

Volume : 2 Issue 2 June, 2015

ISSN 2347-680X



# International Journal of New Era Research Quarterly Bilingual (English/Hindi)



**Editor in Chief**  
**Dr. Narendra Kumar**



# **International Journal of New Era Research**

## **Copyright@ Publisher**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, electrostatic, magnetic tape, mechanical, photocopying, recording, or otherwise without permission from the copyright holder.

Permission for promotions, for creating new works, or for resale, Specific written permission must be obtained from the publisher for such copying.

*International Journal of New Era Research* is published by  
**Dr. Narendra Kumar** on the behalf of **Purvashi Prakashan.**

*Copyright of the articles and research papers shall be in the favour of Publisher automatically after publication.*

**ISSN :2347-680X**

**Price: Rs. 500/-**

**Edition: June 2015**

**Publisher**

**Purvashi Publication**

Registered Office: Mali Ram Jagindh Bhawan, Ward No. 13, Surajgarh,  
District-Jhunjhunu, Rajasthan, India, Pin-333029

Branch Office: 1412, Tower-B, Gaur Global Village,  
Near ABES Engg. College, Ghaziabad, NCR/ New Delhi. Pin-201016

**Area of Jurisdiction will be Jhunjhunu, Rajasthan only.**



S. No.	Title	Subject	Authors	Page No.
9.	पंचायतों में महिला आरक्षण : प्रभाव एवं महत्व	Political Science	डॉ.शोभा राठौर * अतिथि विद्वान (राजनीति विज्ञान) शासकीय माहविद्यालय पेटलावद, जिला-झाबुआ (म.प्र.)	35
10.	Harappan Shell Artifacts in Kachchh Region	History	Anuradha Gupta * (इतिहास) प्रा.भा.इ., संस्कृति एवं पुरातत्त्व अध्ययनशाला, विक्रम विश्वविद्यालय, उज्जैन (म.प्र.)	38
11.	रतलाम परिक्षेत्र में स्थित बौद्ध शैलोत्कीर्ण गुफाएँ एवं विहार का ऐतिहासिक विवेचन	History	डॉ.निसार उद्दीन फारुकी * m-208 इन्द्रानगर आगररोड उज्जैन (म.प्र.)	44
12.	"नृत्य कला पर आधुनिक भारतीय पुनर्जागरण का प्रभाव"	History	प्रमोद कुमार (इतिहास) प्रा.भा.इ., संस्कृति एवं पुरातत्त्व अध्ययनशाला, विक्रम विश्वविद्यालय, उज्जैन (म.प्र.)	48
13.	A Comparative Study of Locus of Control of Highly Skilled Volleyball and Kabaddi Players	Physical Education	Mr. Dilip Nathrao Gitte*, Physical Director, Jawahar Nehru CollegeParli (V), Beed (M.S.) Dr. P.B. Dube**, Principal, M.S.M. College of Physical Education, Khadkeshwar, Aurangabad (M.S.) Dr. SK. Md. Attaullah M.K. (Jagirdar)*** H.O.D. Physical Education, Milliyya Arts & Science College, Beed (M.S.)	51
14.	Comparison of Sports Competition Anxiety on Different Levels of Participation in Volleyball Players	Physical Education	Mr. Abhijit Jaysing Nalvade*, Department of Sports, Mahatma Jyotiba Phule Agriculture College, Rahuri, Ahmad Nagar (M.S.) Dr. SK. Md. Attaullah M.K. (Jagirdar)** H.O.D. Physical Education, Milliyya Arts & Science College, Beed (M.S.)	58
15.	A Study on Sports Achievement Motivation of Different Level Runners, Throwers and Jumpers	Physical Education	Prof. Ravi Machale* Navgan College, Parli Vejnath, Dist. Beed, (M.S.) Dr. SK. Md. Attaullah M.K. (Jagirdar)* H.O.D. Physical Education, Milliyya Arts & Science College, Beed (M.S.)	62
16.	Comparison of Sports Competition Anxiety on Different Levels of Participation in football Players	Physical Education	Mr. Aijyaz Hussain J. Shaikh*, Department of Physical Education, Poona College of Science & Commerce. Dr. SK. Md. Attaullah M.K. (Jagirdar)* * H.O.D. Physical Education, Milliyya Arts & Science College, Beed (M.S.)	70



