Chapter I

INTRODUCTION

Modern man lives in a mental world in which the important skills of success of based on his psychological activities. Increasing pressure on human mind in the pursuit of materialistic philosophy are making inroads into the happiness of life. Moreover the twentieth century is a revolt against the traditional practices prevalent in the past. To keep pace with the fast and vast changes that are taking place in the various disciplines, there is a tremendous demand and responsibility cast on the training system to meet the challenges of preparing men and women to achieve tasks with success and excellence. Sports is no exception to this and so emphasis is placed on psychological aspects of a player to attain success (Mohan et al. 1986).¹

1.1 PSYCHOLOGY

Psychology is an academic and applied discipline involving the scientific study of mental functions and behavior. Psychologists study such phenomena as perception, cognition, emotion, personality, behavior, and interpersonal relationships. Psychology also refers to the application of such knowledge to various spheres of human activity, including issues related to everyday life (e.g. family, education, and employment) and the treatment of mental health problems.² Psychologists attempt to understand the role of these functions in individual and social behavior, while also exploring the underlying physiological and

neurological processes. Psychology includes many sub-fields of study and applications concerned with such areas as human development, sports, health, industry, media, and law.

1.2 SPORTS PSYCHOLOGY

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. Competitive sports reflect cultural aspirations of a people and they have now become an inextricable past of all civilizations. Recreation sports are mainly concerned with man's well-being where as competitive sports aim to measure and enhance human "potentiality and performance". All other things being equal in two opponents, in sports, the one with better "psychological training or mental conditioning will always have an upper edge over the other" (Kamlesh, 1988).3Psychology of sports is a branch of psychology that examines various aspects of activities and physical culture. It also studies the psychological aspects of athlete's personality. It develops diagnostic techniques for selecting persons of specific sporting events and effective training methods. Sports psychology examines the athlete's "psychic state" in various complex situations. Perhaps one of the most significant contributions of sports psychology "in recent years is the attempt by

many sports psychology educators, researchers and clinicians to more clearly define, explain and refine psychology as involved in sport and exercise settings. The vagueness of the field is being replaced by a more solid structure and the ability to communicate more intelligently about its role and function. Research efforts from all parts of the world are helping to create scientific foundations for sports psychology.\(^4\)

1.3 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.\(^5\) 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. They are more active in seeking information and knowledge concerning their situation than do externals. 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. One’s "locus" (Latin for "place" or "location") can either be internal (meaning the person believes that they control their life) or external (meaning they


believe that their environment, some higher power, or other people control their decisions and their life). Locus of control is defined as a generalized expectancy of internal or external control reinforcement (Rotter, 1966).\(^6\) The internally controlled individual believes that reinforcement is attributable to his/her own ability or efforts. The externally controlled individual believes that reinforcement is attributable to fate, chance, or some powerful external force. The internal-external locus of control dimension has been one of the most widely researched personality variables in recent years. Numerous researchers have investigated the relationship between the perception of locus of control reinforcement and different aspects of personality, including perceived stress, motivation to attain goals, personal adjustment, hostility, and problem-solving strategies. However, relatively few studies have examined the relationship between age and locus of control beliefs, and surprisingly little is known about the nature of locus of control changes in adolescence. As Sherman (1984) noted, the vast majority of studies dealing with development of locus of control beliefs are cross-sectional in design. Baltes and Nesselroade (1972) point out that cross-sectional research confounds cultural and maturational components of change. According to them, the only way is not to confuse these factors and is to adopt longitudinal designs.

As the environment around the players change, the players can either attribute success and failure to things; the players have control over, or to force outside players’ influence. This orientation is known as players’ ”locus of control". This study dates back to the 1960s, with Julian Rotter's investigation into how people's behaviors and attitudes affected the outcome of their lives. Locus of control describes the degree to which individual

perceive that outcomes the result from their own behaviors, or from forces that are external to themselves. This produce is a continuum with external control at one end and internal control at the other end:

![Figure 1: Locus of Control](image)

The People, who develop an internal locus of control, believe that they are responsible for their own success. Those, who develop an external locus of control, believe that external forces (like luck, etc) determine their outcomes.

