A STUDY ON COOPERATIVE-COMPETITIVE STRATEGIES AND LOCUS OF CONTROL AMONG SPORTS PLAYERS.

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ABSTRACT

Cooperative and competitive strategies are approaches used by individuals or groups to achieve their goals, either by working together or by striving to outperform others. Locus of control refers to an individual's belief about the extent to which he/she can control the affecting events. Individuals with an internal locus of control believe they can influence outcomes through their actions and decisions. Individuals with an external locus of control believe outcomes are primarily influenced by external factors such as luck or fate. The aim of the study is to investigate the cooperative-competitive strategies and locus of control among sports players. The data has been collected from 190 participants among sports players who were within the age group of 18-22 years using purposive sampling method. The tools used for data collection were The Cooperative/Competitive Strategy Scale (CCSS), a 16- item Scale and Levenson's Locus of Control. The result revealed that there is a significant relationship between cooperative-competitive strategies and locus of control among sports players. When players are motivated by both internal and external locus of control, they show cooperativeness/competitiveness in sports. Likewise, Individuals with an internal locus of control may be more inclined to take on challenges and compete to achieve goals and it showed negative relationship. The study shed light on how cooperative and competitive strategies intersect with individuals' locus of control.

KEY WORDS: Cooperation, Competition, Locus of control, Sports Players

INTRODUCTION

1.1. Sports

"The difference between the impossible and the possible lies in a person's determination." - Tommy Lasorda

Sports are physical exercises or recreations that require aptitude, technique, and competition. They can be person or team-based and are frequently played for amusement, workout, or competition. Sports can extend from conventional exercises like football, ball, and

tennis to more specialty or extraordinary sports like surfing, skateboarding, or shake climbing. Sports play a noteworthy part in society, advancing physical wellness, collaboration, teaching, and sportsmanship. They too have a social and social affect, regularly reflecting and forming values, conventions, and characters. Sports figures are regularly objects of deference and interest, their stories woven into the texture of our collective awareness. With their ability, commitment, and diligence, these people rise above the boundaries of unimportant physicality and become images of motivation and desire. Their ventures are stamped by triumphs and tribulations that shape not as it were their careers, but too the stories of the sports they speak to. (Jordan, 2019)

1.2. Cooperation and Competition

According to Triandis individualistic cultures, personal goals take precedence over group goals, while the reverse is true in collective cultures, thereby placing greater emphasis on individual competition over cooperation in individualistic cultures.

1.3. Locus of Control

"Locus of Control is a belief system that shapes how individuals perceive and react to the world around them. Individuals can be categorized as having either an internal locus of control or an external locus of control". (Rotter, 1954)

METHODOLOGY

2.1. Aim

The aim of this study is to investigate the cooperative-competitive strategies and locus of control among sports players.

2.2. Objective

To investigate the relationship between the cooperative-competitive strategies and locus of control among sports players.

2.3. Hypothesis

H_1 - There will be relationship between Cooperative/Competitive strategies and locus of control among sports players.

H_2 - There will be relationship between Cooperative strategies and Internal Locus of control among sports players.

H_3 - There will be relationship between Cooperative strategies and External Locus of control among sports players.

H_4- There will be relationship between Competitive strategies and Internal Locus of control among sports players.

H_5 - There will be relationship between Competitive strategies and External Locus of control among sports players.

2.4. Sample

The participants were selected using purposive sampling method. This data was collected from 190 Sports candidates in Thoothukudi ranging from age 18-22.

2.5. Criteria

2.5.1. ***Inclusion Criteria***

- The individuals from the colleges were only selected as participants for the study.
- Only those between the ages of 18 and 22 were chosen as study participants
- Female participants were included.

2.5.2. ***Exclusion Criteria***

- Participants for the study are exclusively drawn from college sports players.
- The excluded people younger than 18 and older than 22.
- People who were male were not included.

2.6. Variables

Independent variable: Cooperative - competitive Strategies

Dependent variable: Locus of control

2.7. Tool Description

2.7.1. ***Cooperation and Competition***

Cooperative/Competitive Strategy Scale was developed by David W. Johnson (1986). It measures the degree to which people view cooperation and competition as useful strategies to reach their goals.