*Physical Education*

***A Comparative Study of Locus of Control of Highly Skilled Volleyball and Kabaddi Players***

Mr. Dilip Nathrao Gitte\*, Dr. P.B. Dube\*\*, Dr. SK. Md. Attaullah M.K. (Jagirdar)\*\*\*

**Abstract**

Volleyball and Kabaddi chosen for the study is the most popular sport in the world at present. Volleyball and kabaddi is not matter of life and death; it is much more important than that. Too many people, too many countries, too many teams play it and of course too many people watch it. It is apparently one of the ancient sports. Analysis of data leads us to conclude that the mean locus of control of high skilled kabaddi players is significantly greater than the mean locus of control of high skilled volleyball players by 18.82 percentage.

**Key Word:** Locus of Control, Kabaddi, Volleyball

**Introduction:**

To give the best performance in volleyball, physical, mental, physical, and motor skill development requires a high level of symptoms. A player proper physical structure and body size should be appropriate for the game. The game and its complex skill to master the game situation with great stamina, quick and well-coordinated warning is seeking players. Skills to achieve maximum performance with minimum energy expenditure should be developed to the maximum level (Sally 1977).

Selection, training, training materials and rehabilitations to excel in the role of psychology in the game definitely will help. The emphasis can be easily termed as headless horsemen without the knowledge of psychology to excel in performance. A coach has been put on developing the appropriate strategies. According to Kamlesh of Science and Technology (1980), the first modern progress has been made ever more mental problems. Players mental stress concerns and fears etc, now surpasses enormous

proportions. Such a state of affairs is burdened coach.<sup>1</sup> So coaches, scientists and support staff to deal with additional responsibilities, especially in athletes. Therefore, the key is to the success of a player only well. Modern man skills are based on his mental abilities which reside in a mental world as a strong material but does not need to be mentally tough. Looking for an explanation for his behavior in order to perform the psychological dimension of his life. The total gross human reactions and behavior as a person etc. motivation, attitude, attention, interest, anxiety, emotions, memory, self-concept, self-esteem and psychological factors such as personality, both internal and external stimuli response is to be defined.

The introduction of the game to the Inter-national arena as a demonstration game in the 1936 Berlin Olympics led to the inclusion of Kabaddi in the list of priority games of the Indian Olympic Committee, in the year 1940. Thereafter, Inter-provincial Kabaddi tournaments were organized biannually

**\*Physical Director, Jawahar Nehru College Parli (V), Beed (M.S.)**

**\*\*Principal, M.S.M. College of Physical Education, Khadkeshwar, Aurangabad (M.S.)**

**\*\*\* H.O.D. Physical Education, Milliya Arts & Science College, Beed (M.S.)**



The Olympic volleyball tournament was originally a simple competition: all teams played against each other team and then were ranked by wins, set average, and point average. One disadvantage of this round-robin system is that medal winners could be determined before the end of the games, making the audience loses interest in the outcome of the remaining matches. To cope with this situation, the competition was split into two phases with the addition of a "final round" elimination tournament consisting of quarterfinals, semifinals, and finals matches in 1972. The number of teams involved in the Olympic tournament has grown steadily since 1964. Since 1996, both men's and women's events count twelve participant nations. Each of the five continental volleyball confederations has at least one affiliated national federation involved in the Olympic Games.

