



## PERSONALITY CHARACTERISTICS AND LOCUS OF CONTROL AMONG SPORTPERSONS: A CORRELATIONAL STUDY

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**Abstract:** 42 male sport persons and 18 female sport persons were administered Locus of control scale and NEO-Five factor Inventory. Thus, of the 60 Ss locus of control and five personality characteristics were measured. It was hypothesized that internal locus of control and neuroticism are positively and significantly related. The strength of association between internal locus of control and extraversion, openness, agreeableness and conscientiousness are negative and significant. Data were treated by mean and SD, for measuring strength of association product moment correlations were computed. Finally regression analysis was done. Results supported both the hypotheses.

**Keywords:**

**Introduction:**

In sport psychology personality is studied extensively. Strong relationship was found between achievement in sports or games and personality characteristics. Predominance of extraversion helps in developing group success orientation. Likewise, locus of control seems to be closely associated to varied personality characteristics. Rotter (1996) accepted expectancy – value theory, contending that the strength of motivation to perform an action is in part determined by the expectancy of attaining the desired goal. This is helpful to identify the determinants of expectancy of success. In sports and games this expectancy directly or indirectly functions as motivation, which is necessary for superior performance of athletes on sport field.

In a series of experimental studies, Rotter and his colleagues (e. g. James and Rotter, 1958) documented that performance at skilled tasks results in different changes in expectancy of success than does performance at chance tasks. For example following a loss at a skill task expectancy of future success frequently drops, whereas it remains the same or may even increase after a loss at a chance task. This laboratory experimental research suggested to Rotter that some individuals may perceive the world as it were composed of skill tasks,

whereas other perceives life outcomes as chance-determine. That is he contended that there are individual differences in casual beliefs about the self determination of outcomes; these in turn, result in desperate subjective likelihoods of success and failures across a variety of situations (Pervin& John, 2006)

Sportspersons success or failure could be easily predicted considering the theoretical proposition of Rotter. Rotter proposed two types of Locus of Control – Internal Locus of control and external locus of control. The sportspersons having predominance of external locus of control develop faith in success or failure in sports and games as chance determined. Contrary to it the sportspersons having predominance of internal locus of control develop faith in success or failure as skill determined (see Weiner & Graham, 2006). Present study is an attempt to search the association between locus of control among sportspersons and their five broad personality characteristics namely, neuroticism, extraversion, openness to experience, agreeableness and conscientiousness.

**Aim of the study:**

Main aim of the study is to measure the strength of association between locus of control and extraversion, neuroticism,

agreeableness, openness to experience and conscientiousness and study the directions of relationships. Further, it intends to examine the possibility of predicting locus of control on the basis of personality characteristics.

**Hypothesis:**

The following hypotheses were framed:

- Internal Locus of control and neuroticism are positively, strongly and significantly related to each other.
- Strength of association between internal locus of control and extraversion, openness to experience, agreeableness and conscientiousness is negative and significant.

**Sample:**

Sample of the study consisted of 60 sportspersons playing different games. There were 42 male sportspersons and 18 female sportspersons. Their age range was 20-26 years. They were selected from three different co-educational institutions, being criteria based purposive sampling method. Educational qualification was graduation.

**Tools Used for Data Collection:**

- Locus of Control Scale: Rotter’s I-E Locus of Control scale was adopted in India, for an ICSSR Research Project by Janbandhu. This adopted version of Locus of Control was used in the study. It consisted of 23 items, each having two statements. The task of the Subject is to select one of the two statements which he/she finds as more appropriate or true. Reliability of the scale was .81. Content validity of the scale was high.
- NEO-Five Factor Inventory: This inventory was constructed and standardized by Costa and McCrae. It consists of 60 items. Each item is provided with a five point scale. Ranging from strongly disagree to strongly agree. Several co-efficient alpha reliabilities are reported by the authors. The reliability co-efficient range from .64 to .94. Discriminant validity was .73. The inventory measures five personality factors, neuroticism, extraversion, openness, agreeableness and conscientiousness.

**Procedure of Data Collection:** In many cases, the scales were administered on small groups of subjects. In few cases, personal interview method was used.

**Results and Discussion:** For the six measures of study first mean and SDs were computed. Though a single group of Ss was used, means and SDs were computed as they provide general information about the distribution of scores.

Table 1. Means and SDs of six different measures of study.

Factors	LOC	N	E	O	A	C
X	11.00	35.10	38.87	39.63	38.53	26.70
S	3.60	10.24	5.44	5.87	4.16	6.58

LOC= Locus of Control, N= Neuroticism, E=Extraversion, O=Openness, A=Agreeableness, C=Conscientiousness.

Means and SDs show that the distribution of scores of each factor was more or less normal, so in order to study relationships between them, product moment correlations could be computed.

Table 2. Correlation coefficient between Locus of Control and Five Personality Factors.

LO C	N	E	O	A	C
	0.752	0.781	0.841	0.80	0.493
	**	**	**	**	**

\*\* Significant at .01 level.

For 58 df, to be significant at .01 level the correlation value must be equal to 0.32 or more so all the correlation shown in table 2 are significant at 0.01 level. However, correlation between LOC and N is positive, whereas the remaining four relationships are negative. But they support the assumptions of study. The reason is less score on LOC means internal locus of control (ILOC), which is more useful for success in sports and games. Whereas more score mans external locus of control (ELOC), which means success or failure in sports and games depends on chance factor. The data were further treated by regression analysis and for each relationship two regression equations were developed. They are displayed in the following table.

Table no 3. Regression Equations for predicting X on the basis of Y and vice-versa

<b>L O C</b>	N	E	O	A	C
	$y^{\wedge} =$	Y = -	Y = -	Y = -	Y = -
	1.125+13.1 92	1.06+50.5 4	1.23+53.1 9	.832+47. 68	.81+35.6 2
	$X =$	X = -	X = -	X = -	X = -
0.29y+0.69	0.57y+33. 29	0.57y+33. 68	.77y+40. 64	.30y+19. 00	

LOC=Locus of Control; N=Neuroticism; E=Extraversion; O=Openness; A=Agreeableness; C=Conscientiousness

In regression equations depicting relationship between Loc and neuroticism, X represents LOC and neuroticism is denoted by Y. the slope tells us that neuroticism could be predicted with much accuracy if the values of Loc are made available, and vice-versa. It is true in case of the relationship between LOC and extraversion, openness and agreeableness. In these relationships the slopes are negative, whereas in the relationship between LOC and neuroticism the slope is positive. It is so because, there is inverse relationship between obtained score and internal Loc. Likewise, fewer score denotes poor neuroticism that is positive aspect of this behavioral characteristic.

In case of the remaining four dimensions of personality there is linear association between obtained score and positive aspect of the dimension. Hence, the slopes are negative.

Predicting conscientiousness on the basis of LOC or vice-versa is a difficult job. Here the slope is not promising. It is not close to the diagonal. However, all the hypotheses could be retained, as they got strong support from the results.

**Conclusions:**

- Internal locus of control and neuroticism were positively and significantly related. With good accuracy LOC could be predicted on the basis of neuroticism.
- Strengths of association between LOC and extraversion, openness and agreeableness were negative and significant. Prediction of these factors could be done with much accuracy.
- Relationship between LOC and conscientiousness was moderately negative and significant. Prediction could be done with little accuracy.

**References:**

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