### 1.3.1 INTERNAL LOCUS OF CONTROL – BENEFITS.

In general, people with an internal locus of control:

- Engage in activities that will improve their situation.
- Emphasize striving for achievement.
- Work hard to develop their knowledge, skills and abilities.
- Are inquisitive, and try to figure out why things turned out the way they did.
- Take note of information that they can use to create positive outcomes in the future.
- Have a more participative management style.
1.3.1.1 HOW TO DEVELOP THE INTERNAL LOCUS OF CONTROL

The Internal-External Locus of Control Scale, developed by Julian Rotter, is a valid predictor of personality and behavior. Those with an internal locus of control attribute successes and failures to personal efforts and abilities. Those with an external locus of control attribute successes and failures to circumstances and events beyond personal control. An individual must take responsibility for events in order to develop an internal locus of control.

1.3.1.2 INTERNAL LOCUS OF CONTROL - MANAGING

People with an internal locus of control are generally more successful, for very good reasons. However there can be times when having an external locus of control can be an advantage, particularly in situations where people need to be considerate and more easy-going. People with a strong internal locus of control tend to be very achievement-oriented, and this can leave people around them feeling "trampled" or "bruised." And with a very strong internal locus of control, there is also a tendency to want to control everything, and this can lead to difficulties in taking direction. If you have a strong internal locus of control, make sure you pay attention to the feelings of people around you - otherwise you'll see arrogant, and people may not want to work with you. Also, make sure that you manage risks properly. Random events do occur for all sorts of reasons. While you can manage many of these with enough determination and hard work, some you can't. It should be noted that as people grow older they tend towards a more internal locus of control. This comes from the increased ability to influence things going on in their lives and the realization that much of what happens to them is a result of what they do.
1.3.2 EXTERNAL LOCUS OF CONTROL – BENEFITS.

An individual with an External Locus of Control is often seen as humble and agreeable. She may often share praise with those around her who really did very little to help out with a given project. This type of individual, while taking little credit for successes or failures, can be laid-back and enjoy a happy, relaxed life. A person with an external locus of Control I more likely to believe that his or her fate is determined by chance or outside forces that is beyond their own personal control. This strategy can be healthy sometimes. Like when dealing with failure or disaster but can also be harmful in that it can lead to feeling of helplessness and loss of personal control.

1.3.2.1 HOW TO IMPROVE YOUR EXTERNAL LOCUS OF CONTROL

A locus of control dictates a person's actions to a degree. A person can either have an internal or an external locus of control. Those with an internal locus of control believe that their actions have a direct effect on their lives and that outcomes depend on one. Those with an external locus of control believe the opposite; they think an external factor dictates outcomes in life. If you have an external locus of control, you can improve your life in a few simple steps.

1.4 LOCUS OF CONTROL PERSONALITY ORIENTATIONS

Rotter (1975) cautioned that internality and externality represent two ends of a continuum, not an either/or typology. Internals tend to attribute outcomes of events to their own control. Externals attribute outcomes of events to external circumstances. For

example, college students with a strong *internal* locus of control may believe that their grades were achieved through their own abilities and efforts, whereas those with a strong *external* locus of control may believe that their grades are the result of good or bad luck, or to a professor who designs bad tests or grades capriciously; hence, they are less likely to expect that their own efforts will result in success and are therefore less likely to work hard for high grades. Due to their locating control outside themselves, externals tend to feel they have less control over their fate. People with an external locus of control tend to be more stressed and prone to clinical depression (Benassi, Sweeney & Dufour, 1988; cited in Maltby, Day & Macaskill, 2007).\(^8\) Internals were believed by Rotter (1966) to exhibit two essential characteristics - high achievement motivation and low outer-directedness. This was the basis of the locus of control scale proposed by Rotter in 1966, although this was actually based on Rotter's belief that locus of control is a unidimensional construct. Since 1970, Rotter's assumption of unidimensionality has been challenged, with Levenson, for example, arguing that different dimensions of locus of control, such as belief that events in one's life are self-determined, are organized by powerful others and are due chance-based, must be separated. Weiner's early work in the 1970s,\(^9\) suggested that, more-or-less orthogonal to the internality-externality dimension, we should also consider differences between those who attribute to stable causes, and those who attribute to unstable causes. This meant that attributions could be to ability (an internal stable cause), effort (an internal unstable cause), task difficulty (an external stable cause) or luck (an external, unstable cause). Such at least were how the early Weiner saw these four causes, although he has been challenged as to whether people do see luck, for example, as an external cause, whether ability is always

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perceived as stable and whether effort is always seen as changing. Indeed, in more recent publications (e.g. Weiner, 1980).\textsuperscript{10} Weiner uses different terms for these four causes - such as "objective task characteristics" in place of task difficulty and "chance" in place of luck. It has also been notable how psychologists since Weiner have distinguished between stable effort and unstable effort - knowing that, in some circumstances, effort could be seen as a stable cause, especially given the presence of certain words such as "industrious" in the English language.