Sports play an important role in our society. The theme of the game is going to be animated by the different colors. Human embryonic stigma flairs away with this type of game is purged. The potential generated by sport excitements bed sufferers luck wish to jump from their stakes are so great. Momentarily game often makes society morlorn hearts comfortable treatment. Human traits and heritage of the game between the various factors in the direction of human development is considered one of the most important heritages. The legacy of human society is forging ahead with rapid strides. Although there is no finishing line for the race to development for the betterment of the game, surrounding area is definitely not a line.

Sports psychology is a branch of psychology which not only studies the behavior of sportpersons but also reveals the impact of all the psychological variables which are directly or indirectly, positively or negatively related to sports performances. Many studies have been done to see the impact of psychological variables on sports performances. Preparation of the mind of

players is as important as the preparation of their body, because under the stress of competition players react physically as well as mentally in such a way that it can adversely affect their performance. Players become highly tensed; they worry about their performance and also about the outcome of the competition and find it difficult to concentrate on the given task. In other words, their concentration goes down which leads to poor performance in sports. In the present times, coaches and physical educators have become more aware and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in various activities. They realize that these characteristics of the participants contribute more towards their success than only physical fitness.

**Locus of Control** refers to the way persons perceive reasons controlling their behavior. Persons with an Internal Locus of Control, believe they are in control of their behavior, and have the skills, abilities and experience to be able to control their behaviour and affect events, whereas those with an external locus of control believe that events are the outcome of forces outside personal control and that the environment is under external control the theory of locus of control was developed by Rotter 1966 (Dogains et.al 1991).

The first locus-of-control study utilizing the I-E Scale in sport was conducted by Lynn, Phelan, and Kiker (1969). They administered the Rotter scale to equal numbers of basketball players (group sport), gymnasts (individual sport), and non-participants in sport. Group sport participants were significantly more *internal* than were members of the other groups. Finn and Strath (1977) used the I-E Scale in a study of highly skilled female softball players from the Netherlands (N = 35) and the United States (N = 44). Statistically significant differences were noted. The Dutch players were more *external* than their American counter part



Further analyses also showed that American pitchers and catchers were significantly more *internal* than the Dutch battery-mates as well as groups of Dutch infielders and outfielders. Analyses of the relationship of locus of control to height, weight, years of playing experience, playing position, and position in the batting order failed to produced significant differences. As a caveat, Finn and Straub point to potential problems in translating the I-E State to the Dutch language. Hall, Church, and Stone (1980) used the Rotter scale with nationally ranked weight lifters. Firstborn lifters were more *external* than later-borns, but all were basically *internal* when compared to overall norms reported by Rotter. More recently, studies of football players, gymnasts, and track athletes, by Bleak and Frederick (1998) and studies of risk sport participants by Schrader and Wann (1999) attest to the robustness of the I-E Scale as a measure of locus of control.

#### **Statement of the Problem:**

Retreating the objective of the study we are stated our problems as; "*A comparative study of locus of control of Highly Skilled Volleyball and Kabaddi Players*".

#### **Hypothesis:**

There will not be significant difference between the mean scores of locus of control of Volleyball and Kabaddi players.

#### **Delimitation of the Study**

- 1) The present study will be delimited to male and female Volleyball and Kabaddi players.
- 2) The present study will be delimited to 200 Volleyball and 200 Kabaddi Players.
- 3) The present study will be delimited to the players of 18-27 years of age.
- 4) The present study will be delimited to those players who were participated at Interuniversity competitions.

Sinha (1987) conducted a study on "Need Achievement, Locus of control and task persistence as related to athletic success".

The sample for the present study comprised of fifty successful and fifty un-successful athletes studying in DLI, Dayalbagh, Agra. TAT measure as prepared by McClelland (1953) was used to measure level of need achievement. Rotter's I-E Scale was used to measure locus of control. The scale consists of 29 items and 6 of them were the filler items and the remaining were the paved items. One is related to Internal and other is related to External locus of control. To measure task persistence five line-drawing figures as used by Glass, Singer and Friedman (1969) were used, which were actually insolvable. The results of the present study showed that successful athletes scored higher on need achievement than their unsuccessful counterparts. The mean for the two groups were 8.0 and 6.91 respectively. Locus of control variable successive blocks of trials and both attribution and expectancy data were collected. No differences were found between the motive groups for performance, attributions or expectancy. However, success/failure feedback did produce significant differences for attribution and expectancy evidences for a situational rather than dispositional effect.

