

Relationship between Self-Concept and Locus of Control among the Successful and Unsuccessful Team of Men Volleyball at Delhi Inter College

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Abstract

In the field of competitive sport, training of athletes is incomplete without psychological training of the competition. Psychological readiness plays a decisive role as to determine whether or not an athlete or not an athlete in competition and in training responds to their optimum potentials, keeping in mind the research scholar selected to study the Relationship between Self Concept and Locus of Control among the Successful and Unsuccessful team of men Volleyball at Delhi Inter College. 12 players of the college team who represented in Delhi inter college and got the 1st, 2nd position and the last two positions were taken as the subjects of the study i.e. $12 \times 4 = 48$. The teams who got the 1st and 2nd position in Volleyball Delhi inter college were considered as the successful team and the last two teams were considered as the unsuccessful one. The variables selected for the study were Locus of Control and Self Concept. The 2-questionnaire selected for the purpose of the study were Self-concept questionnaire by Raj Kumar Saraswat and Locus of control questionnaire by Roma Pal, which were administered to the top two teams and the bottom two teams. The data was collected on the basis of the manual. The statistical techniques employed were descriptive statistics, t' test and Pearson product moment correlation. The results revealed that LOC among successful team has a mean value of 54.42 and standard deviation of 2.45 whereas LOC among unsuccessful team has a mean value of 54.38 and standard deviation of 1.69. Self-concept among successful team has a mean value of 164.70 and standard deviation of 15.41 whereas self-concept among unsuccessful team has a mean value of 171.54 and standard deviation of 12.94. Also, there was no significant relationship between LOC of successful and LOC of unsuccessful teams with correlation values of -0.166 and significance value of 0.439. And also, within the self-concept of successful players and self-concept of unsuccessful players there was no significant relationship with correlation value of -0.125 and significant value of 0.559. And finally, there was no significant difference between LOC of successful and LOC of unsuccessful teams with obtained' - value of 0.06 against the required value of 0.95 and also within the self-concept of successful players and the self-concept of unsuccessful players there is no significant difference between mean value of selected group. Where the obtained' value was found to be 1.57 against the required value of 0.13 required to be significant, It was concluded that no significant relationship was found on locus of control among the successful & unsuccessful team of men Volleyball player at Delhi inter college there was no significant relationship on self-concept among the successful & unsuccessful team of men Volleyball players, also not only the self-concept & locus of control play a role at the success of team but various other aspects of psychology like anxiety, motivation etc. also plays role in that, no significant relationship was found between self-concept & locus of control among successful team of men Volleyball players and no significant relationship was found between self-concept & locus of control among unsuccessful team of men Volleyball players at Delhi inter college.

Introduction

Sports involve extremely complex behavior issues. As a consequence of intense competition, a sportsman's behavior may undergo important changes. Physical education scientist and coaches have not been expert in the matter of skill training but also be engineers who understand mechanics of human behavior the playfield, under extremely diverse situation. Sports psychology, as an applied psychology has taken great strides. The knowledge in all fields of human Endeavour, especially of behavior, has expanded to such an extent that is difficult to discuss one aspect of behavior without reference to others. In the field of competitive sport, training of athletes is incomplete without psychological training of the competition. Psychological readiness plays a decisive role as to determine whether or not an athlete or not an athlete in competition and in training responds to their optimum potentials (Robert N. Singer, Myths and Truths in sports Psychology New York, 1973)

(R. B. Alderman, Psychological Behavior in sport 1974) It is now being claimed that "Regardless of how much ability, skill or fitness a person possesses for a particular task o sport, the success or quality of his performance will in the final analysis probably depend on his particular psychological makeup"

Presently coaches and physical educators have become more conscious and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and sociological characteristics of the participants contribute more towards their success than mere physical fitness. Adjustment and sociology through sports and physical education activities have almost been through to be major objectives of physical education (B. A. Stall, 1956)

The optimum state of readiness for competition depends, to a great extent on the level of confidence, and other psychological variables. Sportsman should be taught to use Psycho-regulatory procedures. Psychological preparations must continue as most of men tend to get into pre-state. During this period psychological preparation should aim at achieving optimum readiness for competition" (Dr. N.P. Sharma, Sports Sciences, Psychological preparation of sports person New Delhi 2004)

Self-concept

The self-concept is composed of relatively permanent self-assessments, such as personality attributes, knowledge of one's skills and abilities, one's occupation and hobbies, and awareness of one's physical attributes. For example, the statement, "I am lazy" is a self-assessment that contributes to the self-concept. In contrast, the statement "I am tired" would not normally be considered part of someone's self-concept, since being tired is a temporary state. Nevertheless, a person's self-concept may change with time, possibly going through turbulent periods of identity crisis and reassessment.