2.7.2. ***Locus of Control***

The Levenson Locus of Control was developed by Levenson (1972). This scale consisted of 24 items with three dimensions –Internal [8 items], Powerful [8 items] and Chance [8 items. Each subscale consists of eight items, and respondents are asked to rate the extent to which they agree or disagree with each statement using a 5-point scale, typically ranging from "Strongly Agree" to "Strongly Disagree

2.8. Procedure

Participants from age group 18-22 were selected for research and the responses were collected in and around Thoothukudi district. After obtaining the participants' consents (Appendix A) to take part in the study they were requested to fill in their response for a set of questionnaires. The participants were instructed to read the items carefully and respond to each question by selecting the response that came first to their mind, without over thinking it and they were informed that their responses will be kept confidential. The participants took10-15 minutes to complete the questionnaire.

2.9. Statistical Analysis

To determine the relationship between the research variables, the collected data was statistically analysed using Karl Pearson's correlation coefficient. The analyses were carried out using the Social Science Statistical Package Software (SPSS 26).

RESULT AND DISCUSSION

The goal of this chapter is to summarize the statistical analysis of the data. It includes discussion, acceptance or rejection of hypothesis and researchers that support the finding.

Table 4.1

Descriptive Statistics

Variables	Mean	Standard Deviation
Cooperative/Competitive strategies	50.67	6.639
Locus of control	73.32	8.370

Table 4.1 shows the descriptive statistics for the scores of the measured variables. The mean and standard deviation of the scores received by the study participants is shown.

Table 4.2

The correlation coefficient between Cooperative/Competitive strategy and Locus of control among sports players

Variables	'r' value

Cooperative/Competitive strategies	.314**
Locus of control	

** *Correlation is significant at the 0.01 level (2-tailed).*

Table 4.2 shows that there is a relationship between Cooperative/Competitive strategies and Locus of control in sports candidates. The correlation value is .314** which is significant at 0.01 level. The results indicate that the Cooperation and Competition and Locus of control among sports players are significant are positively correlated.

Table 4.3

The correlation coefficient between Cooperative strategy and Internal Locus of control among sports players

Variables	'r' value
Cooperative strategy	.566**
Internal Locus of control	

** *Correlation is significant at the 0.01 level (2-tailed).*

Table 4.3 highlights the relationship between cooperative strategy and external locus of control among sport players. The correlation value (r) is found to be .566** which is significance at 0.01 level. The results indicate that the cooperative strategy and external locus of control among sports players are significant and are positively correlated.

Table 4.4

The Correlation Coefficient Between Cooperative Strategy and External Locus of Control among sports players

Variables	'r' value
Cooperative strategy	.003
External Locus of control	

Table 4.4 highlights the relationship between competitive strategy and external locus of control among sport players. The correlation value (r) is found to be .003. The results indicate that the competitive strategy and external locus of control among sports players are positively correlated, but there is no significant correlation visible between the variables cooperative strategy and external locus of control. It is clear that any change in one variable has an impact on the other.

Table 4.5

The correlation coefficient between Competitive strategy and Internal Locus of control among sports players

Variables	'r' value
Competitive strategy	
	-.146
Internal Locus of control	

** Correlation is significant at the 0.05 level (2-tailed).*

Table 4.5 shows that there is relationship between competitive strategy and internal locus of control among sport players. The correlation value (r) is found to be -.146 which is significance at 0.05 level. The results indicate that the competitive strategy and internal locus of control among the sports players are significant and are negatively correlated.

Table 4.6

The correlation coefficient between Competitive strategy and External Locus of control among sports players

Variables	'r' value
Competitive strategy	
	.069
External Locus of control	

Table 4.6 highlights the relationship between competitive strategy and external locus of control among sport players. The correlation value (r) is found to be .069. The results indicate

that the competitive strategy and external locus of control among sports players are positively correlated, but there is no significant correlation visible between the variables competitive strategies and external locus of control. It is clear that any change in one variable has an impact on the other.

CONCLUSION

There is positive significant relationship between Cooperative/Competitive strategies and locus of control among sports players.

- There is positive significant relationship between Cooperative strategies and Internal Locus of control among sports players.

SUGGESTIONS

- In the future this research could include other influencing elements such as team dynamics, leadership, physical health and well-being.
- Using in-depth interview along with questionnaires would help in gaining more insight into cooperative/competitive strategies and locus of control.

REFERENCE BOOK

Choice or Chance: Understanding Your Locus of Control and Why It Matters Paperback by Stephen Nowicki

A Revolutionary Mindset That Redefines Competition and Cooperation by Adam M. Brandenburger

REFERENCE WEBSITE

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