Assessment and comparison of "locus of control (internal — external) and feeling of loneliness between athlete and non-athlete girls"

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Introduction
Sense of loneliness is a psychological, distressful and personal position that encounter people with vacuum and dejection affect on relations between persons and other part of their lives in different forms. This survey has been done with the aim of assessment of relationship and comparison of loneliness feeling and locus of control in athlete and non-athlete girls.

Methods
To achieve this aim, one hundred basketball players, participating in 15th Iranian student Olympiad, from high school and one hundred non-athlete girls with the same age (16±1) were considered as subjects. Variables of inquiry included: Sense of loneliness, internal and external Locus of control (tendency to chance and tendency to powerful others). Sense of loneliness and locus of control were measured by UCLA and Levenson questionnaire. After gathering data, spearman correlation coefficient was used for inspecting the relationship between variables in two groups and for comparing of variables the Mann whitney U test was applied.

Results
The following results were gained:
1) By comparing the variables among the subjects it was concluded that:
   a: Sense of loneliness is meaningfully different in two groups.
   B: There was no meaningful difference between external and internal locus of control.
2) By assessment of relationship among the variables:
   a: No meaningful relationship was between sense of loneliness and locus of control (internal and external with tendency to powerful others) in two groups. b: There was a meaningful relationship between sense of loneliness and external locus of control (tendency to chance) in athlete and non-athlete girls with confidence coefficient of %99 and %95.

Discussion/Conclusion
With regard to the meaningful relationship between sense of loneliness and external locus of control (tendency to chance) we can claim that individuals with external locus of control, with this belief that they have less control on the events of life, experience the feeling of loneliness more than others. Existence of meaningful difference in sense of loneliness between athlete and non-athlete girls confirm the useful psycho-social effects of physical activities and absence of meaningful difference between internal and external locus of control in two groups can be attributed to the age of subjects. With respect to this fact that change in locus of control needs more time and causes various experiences in sport environment, low level of age in athletes can be a reason for this result.

The result of this survey clarified the rule of exercise and sport in modification of the personality structure and health of psyche in individuals and cleared the importance of such studies for the coaches and authorities.

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