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INTELLIGENCE AND LOCUS OF CONTROL AMONG SPORTS PERSON AND NON-SPORTS PERSON

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ABSTRACT

The main purpose of this study was to find out the mean difference between emotional intelligence and locus of control among sports person and non-sports person. The total sample consisted 100 as a variation belonging to 50 sports person and 50 non-sports person. The research tool for emotional intelligence was measured by Subra Mangal and locus of control was measured by Trict (1985). To check the significant difference between group t-test was applied and to check correlation between variables Karl Person correlation method was used. Here t-test used result revealed emotional intelligence is a not significance difference and locus of control is a significance difference. While the correlation between emotional intelligence and locus of control reveals 0.27 positive correlations.

Keywords: Emotional Intelligence and Locus of Control

Participating in sports is meant to entertain us, teach discipline, engage us, and in many cases improve us, but sometimes these intended positive effects of sports can take a downward spiral when the pressures involved with sport become too much. This downward spiral can be due to factors external to us, such as outside pressure and/or influences from family and friends or it can be due to factors internal to us such as the loss of enjoyment for participating in your sport. After all, being a student is a tough task for many in itself but when combining athletics and academics it can be very hard to manage your time and excel in both. Balance between dedication towards a team and dedication to academic work takes effort. This difficulty in balance can lead to many pressures especially from friends, family, and loved ones. Such stress may lead to withdrawal from sport participation as is so often the case. One of the important issues in sport psychology and emotional intelligence relationship is competitive anxiety. Emotional intelligence actually a different kind of intelligence and emotions including self-understanding and using it to make decisions on good life, the ability to create good and accustomed, status and control mental pulsed host. Mental biology to name is Goleman says: IQ at best only 20 percent of the causes of success and 80 percent of success is dependent on other factors and the fate of people depends on skills that have intelligence up to emotional. To consider emotional intelligence Goleman inner and outer elements are included. Elements within the amount of self-consciousness, self-image, sense of independence, capacity and decisiveness shows the relationship between external elements and individual facilitate empathy and sense of responsibility in return-be.

In this context, he (Goleman) concept of emotional intelligence 5 in the areas that are: first his awareness annexing, second control emotions, third arousal his four and five recognize emotions controlling relationships. Researchers have studied the role of emotion in sport and have outlined its significance (Botterill & Brown, 2002; Lazarus, 1999; Jones, 2003; Hanin, 1997, 2000; Totterdell & Leach, 2001). Emotions can fluctuate between performance and performers can experience both positive and negative emotions (Hanin, 1997; Jones, 2003). In reviewing emotions and their impact on sports performance, Botterill and Brown (2002) contend that athletes should critically reflect on their own emotional experiences.

Further, Hanin (2000) suggests participants need to develop skills in order to recognize and manage their emotions. It could be argued that the evidence presented 50 above closely aligns with the construct of emotional intelligence. Considering that the construct of emotional intelligence is defined as the ability to perceive, monitor, employ and manage emotions, it is necessary to assess the relationship between emotional intelligence and the regulation of emotion(s). Indeed, research has found that emotional regulation can lead to optimal performance states (e.g. Totterdell & Leach, 2001). Thus, it comes as no surprise that researcher have begun to explore the utility of emotional intelligence in sport (Zizzi, et. al., 2003).

Research in general psychology has emphasized the utility of emotional intelligence and it is proposed to be a construct associated with adaptive psychological functioning. Defined as 'the ability to monitor one's own and others' feelings and emotion, to discriminate among them and to use this information to guide one's thinking and actions', measures of emotional intelligence associate with successful performance in a number of applied settings including sport. They also associate with a number of health-related variables, including minimizing the effects of stress. There is a growing interest in emotional intelligence in sport. Recent research found emotional intelligence related to emotions experienced before successful and unsuccessful performance. Lane et al. found that emotions correlating with successful performance vigor, happiness, and calmness, whereas emotions associating with poor performance include confusion, depression and fatigue. The competencies of perception, understanding, utilizing and managing emotions effectively in the self and others comprise the core of emotional intelligence. Competency in perception of emotion involves recognizing emotion-related facial and voice cues of others and awareness of one's own body states relating to emotion.