1.5 CROSS-CULTURAL ISSUES IN LOCUS OF CONTROL

The question of whether people from different cultures vary in locus of control has long been of interest to social psychologists. Japanese people tend to be more external in locus of control orientation than people in the U.S., whereas differences in locus of control between different countries within Europe, and between the U.S. and Europe, tend to be small (Berry, Poortinga, Segall & Dasen, 1992).\textsuperscript{11} As Berry et al. (1992) point out, different ethnic groups within the United States have been compared on locus of control, with blacks in the U.S. being more external than whites, even when socio-economic status is controlled (Dyal, 1984; cited in Berry et al., 1992). Berry et al. (1992) also point out how research on other ethnic minorities in the U.S., such as Hispanics, has been ambiguous. More on cross-cultural variations in locus of control can be found in Shiraev and Levy (2004).\textsuperscript{12} The research in this area indicates how locus of control has been a useful concept for researchers in cross-cultural psychology.


1.6 INTERPERSONAL RELATIONSHIP

An interpersonal relationship is a relatively long-term association between two or more people. This association may be based on emotions like love and liking, regular business interactions, or some other type of social commitment. Interpersonal relationships take place in a great variety of contexts, such as family, friends, marriage, acquaintances, work, clubs, neighborhoods, and churches. They may be regulated by law, custom, or mutual agreement, and are the basis of social groups and society as a whole. Although humans are fundamentally social creatures, interpersonal relationships are not always healthy. A relationship is normally viewed as a connection between two individuals, such as a romantic or intimate relationship, or a parent-child relationship. Individuals can also have relationships with groups of people, such as the relation between a pastor and his congregation, an uncle and a family, or a mayor and a town. Finally, groups or even nations may have relations with each other, though this is a much broader domain than that covered under the topic of interpersonal relationships. See such articles as international relations for more information on associations between groups. Most scholarly work on relationships focuses on romantic partners in pairs or dyads. These intimate relationships are, however, only a small subset of interpersonal relationships. All relationships involve some level of interdependence. People in a relationship tend to influence each other, share their thoughts and feelings, and engage in activities together. Because of this interdependence, anything that changes or impacts one member of the relationship will have some level of impact on the other member. The study of interpersonal relationships involves several branches of social science, including such disciplines as sociology, psychology, anthropology, and social

work. Close relationships are important for emotional wellbeing throughout the lifespan. Interpersonal relationships include kinship and family relations in which people become associated by genetics or consanguinity. These include such roles as father, mother, son, or daughter. Relationships can also be established by marriage, such as husband, wife, father-in-law, mother-in-law, uncle by marriage, or aunt by marriage. They may be formal long-term relationships recognized by law and formalized through public ceremony, such as marriage or civil union. They may also be informal long-term relationships such as loving relationships or romantic relationships with or without living together. In these cases the "other person" is often called lover, boyfriend, or girlfriend, as distinct from just a male or female friend, or "significant other". If the partners live together, the relationship may resemble marriage, with the parties possibly even called husband and wife. Scottish common law can regard such couples as actual marriages after a period of time. Long-term relationships in other countries can become known as common-law marriages, although they may have no special status in law. The term mistress may refer in a somewhat old-fashioned way to a female lover of an already married or unmarried man. A mistress may have the status of an "official mistress" (in French maîtresse en titre); as exemplified by the career of Pompadour. Friendships consist of mutual liking, trust, respect, and often even love and unconditional acceptance. They usually imply the discovery or establishment of similarities or common ground between the individuals. Internet friendships and pen-pals may take place at a considerable physical distance. Brotherhood and sisterhood can refer to individuals united in a common cause or having a common interest, which may involve formal membership in a club, organization, association, society, lodge, fraternity, or sorority. This type of interpersonal relationship relates to the comradeship of fellow soldiers.
in peace or war. Partners or co-workers in a profession, business, or common workplace also have a long term interpersonal relationship. Soul is individuals intimately drawn to one another through a favorable meeting of minds and who find mutual acceptance and understanding with one another. Casual relationships are sexual relationships extending beyond one-night stands that exclusively consist of sexual behavior. One can label the participants as "friends with benefits" or as friends "hooking up" when limited to sexual intercourse, or regard them as sexual partners in a wider sense. Platonic love is an affectionate relationship into which the sexual element does not enter, especially in cases where one might easily assume otherwise.\(^\text{14}\)