#### **SELECTION OF THE SUBJECTS:-**

For the purpose of this study (N = 400) Total 200 volleyball and 200 kabaddi players were selected. Who were participated in inter university tournaments was randomly selected ad subject for the present study. Kabaddi players were selected from West zone and inter - zonal Kabaddi tournaments. West zone intervarsity Kabaddi (Men) tournament 2014-2015 was held at Sant Gadge Baba Amravati University, from 19<sup>th</sup> to 22<sup>nd</sup> January - 2015. North zone and Inter zonal Kabaddi (Men) tournaments was held at Ch. Charan Singh University, Meerut (U.P.) from dated 18<sup>th</sup> to 28<sup>th</sup> February 2014. West zone intervarsity volleyball (women) 2014 was held at Jiwaji University, Gwalior from dated 23<sup>rd</sup> February to 5<sup>th</sup> march 2015. And inter - zonal volleyball (women) also held at



Jiwaji University Gwalior. West zone intervarsity volleyball (Men) was held at Mohanlal Sukhadiya University, Udaipur from dated 14<sup>th</sup> October to 18<sup>th</sup> October 2014. Inter-zonal Kurukshetra University from dated 3<sup>rd</sup> November to 9<sup>th</sup> November 2014. Their age ranged from 18-27 years.

### 1. LOCUS OF CONTROL SCALE

Locus of control is a personality dimension originally described by Julian Rotter (1966). According to Rotter, people vary in regard to how responsible they feel for their own fate. Individuals with an internal locus of control tend to believe that people are responsible for their successes and failures. Conversely, people with a relatively external locus of control tend to attribute successes and failures to luck, chance or fate. The scale you just responded to was developed by Stephen Nowicki and Marshall Duke (1974) in order to remedy some technical problems that were characteristic of the original Rotter (1966) scale. Like the original, it measures one's belief about whether events are controlled internally or externally.

The norms are based on data collected by Nowicki and Duke (1974) for 154 Caucasian college students. Additional studies suggest that Blacks and other ethnic minorities should probably shift the score cutoffs upward by about five points.

The scoring key is reproduced below. You should circle your yes or no response each time it corresponds to the keyed response below. Add up the number of responses you circle and this total is your score on the Locus of Control Scale. **Record your score at the top of the scale.**

1. Yes	9. No	17. Yes	25. No	33. Yes
2. No	10. Yes	18. Yes	26. No	34. No
3. Yes	11. Yes	19. Yes	27. Yes	35. Yes
4. No	12. Yes	20. No	28. No	36. Yes
5. Yes	13. No	21. Yes	29. Yes	37. Yes
6. No	14. Yes	22. No	30. No	38. No
7. Yes	15. No	23. Yes	31. Yes	39. Yes
8. Yes	16. Yes	24. Yes	32. No	40. No

#### Norms

**External Score** 16-40

(more than 1.50 standard deviations above the mean)

**Intermediate Score:** 7-15

(from 0.75 standard deviations below the mean up to 1.50 standard deviations above the mean)

**Internal Score:** 0-6

(more than 0.75 standard deviations below the mean)

**External Scorers:** A score above 15 suggests that you have a fairly strong belief that events are beyond your control. In other words, you do not feel that there is much of a connection between your behavior and your outcomes. As discussed in your text, this means that you are relatively less likely than others to take credit for your successes or to take the blame for your failure. Instead, you tend to believe that success and failure are primarily a matter of luck and chance.

**Intermediate Scorers:** A score in this range means that you have inconsistent views about the degree to which you control your own fate. You probably believe that you do control your own fate in some areas of your life, while believing that you have little control in other areas.