To the some researchers such as Rotter (1986), Heinrich & Gullone (2006) and Ekwall (2004) one of the researchable and important aspects of personality is the study of locus of control in individuals. In this researchers' opinion, individuals are external or internal in the light of locus of control individuals who are external in the light of locus of control, have a lack of control on their life and they believed that what happened for them is a result of external factors such as chance, fate, other people and like them. In other words they don't have any active role in their life. Individuals, who have internal control, know themselves as a ruler on their fate and undertake responsible of their success and defeat.

Internals are more dominants on the behavior flow and have active manner while externals are more passive and non active. The internal locus of control is accompany with recognition, justice and realistic. While external locus of control has sentimental, lack of recognition, on justice against events or causes of behavior. Therefore, the believers to the internal control at reaching purposes, more attempts are spend and in addition to the more self-respected, they thought the control of their life affairs from their inside. Howard (1996) showed that the first year girl student who select role pattern for themselves, have a more internal locus of control than others who didn't recognize this pattern for themselves. Also this research show that internal locus of control in the first year girl student who didn't select any pattern for themselves, is reduced. In relation with locus of control and planning for activity, Lamber, Moore and Dixon (1999), stated that the best kind of targeting based on the locus of control of athlete. Before targeting is started on an activity, it is necessary that first locus of control of athlete determine by using test. Due to the locus of control of the individuals, the purpose kind of plan should be determined.

Individuals with internal locus of control should be applied in setting purposes while who have external locus of control should be equipped by an educator' purposes. Since having people with physical and mental health guarantee the performance and self-blooming of a society.

Although sport participation has many positive effects and is even shown to increase academics when mixed with school service and leadership activities, Chambers (1991). Tacking the responsibilities of a student athlete at a highly renowned Division III liberal arts college can be very difficult and many students must face the decision between career goals and athletic goals. When participation in a sport becomes too overwhelming it is hard however for a student to make the decision to withdraw. At some point student athletes need to put themselves first and decide if withdrawal from a sport would benefit them or not. It is my goal to help determine when withdrawal would be beneficial and I believe this can be determined based upon one's locus of control. Internal external locus of control is a personality variable which refers to the extent to which persons perceive contingency relationship between their action and their outcomes. Bernard (1997) contended that locus of control refers to a bias across a wide area of situations that influences the perception of control over the environment and the perceived causes of reward. The role of optimism, life style and locus of control is considered to be quite important in life. Their relationship with sports needs to be explored.

Objectives T
he main objectives of study were as under:
1. To measure the emotional intelligence among sports person and non-sports person.
2. To measure the locus of control among sports person and non-sports person.
3. To measure the correlation between emotional intelligence and locus control.

Null-Hypothesis To related objectives of this study, null hypothesis were as under :
1. There will be no significant difference in emotional intelligence among sports person and non-sports person.
2. There will be no significant difference in locus of control among sports person and non-sports person.
3. There will be no correlation between emotional intelligence and locus of control.

Variables of the Present study as under:
1. Independent variables (i) Sports person and Not-sports person
2. Dependent variables
(i) Score receive on emotional intelligence inventory.
(ii) Score receive on Locus of control scale.
3. Control variables
(i) In this study only Sports person and Not-sports person were taken.
(ii) Limited samples were taken for this study.
(iii) The selection of sample only from Rajkot city.
(iv) In this present study includes 15 to 25 years women.

Participants According to the purpose of present study total 100 samples has been selected. There were 50 sports person and 50 non-sports person were taken as a sample from different area in Surat City (Gujarat).

Instrument Following Instrument were used for data collection:
(A) Emotional Intelligence Inventory: The scale was developed by Subra Mangal. The scale consisted of 100 item with 2 alternative response varying from Yes or No, each to be rated on 2 point scale. The

minimum and maximum score obtained in the scale are 0 and 100 respectively. There reliability and validity are higher.

