



## A COMPARATIVE STUDY OF ADJUSTMENT AND LOCUS OF CONTROL AMONG INDIVIDUAL GAME PLAYERS ACROSS THEIR LEVEL OF PERFORMANCE

Dr. Atam Singh

Physical Education, Hisar, Haryana

**ABSTRACT** In the field of education physically, wellbeing is always a complimentary approach to attain the satisfactory achievement throughout for a well human being physical education has also considered an essential part. Although in the past not much emphasize was given to researches in physical education. But now a day's education about the physical tendency and motor activities has become the essential part in all recent researches. The old mythology as explained that "a sound mind resides in a sound body." Through expressive and creative physical abilities even neuronal capacity can be enhanced/ increased. In sport contexts, the concepts of stress and psychological pressure are increasingly recognized as being of key importance and a large number of studies had shown the influence of these concepts on athletes' performance, regardless of sex, age or competitive level (Cruz, 1997).

**KEYWORDS :** Adjustment, Locus of Control, Expressive, Abilities.

### Introduction:

In the field of education physically, well being is always a complimentary approach to attain the satisfactory achievement throughout for a well human being physical education has also considered an essential part. Although in the past not much emphasize was given to researches in physical education. But now a day's education about the physical tendency and motor activities has become the essential part in all recent researches. The old mythology as explained that "a sound mind resides in a sound body." Through expressive and creative physical abilities even neuronal capacity can be enhanced/increased.

The aim and objectives of physical education also tally with the aim of education but also certain physical and psychological developments by the specific events, he is competing in different motor abilities, play decisive role in various sports disciplines. A performance who wants to excel is sports disciplines, like gymnastic has no doubt to play full attention to the technical aspect but in additional has to pay much emphasis on developing the desired physical and psychological abilities.

### Objectives of the study:

The following objectives are purposed for the present investigation.

- To determine the adjustment and locus of control among individual game players per their performance level.
- To determine the adjustment and locus of control among games players as per their performance level.
- To compare the adjustment and locus of control among individual and game players as per their performance level.

### Hypotheses of the study

- There exist significant difference in adjustment and locus of control among individual game players as per level of performance.
- There exist significant difference in adjustment and locus of control among game players as per level of performance.
- There exist significant difference in adjustment and locus of control among individual and game players as per level of performance.

### Sample

The present investigation is survey type study. 200 players of individual and games players of Haryana was chosen on random selection basis at least who participated in a recognized state, university and intersarsity, national level championships, in individual games of Athletic (men), Boxing (men) and Hockey (Men), Handball (Men) games. They should be between the age group of 18 years to 22 years. Table I and Table II gives more clear view of it.

Total Subjects = 200

Table No. I Individual Games = 04

Sr. No.	Name of game	State Level	Nation Level	Total
1	Athletics	25	25	50
2	Boxing	25	25	50

Table No. II Games = 50

Sr. No.	Name of game	State Level	Nation Level	Total
1	Hockey	25	25	50
2	Hand Ball	25	25	50

In this way investigation consists 200 sample in total further divided in two parts 50 each i.e. individual and games. These parts also divided further in two games each consisting of sample of 50 each.

### Tools used

**Adjustment inventory (Sinha and Singh, 1997):** The standardized scale developed by Sinha and Singh (1997) was used to assess social, emotional and educational adjustment of children. The scale consisted of 60 questions indicating significant problems of adjustment of school students in three areas. The questions were to be answered as 'Yes' and 'No' response. Maximum score the respondent could obtain for each area of adjustment was 20 and minimum was 1 and lower score in each area is an indicative of better adjustment of the child. The children were grouped into five different categories in accordance with the raw scores obtained in each area of adjustment i.e., Emotional, Social, Educational.

**Locus of Control (Rotter, 1966):** Locus of control was measured using an abbreviated version of the Rotter scale (1966) as developed by Andersson (1976). The scale has a minimum score of 8 and a maximum of 40, with a lower score representing an external locus of control orientation and a higher score representing an internal locus of control orientation. In this study, individuals who scored 30 points or less were designated as having an external locus of control while individuals who scored 31 points or higher were designated as having an internal locus of control.

### Performance of Players:

**State Level:** Who participated in recognized state, university or equivalent championship only in required game was checked by participation certificate.

**National Level:** Participation in a recognized tournament championship at interuniversity, national level championship in required games was verified by participation certificate.