**Internal Scorers:** A score below 7 indicates that you have a firm belief in your ability to influence your outcomes. Your relatively internal score means that you generally do not attribute your successes and failures to good and bad luck or chance factors. Instead, you



that you can influence the course of what happens to you. As mentioned in Chapter 3 of your text, an internal locus of control is associated with relatively great stress tolerance.

### Statistical Procedure

Retreating the objective of the study for finding the mean differences among certain psychological variables of high skilled volleyball and Kabaddi players. Z-test was applied on collected data for analyzing the mean difference in certain psychological variables of volleyball and kabaddi players. Where the differences were found significant simple percentage differences was calculated for finding the greater the lesser differences at 0.05 level of significance.

## ANALYSIS OF DATA AND DISCUSSION OF FINDINGS

Table - 1  
Locus of Control

	Volleyball	Kabaddi	Z - value	Percentage Defference
Mean	14.64	18.035	21.98801	18.82451
S.D.	1.341416	1.722968		

\* Significant at 0.05 level

\*\* Z value for one tail test to be significant at 0.05 level 1.645

Table - 2 Shows calculated Z value is greater than tabulated Z value our hypothesis is rejected thus we are able to conclude that mean locus of control of kabaddi players is significantly greater than mean locus of control of volleyball players, which leads us to conclude that the mean locus of control of high skilled kabaddi players is significantly greater than the mean locus of control of high skilled volleyball players by 18.82 percentage.

Figure - 1

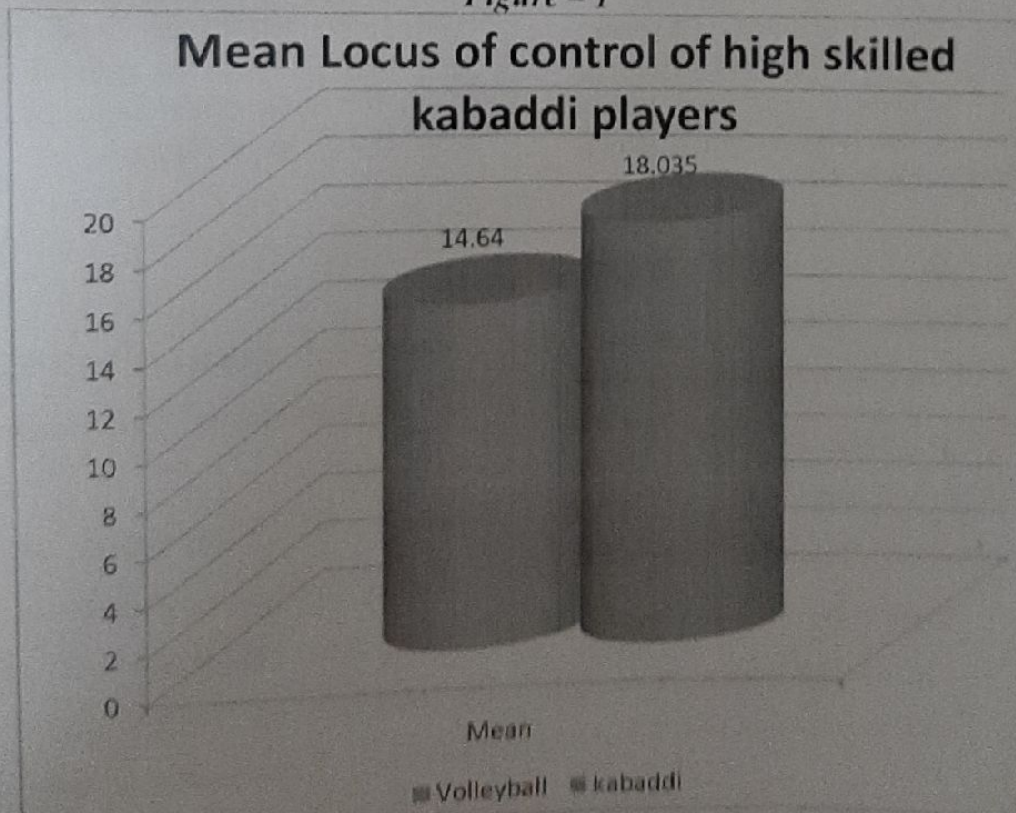


Figure -1 shows the mean locus of control high skilled kabaddi and volleyball players