1.6.1 INTERPERSONAL RELATIONSHIP THEORIES

Psychologists have suggested that all humans have a basic, motivational drive to form and maintain caring interpersonal relationships. According to this view, people need both stable relationships and satisfying interactions with the people in those relationships. If either of these two ingredients is missing, people will begin to feel anxious, lonely, depressed, and unhappy. According to attachment theory, relationships can be viewed in terms of attachment styles that develop during early childhood. These patterns are believed to influence interactions throughout adulthood by shaping the roles people adopt in relationships. For example, one partner may be securely attached while the other is anxious and avoidant. Thus, early childhood experience (primarily with parents) is believed to have long lasting effects on all future relationships.\(^\text{14}\) Social exchange theory interprets relationships in terms of exchanged benefits. It predicts that people regard relationships in terms of rewards obtained from the relationship, as well as potential rewards from alternate

relationships. Equity theory stems from a criticism of social exchange theory and suggests that people care about more than just maximizing rewards. They also want fairness and equity in their relationships. Relational dialectics regards relationships not as static entities, but as continuing processes, forever changing. This approach sees constant tension in the negotiation of three main issues: autonomy vs. connection, novelty vs. predictability, and openness vs. closedness.

1.6.2 INTERPERSONAL RELATIONSHIP DEVELOPMENT

Interpersonal relationships are dynamic systems that change continuously during their existence. Like living organisms, relationships have a beginning, a lifespan, and an end. They tend to grow and improve gradually, as people get to know each other and become closer emotionally, or they gradually deteriorate as people drift apart and form new relationships with others. One of the most influential models of relationship development was proposed by psychologist, George Levinger. This model was formulated to describe heterosexual, adult romantic relationships, but it has been applied to other kinds of interpersonal relations as well. According to the model, the natural development of a relationship follows five stages:

**Acquaintance** - Becoming acquainted depends on previous relationships, physical proximity, first impressions, and a variety of other factors. If two people begin to like each other, continued interactions may lead to the next stage, but acquaintance can continue indefinitely. This is the beginning of a relation or proximity depends on the exposure. So frequent & favorable are the situations, so suitable is the feasibility proximity is more along with other factors. When an individual gets ample time to know another individual, the
knowing each other will be more. Emotional state of an individual is very high in this phase, Ego takes a remarkable place in this phase.

**Buildup** - During this stage, people begin to trust and care about each other. The need for compatibility and such filtering agents as common background and goals will influence whether or not interaction continues. This buildup term has a unique nature as it determines the performance of a particular community, development of relation leads to achievements. It is a gradual process has two dimensions: Positive & Negative. Ego plays a vital role in this phase, sometimes ego acts as best friend (when it helps) and sometimes acts as worst enemy (when it hinders the relation). Personal behavior, likings, disliking, needs etc, are the components of this phase. This is the phase of built proximity.

**Continuation** - This stage follows a mutual commitment to a long term friendship, romantic relationship, or marriage. It is generally a long, relative stable period. Nevertheless, continued growth and development will occur during this time. Mutual trust is important for sustaining the relationship, as long as the phase, relation sustains for a long period and it has got positive eventual effects. Many factors are responsible for the long term continuation, financial stability, socio-economical background, mental health & physical health, religion, profession, tolerance, education, knowledge, skill, intellect, introspection, analogy learning ability, interest, like wise. These are applicable for both the sides of the individuals, if any side is having any lacuna, continuation of relation will be hindered and as a result the phase will be futile. The proverb written by Stephen Leacock, “Birds of a father flock together” is very much suitable for long running relation.
**Deterioration** - Not all relationships deteriorate, but those that do tend to show signs of trouble. Boredom, resentment, and dissatisfaction may occur, and individuals may communicate less and avoid self-disclosure. Loss of trust and betrayals may take place as the downward spiral continues. It is also a gradual process and many factors are responsible, factors those were responsible for building up relation and to continue the relation they are also the influencing factors of deterioration of relation. Sometimes it can be rejuvenated and can be stopped or terminated also. In this phase people of different groups cannot trust each other, self-trust also goes down. Built relation gradually goes down. It is pertinent that if the relation once becomes untrustworthy, it creates a ruinous situation in life. It is simply the initial stage of termination if it is not rectified. It may be transitory sometimes.

**Termination** - The final stage marks the end of the relationship, either by death in the case of a healthy relationship, or by separation.