The self-concept is not restricted to the present. It includes past selves and future selves. Future selves or "possible selves" represent individuals' ideas of what they might become, what they would like to become, and what they are afraid of becoming. They correspond to hopes, fears, standards, goals, and threats. Possible selves may function as incentives for future behavior and they also provide an evaluative and interpretive context for the current view of self (<http://en.wikipedia.org/wiki/Self-concept>)

Julian B. Rotter claimed that the expected outcome of an action and the value we place on that outcome determine much of our behavior. For example, people whose positive self-concept leads them to believe they will succeed at a task are likely to behave in ways that ultimately lead to success, while those who expect failure are much more likely to bring it about through their own actions. In a general theory of personality, he developed subsequently with two colleagues, Rotter designated variables based on the ways that individuals habitually think about their experiences. One of the most important was I-E, which distinguished "internals," who think of themselves as controlling events, from "externals," who view events as largely outside their control. Internal-external orientation has been found to affect a variety of behaviors and attitudes

Locus of control

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, tend to exhibit more political behaviors, and are more likely to attempt to influence other people than those with a high external locus of control; they are more likely to assume that their efforts will be successful. They are more active in seeking information and knowledge concerning their situation. The propensity to engage in political behavior is stronger for individuals who have a high internal locus of control than for those who have a high external locus of control (http://en.wikipedia.org/wiki/Locus_of_control)

The importance of locus of control in understanding human behavior is more clearly understood in its extreme form. Imagine a classroom of "external" students. These students would expect that the teacher's praise, their classmates' friendship, and their grades have nothing to do with any effort or ability on their part. It is only by luck or chance that they have been successful, or unsuccessful. And if that is the case, why bother expending any effort? On the other hand, imagine a classroom of students who believe that through their own efforts and behaviors they could bring about the desired ends. Two very different classrooms, not because of intelligence, socioeconomic status, sex, or any of the other common ways we identify differences in people, but because of perceived locus of control (<http://findarticles.com/p/articles>).

As we know that self-concept is the awareness of one's attributes, and person who has a high internal locus of control believe that events result from their own behavior or action and people with external locus of control believe that fate, chance primarily determine events. Thus, people with high internal locus of control have better control of their behavior, as supported by Julian B. Rotter but, there has been no study about the relationship between the self-concept and locus of control of an individual, so the researcher has gone through various literature and research in this field, to study their relationship. Hence, the research scholar got motivated to do this study.

Objectives and hypothesis:

The optimum state of readiness for competition depends, to a great extent on the level of confidence, and other psychological variables. Sportsman should be taught to use Psycho-regulatory procedures; hence the objectives set for the study were to study the relationship between the self-control and locus of control among successful players, to study the relationship

between the self-control and locus of control among unsuccessful players, to know the difference between successful team and unsuccessful team on self-concept and to know the difference between successful team and unsuccessful team on locus of control. Based on the objectives of the study, the hypotheses were that the successful team would have higher self-concept and internal locus of control, that the unsuccessful team would have low self-concept and external locus of control, it was also hypothesized that there would be significant difference between successful and unsuccessful team on self-concept and finally there would be significant difference between successful and unsuccessful team on locus of control.

Procedure and methodology:

12 players of the college team who represented in Delhi inter college and got the 1st, 2nd position and the last two positions were taken as the subjects of the study i.e. 12 x 4 = 48. The teams who got the 1st and 2nd position in Volleyball Delhi inter college were considered as the successful team and the last two teams were considered as the unsuccessful one. The variables selected for the study were Locus of Control and Self Concept. The 2-questionnaire selected for the purpose of the study were Self-concept questionnaire by Raj Kumar Saraswat and Locus of control questionnaire by Roma Pal, which were administered to the top two teams and the bottom two teams. The data was collected on the basis of the manual. The questionnaires collected from the subjects were kept in a series according to their respective groups and all the questionnaire were numbered from one to forty-eight. The data was analyzed by computing descriptive analysis, t test and Pearson product moment correlation.