## DISCUSSION OF FINDINGS

### Locus of Control:

Analysis of data leads us to conclude that the mean locus of control of high skilled kabaddi players is significantly greater than the mean locus of control of high skilled volleyball players by 18.82 percentage.

Locus of control is the perceived source of control over one's behaviour and life. When an individual's perception that, his own behaviour and attitude will result in a positive reward, then internality is indicated. However, when one's perception is that external forces or factors are responsible for positive rewarding then externality is indicated. Strickland & Haley (1980) point out that significant differences in locus of control have not been found for adults in an U.S population.

This is partly supported by a study conducted by Douge, Lehman & McCall-Hosenfeld (2014) who reported that social support and employment status interact with intimate partner violence on the severity of depressive symptoms in women. However, further research should be conducted to explore other psychosocial correlates which may be intervening the relationship between *severity of violence* and *locus of control*.

Similarly Karve, R. (2012) find out the differences in personality traits, need patterns and **locus of control** of Karnataka and Maharastra state level Kabaddi players as a focal point and differences due to sex as a subsidiary interest. For the purpose of present study a total number of 126 Kabaddi players were selected from National championship held at Bangalore. The samples were drawn on the principle of random sampling technique. Subjects were equally matched. The subjects were in the age range of 24 to 35 years with mean age of 26.5 years. There is significant difference between the Kabaddi players of Karnataka and Maharastra in locus of control. There is significant gender difference in locus of control females believed that their behavior is influenced by powerful person and chance factor while male player's behavioral outcomes are attributed to internal self.

The results of *Fernandes (2015)* further revealed no significant differences between the employed and unemployed women with respect to overall *severity of violence*, the nine dimensions of *severity of violence* and *locus of control*.

## REFERENCES

1. Dogains George, Yannis Theodorakis and Kanstantions Bagiatis, "Self-Esteem and Locus of Control in Adult Female Fitness Programme Participants" *International Journal of Sports Psychology*, 22 (1991):164.
2. Douge, N., Lehman, E.B. & McCall-Hosenfeld, J.S. (2014). Social support and employment status modify the effect of intimate partner violence on depression symptom severity in women: results from the 2006 Behavioral Risk Factor Surveillance System Survey. *Womens Health Issues*, 24(4), 425-34. doi: 10.1016/j.whi.2014.03.006.
3. Fernandes Tina, Sanyal Nandini, Somani Punita (2015) "Relationship between Severity of Violence and Locus of Control in Women", *International Research Journal of Management Sociology & Humanity*, Vol 6 Issue 3:162-175.



4. Karve, Rajkumar (2012) "Personality Traits, Need Patterns and Locus Of Control Of Karnataka And Maharastra Kabaddi Players", International Journal of Health, Physical Education and Computer Science in Sports, Volume No.5, No.1.pp1-5.
5. Sally Jaster, "Developing Power Volleyball Power". Athletic Journal, 58 (November, 1977), p.32.
6. Shina, S.P. (1987) "Need Achievement, Locus of Control and Task Persistence as Related to Athletic Success" Research Bi-Annual Movement, Sports Psychology Special 5 (1987) 2:18.
7. Stephens Dawn E. and Bredemeirer Brenda Jo Light (1996) "Moral Atmosphere and Judgments about Aggression in Girl's Soccer: Relationship among Moral and Motivational Variables" Journal of Sports and Exercise Psychology, 18:2 (1996): p.158.