Friendships may involve some degree of transitivity. In other words, a person may become a friend of an existing friend's friend. However, if two people have a sexual relationship with the same person, they may become competitors rather than friends. Accordingly, sexual behavior with the sexual partner of a friend may damage the friendship (see love triangle). Sexual relations between two friends tend to alter that relationship, either by "taking it to the next level" or by severing it. Sexual partners may also be classified as friends and the sexual relationship may either enhance or depreciate the friendship. Legal sanction reinforces and regularizes marriages and civil unions as perceived "respectable" building-blocks of society. In the United States of America, for example, the decriminalization of homosexual sexual relations in the Supreme Court decision, Lawrence v. Texas facilitated the mainstreaming of gay long-term relationships, and broached the
possibility of the legalization of same-sex marriages in that country. An interpersonal relationship is defined as a long term association between two or more people. The association is based on emotions like love, liking, business interaction etc. Interpersonal relations take place in some of the following contexts: Family, Friends Marriage, Church Sports, and Ground, Bar, Neighborhoods and other social groups.

1.7 REASON FOR SELECTION OF THE TOPIC

1. It was felt by the investigator that the studies on a comparative study on locus of control and interpersonal relationship in team and individual sports among the national level judo, gymnastic, football and handball players is an upcoming variables which has a great impact on sports. Hence conducting a research study to compare the psychological variables among the judo, gymnastic, football and handball players of Tripura State.

2. Psychological factors play an important role for best performance. In Individual and Team sports such as the judo, gymnastic, football and handball players of Tripura state for achieving high level performance which is my study area and it requires to be psychologically fit in the competitive situation. Among the many other psychological variables the researcher are selecting variables such as locus of control and interpersonal relationship because all these two variables are inter-related and have great impact on all the team sports and games.
1.8 OBJECTIVES OF THE STUDY

1. To study whether there was any difference on locus of control among football, handball, judo and gymnastic players.

2. To study whether there was any difference on interpersonal relationship among football, handball, judo and gymnastic players.

1.9 STATEMENT OF THE PROBLEM

On reviewing the literature and discussion with the experts and professionals in the field of Physical Education and Sports the research scholar felt the need to conduct a research. Hence the research scholar after through discussion with the research supervisor came to the conclusion to conduct a research entitled, ‘A Comparative Study on Locus of Control and Interpersonal Relationship in Team and Individual Sports’.

1.10 HYPOTHESIS

H₀: It was hypothesized that there will be no significant difference in locus of control among football, handball, judo and gymnastic players.

H₀: It was hypothesized that there will be no significant difference in interpersonal relationship among football, handball, judo and gymnastic players.

1.11 DELIMITATION OF THE STUDY

1. The study was delimited to team game players of football, handball and individual game players of judo and gymnastic.

2. The study was delimited to National level players of age level between 16 to 24 years.
3. The subject for this study was further delimited to the male players from Tripura state for individual and team sports.

4. The study was further delimited to the questionnaire method (i.e. locus of control & interpersonal relationship).

1.12 LIMITATION

1. Factors like environment conditions, physical activity, life style, playing ability, food habits are not consider which might influence the locus of control and interpersonal relation levels of the players.

2. The differences that exited among the subjects due to varied social, cultural, economic, religion factors are not consider.

3. No motivation techniques are use during collection of data to assess locus of control and interpersonal relationship.

4. The subject’s academic standard are not consider.

1.13 DEFINITION OF THE TREMS

1. **Locus of Control**

Locus of Control is defined as the extent to which people believe they are responsible for their behavior outcomes.

2. **Interpersonal Relationship**

Interpersonal relationships are dynamic systems that change continuously during their existence. It is a relatively long term association between two or more people.
3. Team sports

A team sport is an activity in which a group of individuals, on the same team, work together to accomplish an ultimate goal which is usually to win.

4. Individual sports

An individual sport refers to a sport in which participants competes with an individual to accomplish an ultimate goal which is usually to win.

1.14 SIGNIFICANCE OF THE STUDY

1. The result of this study would be beneficial for coaches, physical education teachers and players themselves.

2. This study would help to assess the status of the judo, gymnastic, football and handball players’ level of locus of control and interpersonal relationships.

3. Coaches and physical education teachers after assessing the player’s locus of control and interpersonal relationship could categorize the players as high, low and moderate in their performance.

4. It would help the players themselves to know their own mental strength and weakness and work accordingly to improve in the require areas.

5. It would help to understand the present psychological status of the national level players of various games namely judo, gymnastic, football and handball players of Tripura State.

6. It would help the teachers, coaches, selectors and administrators who are some way or the other link in the process of sport team selection to get a better insight into psychological factors involved in sports performance.