**Collection of Data:** The necessary data was collected by applying administered the above tests for chosen psychological variables i.e. adjustment and locus of control, before conducting the test and collection of data instruction and doubts of subjects be cleared very well along with their importance for their contribution in coaching, achievements and performance. Data be collected the residing place of subjects. Help of profession was taken for collecting data in efficient way and no lapse is left in its original noted by investigator, because a lot of guide lines and studies are helpful for the cause.

**Scoring:** Scoring was done as per the standard procedure laid down in the manuals and as described in the previous section. It was followed by tabulation of results and then the data were analyzed by using statistical techniques.

**Statistical Technique Used:**

It is the rejection, acceptance of hypothesis, which ultimately determines the contribution of the investigation in the scientific development of a particular area. In the present investigation also, various statistical techniques have been employed, as per design of study, for testing the hypothesis, so as to arrive at certain conclusion. The main technique that have been employed include Pearson's Product Movement Method for computing coefficient of correlation, multiple correlation and multiple regression equations, graphical presentation be used where it required by nature of study.

**Findings of the study**

- It was found that there was a significant mean difference in the level of adjustment in players at state and national level players in individual and game.
- There was a significant mean difference in adjustment of players among athletics at state and national level players.
- There was a significant mean difference in adjustment of players among boxing at state and national level players.
- There was a significant mean difference in adjustment of players among hockey players at state and national level players.
- There was a significant mean difference in adjustment of players among handball players at state and national level players.
- It was found that there was a significant mean difference in locus of control of athletics at state and national level players
- There was a significant mean difference in locus of control of players among boxing players at state and national level players
- There was a significant mean difference in locus of control of players among hockey players at state and national level players
- There was a significant mean difference in locus of control of players among boxing players at state and national level players.
- There was a significant mean difference in locus of control of players among individual and game players.

**Limitations of the Study:**

The study in hand is limited to the following point keeping view availability of subjects, time and financial position. Study is limited to individual or game players only. In individual games athletics and boxing or in games hockey and hand-ball, games be taken for investigation. Study is further limited up two level of participations i.e. state/university level and nation intervarsity level tournaments, including recognized Sr. Schools championships of this level.

**Conclusion:**

In the field of education physically, wellbeing is always a complimentary approach to attain the satisfactory achievement throughout for a well human being physical education has also considered an essential part. Although in the past not much emphasize was given to researches in physical education. But now a day's education about the physical tendency and motor activities has become the essential part in all recent researches. The old mythology as explained that "a sound mind resides in a sound body." Through expressive and creative physical abilities even neuronal capacity can be enhanced/ increased. In sport contexts, the concepts of stress and psychological pressure are increasingly recognized as being of key importance and a large number of studies have shown the influence of these concepts on athletes' performance, regardless of sex, age or competitive level (Cruz, 1997). Sports at International level are becoming highly specialized competitive area of human activity in towards sports competitions. So it is natural, therefore, that improving the Standard in field of sports has become a focal point of attention, study and effort on the part of physical educators, coaches, trainers and research workers almost in all the countries of the world. The current study has examined the level of adjustment and locus of control in individual and game players at state and national level sports. Keeping this fact in mind, the following objectives were made.

**References:**

1. American Psychiatric Association (2000). Diagnostic and statistical manual of mental disorders (revised 4th ed.). Washington, D.C.: Author.
2. Bell Adjustment Inventory (1961/1971), Agra Psychological Research Cell, Tiwari Kothi Belanganj, Agra – 282004.
3. Bell, H. M. (1961) Manual for the Adjustment Inventory, California (USA) Costnluing Psychologist Press Inc.
4. Chaugan, S.S. (1978) Advance Educational Psychology Vikas Publishing House Pvt. Ltd., New Delhi.
5. Dailey, R. (1980). Relationship between locus of control, task characteristics, and work attitudes. Psychological reports, 47, 855-861.
6. Enns, M. W., & Cox, B. J. (2002). The nature and assessment of perfectionism: A critical analysis. In G. L.Flett, G. L., Besser, A., Hewitt, P. L., & Davis, R. A. (2007). Perfectionism, silencing the self, and depression. Personality and Individual Differences, 43, 1211–1222.

7. Gould, G., Petlichoff, L. & Weinberg, R. S. (1984). Antecedents of temporal changes in and relationships between CSAI2 components. Journal of Sport Psychology, 6, 289-304.
8. Kasperson, C. (1982). Locus of control and job dissatisfaction. Psychological reports, 50, 823-826.