Result and discussion:

The data was analyzed by employing descriptive statistics, paired ‘t’ test for comparison and Pearson product Moment correlation for relationship, the results revealed that:

Table no. 1

Descriptive Statistic of Locus of Control among Successful and Unsuccessful Team players

Variable: (locus of control)	Mean	Standard deviation
Successful	54.42	2.45
Unsuccessful	54.38	1.69

Table no. 1 clearly indicated the descriptive statistics on locus of control among successful and unsuccessful team. LOC among successful team has a mean value of 54.42 and standard deviation of 2.45 whereas LOC among unsuccessful team has a mean value of 54.38 and standard deviated of 1.69. Table further shows there is not much difference in the mean values between successful and unsuccessful team on locus of control.

Table no. 2: Descriptive Statistics Self-Concept Successful and Unsuccessful Teams

Variable (self-concept)	Mean	Standard deviation
Successful	164.70	15.41
Unsuccessful	171.54	12.94

Table 2 indicates the descriptive statistics of self-concept among successful and unsuccessful team. Self-concept among successful team has a mean value of 164.70 and standard

deviation of 15.41 whereas self-concept among unsuccessful team has a mean value of 171.54 and standard deviation of 12.94. Table further shows that there is not much difference in the mean values between successful and unsuccessful team on self-concept.

Table No. 3: Paired Sample Correlation			
	PAIRS	CORRELATION	SIGNIFICANCE
Pair 1	LOC successful & LOC unsuccessful	-0.166	0.439
Pair 2	self-concept successful & self-concept unsuccessful	-0.125	0.559

Table 3 indicates that there was no significant relationship between LOC of successful and LOC of unsuccessful teams with correlation values of -0.166 and significance value of 0.439 . And also, within the self-concept of successful players and self-concept of unsuccessful players there was no significant relationship with correlation value of -0.125 and significant value of 0.559 .

Table no. 4: Comparison of Mean Values between Successful and Unsuccessful Team on Selected Variables

Pair	Mean	Std. Deviation	t	df	Significance
LOC successful & LOC unsuccessful	0.041	3.19	0.06	23	0.95
Self-concept successful & Self-Concept Unsuccessful	-6.83	21.32	-1.57	23	0.13

Table 4 indicated that there was no significant difference between LOC of successful and LOC of unsuccessful teams with obtained' – value of 0.06 against the required value of 0.95 and also within the self-concept of successful players and the self-concept of unsuccessful players there is no significant difference between mean value of selected group. Where the obtained' value was found to be 1.57 against the required value of 0.13 required to be significant

Discussion on findings:

Locus of control among successful and unsuccessful teams was almost same as both the teams have an average locus of control but more homogeneity was seen in unsuccessful team i.e. in this group, mostly players were of same self-concept whereas in the successful teams the locus of control of the teams were of different nature. The self-group of both the groups were falling in the same category i.e. they were having an average self-concept. But more homogeneity was found in the unsuccessful team player which clearly indicates that the unsuccessful team consisted players, who were of almost same self-concept whereas the successful team had more variability among their group i.e. some of them were of high self-concept. A question was raised that if both the groups have almost same type of self-concept and locus of control, then what was the reason behind the success of one group and failure of the other group. The reasons may be:

1. Uniformity of the group
2. Level of the Competition
3. Training age
4. Performance level

5. Within group variability was more
6. Other psychological factors such as anxiety, motivation etc.

Conclusion:

- It was concluded that no significant relationship was found on locus of control among the successful & unsuccessful team of men Volleyball player at Delhi inter college.
- It was concluded that no significant relationship was found on self-concept among the successful & unsuccessful team of men Volleyball players at Delhi inter college.
- It was concluded that not only the self-concept & locus of control play a role at the success of team but various other aspects of psychology like anxiety, motivation etc. also plays role in that.
- It was concluded that no significant relationship was found between self-concept & locus of control among successful team of men Volleyball players at Delhi inter college.
- It was concluded that no significant relationship was found between self-concept & locus of control among unsuccessful team of men Volleyball players at Delhi inter college.

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