



Anxiety and Locus of Control Among Boys and Girls Individual Game Players: A Psycho-Social Study

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Introduction :

The extent to which people believe they have power over events in their lives. In personality psychology, locus 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. Locus of control generated much research in a variety of areas in psychology.

A person with an internal locus of control believes that he or she can influence events and their outcomes, while someone with an external locus of control blames outside forces for everything. This concept was brought to light in the 1950's by Julian Rotter. The underlying question regarding the locus of control is this...do I control my life or does something else (like a God) control it? This simple idea has profound significance as it influences peoples' beliefs very strongly. Do you believe in God? Are you an agnostic? Why? Do I just have good luck? If I make all the right decisions does that mean I can make my life be exactly how I envision it? These are all questions that might arise from that simple premise. People who base their success on their own work and believe they control their life have an internal locus of control. In contrast, people who attribute their success or failure to outside influences have an external locus of control.

Objective: The main objective of this research is to investigate the locus of control and anxiety among Boys and Girls Individual Game Players.

Hypotheses: The hypotheses are:

- 1) There is no significant difference among Boys and Girls Individual Game Playes with respect to locus control.



2) There is no significant difference among Boys and Girls Individual Game Players with respect to anxiety.

Research Methods:

Sample:

For the present study, total 80 Sample were selected from Aurangabad city of various individual game players (Table Tennis, Badminton and chess). The age range of subjects was 18-25 years. Purposive non-probability sampling technique was used for sample selection of the game players.

Variables:

Independent variable-

- 1) Gender a) Boys b) Girls

Dependent Variable

- 1) Locus of Control 2) Anxiety

Tools: Sports Anxiety Test (SAT) and Rotter's Locus of Control Scale has been as a tool for this study.

Results and Analysis:

The results based on tools selected for study is shown in following table.

Table 1: Mean, Std. Deviation, t test of samples

Dimension	Boys (N=40)		Girls (N=40)		't'	Df	P
	Mean	SD	Mean	SD			
Locus of control	14.40	4.77	17.65	3.10	7.30	78	<.01
Anxiety	16.84	6.65	22.45	6.09	4.58	78	<.01

Table 1 shows that, Mean of boys individual game players on dimension locus of control was 14.40 and mean of girls individual game players on dimension anxiety was 17.65, the difference between the two mean was highly significant $t(78) = 7.30$.



$p < .01$. It showed that girls individual game players had significantly internal locus of control than the boys' individual game players.

Second result shows the Mean of male individual game players on Dimension anxiety was 16.84 and mean of male individual game players on dimension anxiety was 22.45, the difference between the two mean was high significant $t(78) = 4.58$, $p < .01$. It reveals that, girls' individual game players had significant high anxiety than the boys's individual game players.

Finally it is observed that, Girls individual game players had significantly locus of control (Internal Locus of Control) than the boys' individual game players. Second girls' individual game players had significantly high anxiety than the boys' individual game players.

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