. On the other hand, people with external centre of control tend to believe that most of the events in their lives result from luck, being at right place at the right time, and the behaviors of powerful people. Those with an internal Centre/Locus of control

- Are more likely to take responsibility for their actions.
- Tend to be less influenced by the opinions of other people.
- Often do better at tasks when they are allowed to work at their own pace.
- Usually have strong sense of self-efficacy.
- Tend to work hard to achieve the things they want.

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- Feel confident in the face of challenges.
- Tend to be physically healthier.
- Report being happier and more independent.
- Often achieve greater success in the work place.

Those with an external locus of control

- Blame outside forces for their circumstances.
- Often credit luck or chance for any successes.
- Don't believe that they can change their situation through their own efforts.
- Frequently feel hopeless or powerless in the face of difficult situations.

Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. Perceived stress incorporates feelings about the uncontrollability and unpredictability of one's life, how often one has to deal with irritating hassles, how much change is occurring in one's life and confidence in one's ability to deal with problems or difficulties. It is not measuring the types or frequencies of stressful events which have happened to a person, but rather how an individual feels about the general stressfulness of their life and their ability to handle such stress. Individuals may suffer similar negative life events but appraise the impact or severity of these two different extents as a result of factors such as personality, coping resources, and Support. In this way, perceived stress reflects the interaction between an individual and their environment

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall wellbeing. Stress is simply a fact of nature forces from the inside or outside world affecting the individual responds to stress in ways that affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience. In general, stress is related to both external and internal factors. External factors include the physical environment, including your job, your relationships with others, your home, and all the situations, challenges, difficulties, and expectations you're confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest one get.

Statement of the study

The aim of the present study was to find out the relationship between the Dimensions of Centre of Control and Perceived Stress among Physical Education students.

Delimitations of the study

- The study was delimited to 60 subjects.
- Selected subjects are restricted to C.C.S. University.

- 30 male and 30 female students are delimited to this study.
- Under the age limit of 23-34 years.
- The study was delimited to B.P.Ed. and M.P.Ed, only.

The Limitation of Study

For the collection of the data questionnaire method was used, which is developed by Levenson for find out Centre/Locus of Control and Sheldon Cohen for find out Perceived Stress. The responses obtained from the subjects are treated as correct and genuine.

Methodology

The aims of the study was to find out the relationship between the dimensions of Centre of Control and Perceived Stress among B.P.Ed. and M.P.Ed., students of C.C.S. University. In the present study, methods and procedures are described. This includes the selection of subjects, selection of variables (male and female) and orientation of subjects and statistical analysis of data. This study being with a discussion of available literature on the subject. Relevant abstracts and references were recorded. For the collection of the data questionnaire method was used, which is developed by Levenson for find out Centre/Locus of control and Sheldon Cohen for find out Perceived Stress. Question are simple and few in number. Questions are free from ambiguity, easily intelligible and readily answerable. Questions can be answered by ticking merely by options.

The selected samples are graduates and post graduates students from Chaudhary Charan Singh (C.C.S.) University. Students of graduates are at the stage of setting clear career field for them. They undergo much confusion in their academics. They are the one who will be stepping into the competitive world and they need to be very innovative. As an emerging adult they hold the responsibility of their selves and they are no more dependent on their parents. They need to be prepared well to face the competitive world. Hence this sample was chosen.

Random sampling was used and sample size for present study is 60 and will be administered to male and female of the under graduate (B.P.Ed.) and post graduates (M.P.Ed.) students. The investigator will be taken 30 male and 30 female students. Under that age limit of 23-34 years.

Statistical Tools

- Correlation analysis was used to test the relationship between the dimensions of centre/locus of control and perceived stress.
- t-test analysis was used to test the gender differences in each variable.

Data Analysis and Interpretation

This research study will give the information of overall study. The present study deals with the analysis and interpretation of data that was collected from the respondents through questionnaire. The collected data was coded and tabulated using statistical measures. The data has been analysed and interpreted accordingly to the objective of the study. The present study includes following tables and figures.

Table 1: Mean, standard deviation and correlation of internal centre/locus control, external centre of control and perceived stress

Sl. No.	Variables	Mean	S.D	Correlation
1.	Internal center/locus of control	36.67	9.75	-0.18
2.	External centre/locus of control	47.5	14.41	0.37
3.	Perceived stress	18.77	7.79	

* Correlation is significant at the 0.05 level (2-tailed) NS. Not significant

Table 1 shows the relationship between the dimensions of centre/locus of control and perceived stress. It is shown that internal locus of control has minimal negative correlation of -

0.18 with perceived stress. It indicates that people with high internal locus of control will possess low stress.

Table 2: Mean, S.D, Standard Error Mean and t-values of Internal Centre/Locus of Control, External Centre/Locus of Control and Perceived Stress among Male and Female Students

Sl. No.	Variables	Gender	N	Mean	S.D	S.E.M	t value
1.	Internal LOC	Male	30	36.67	9.74	1.78	2.61
		Female	30	32.2	9.09	1.66	
2.	External LOC	Male	30	47.5	14.41	2.63	1.32
		Female	30	40.6	15.01	2.74	
3.	perceived stress	Male	30	18.77	7.79	1.42	
		Female	30	18.8	5.43	0.99	

*t value is significant at 0.05 levels Ns- Not significant

The Table 2 shows value of t is 2.61 in Internal LOC and 1.32 in External LOC among male and female students. It clearly indicates there is significant difference in both Internal and External Centre/Locus of Control among male and female Physical Education students and also it shows people with high external Centre/locus of control will possess high stress.

Summary, Conclusion and Recommendation

Student life is very crucial period in life. It is foundation of future life. Any problem in student's life will have an impact on future personal, vocational and social life. Emerging adulthood or the college life is marked by important factors. Other than the known factors like intelligence, socio-economic status, motivation etc. The purpose of conducting this study was to examine the relationship between centre of control and stress and to check the gender difference in each variable. Centre/Locus of Control was measured under two dimension i.e., internal centre/locus of control and external centre/locus of control. From the result it was conceptualized that there is minimal relationship between the dimensions of centre of control and stress. Internal centre of control is negatively related with stress i.e. people with high internal centre/locus of control they will have less stress. On the other hand external centre/locus of control is also negatively related with stress, i.e., people with low external centre/locus of control will have high stress. Result revealed that independent variables i.e., internal centre of control had a minimum negative correlation and external centre/locus of control had a minimum positive correlation with the dependent variable i.e. stress respectively. The correlation between the variables was minimal and it was significant. It was found that there is significant gender difference in internal centre/locus of control. On the other hand there was no significant gender difference in external centre/locus of control and stress.

Conclusion

On the basis of the evidences from the results, the current study concluded that centre/locus of control is an important social personality variable in relation to cope with stressful daily life events. The evidence from 60 respondents of students rated at high or low internal centre / locus of control proves that the feelings of being in control make the potentially stressful environmental events less so and also

sustain the feelings of empowerment and courage.

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