(B) Locus of Control Scale The scale was developed by Trict (1985). The scale consisted of 28 item with 2 alternative response varying from Yes and No, each to be rated on 2 point scale. The minimum and maximum score obtained in the scale are 0 and 28 respectively. There reliability and validity are higher.

Procedure of Data Collection

In this study random sampling method was used. Initial meeting with the participants was made at different college. Total 100 participants were taken as a sample. They were informed about the purpose of the study. Upon initial meeting, each participants was also explained the nature of the study. Participants were informed about the confidentiality regarding information collected from them. A time for data collection was set up that was conducive for the participants.

Before administering the scale, the purpose of the study was again explained t the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guidelines were provided to them properly filling the scale. After this the both scale were provided to them and they were requested to fill up the both scales as per the instructions given in the scales. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

Research Design

The aim of present research was to a study of emotional intelligence and locus of control among sports person and non-sports person. For these total 100 samples were taken with used random method. To check significance between groups t-test was used. Check relation between emotional intelligence and locus of control Pearson correlation r-method was used. Result and discussion of study is under:

Result and Discussion

The main objective of present study was to measure the emotional intelligence and locus of control among sports person and non-sports person. In it statistical t-test method is used. To check correlation between emotional intelligence and locus of control Karl Pearson 'r'-method is used. Result discussion of present study is as under:

Result Table-1 Showing Mean, S.D. and t-value Score of Emotional Intelligence among Sports Person and Non-sports Person

Variable	N	Mean	SD	t	Sig. Level
Sports Person	50	64.18	9.47		
Non-sports Person	50	60.17	10.27	1.77	NS

Sig. Level 0.05 = 2.00 0.01 = 2.66 NS = Not Sig.

The table-1 indicates that the mean score of emotional intelligence in sports person are 64.18 and non-sports person are 60.17. The standard deviations for both sports person and non-sports person are 9.47 and 10.27 respectively. The t-value was 1.77 which was not significant. So we can say that first hypothesis was accepted. This is conformity with the findings of Gasem Ilyasi (2001).

Result Table-2 Showing Mean, S.D. and t-value Score of Locus of Control among Sports Person and Non-sports Person

Variable	N	Mean	SD	t	Sig. Level
Sports Person	50	12.54	2.69	3.06	0.01
Non-sports Person	50	10.92	2.70		

Sig. Level 0.05 = 2.00 0.01 = 2.66 NS = Not Sig.

The table-2 indicates that the mean score of locus of control in sports person are 12.54 and non-sports person are 10.92. The standard deviations for both sports persons and non-sports person are 2.69 and 2.70 respectively. The t-value was 3.06 which were significant at 0.01 levels. So we can say that second hypothesis was rejected. This is conformity with the findings of Jitendera M., Kuldeep Singh and Dureja, G. (2013).

Result Table-3 Correlation of the Emotional Intelligence and Locus of Control among Sports Person and Non-sports Person

Variables	N	Mean	r
Emotional Intelligence	50	62.44	0.27
Locus of Control	50	11.73	

According to table-3 the result obtained positive co-relation between emotional intelligence and locus of control. It was 0.27 positive co-relations between emotional intelligence and locus of control. It means emotional intelligence decrease locus of control decrease and emotional intelligence increase locus of control increase.

Conclusion

We can conclude by data analysis as follows: There was no significant difference between the mean scores of two groups in emotional intelligence. There was significant difference between the mean scores of two groups in locus of control. The co-relation between emotional intelligence and locus of control is 0.27 which is positive correlation. It means emotional intelligence decrease locus of control decrease and emotional intelligence increase locus of control increase.

Limitation and Future Research

This study had several limitations that can be addressed by future research. Firsts, the participants consist only of sports person and non-sports person of the different areas in Rajkot City. So, it is not representative of all sports person and non-sports person. Hence, more representative participants might show significant interaction effects of areas.

Suggestions

Endeavour can be executed to analyze move them 100 data of sample with efficacy to attain better results. For the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different sports person and non-sports person from different state and district to ascertain their emotional intelligence and locus of control. To crown the research work, other method of selecting sample can be appropriated.

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