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RELATIONSHIP BETWEEN INTERNAL AND EXTERNAL LOCUS OF CONTROL WITH COMPETITIVE ANXIETY OF MAN ATHLETES

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ABSTRACT

The aim of present research is study of relationship between internal and external locus of control with competitive anxiety of men athlete. The sample group is 221 men athlete between 18 to 35 years old in individual sports (taekwondo, karate and tennis) that were selected with multistage accidental manner from 5 region (North, South, East, West, Center) of 22 region of Tehran. In order to gathering data, questionnaires Rotter internal and external locus of control and Martens competitive anxiety were used. In order to analyzing data, Pearson's correlation coefficient was used to study of relationship between internal and external locus of control and competitive anxiety. The findings of research showed that there wasn't any meaningful relationship between internal and external locus of control and competitive anxiety.

Keywords: *Internal Locus of Control, External Locus of Control, Competitive Anxiety*

INTRODUCTION

The concept of locus of control in many forms throughout human history appears. Ancient Greek tragedies, full of human helplessness in the face of the gods or fate had beliefs. Shakespeare's plays are predetermined marker sad fate and free will is represented. Philosophers, as determinism versus free will with the concept of control, have to grapple. Sociologists as self-determination in the face of alienation and powerlessness and psychologists have named it as behaviorism versus subjectivism have mentioned. Power is The most important psychological phenomenon is called Adler's individual psychology system, Stated that the fight for control of their own destiny, the most important motivation, and anyone without feeling such control Will develop an inferiority complex And may seek to compensate for excessive efforts to reach Sense of control or dominance. All this, according to Samuel (1994) represents the historical and theoretical roots locus of control (Hajatifard, 2011). Woelfli Research in 1982 indicates the fact that although the locus of control is a characteristic of relatively stable personality. But its orientation may be changed by life experiences. Locus of control with increasing age, mostly because the people inside will be better with age, Control events in their lives they feel more responsibility for their lives. Studies by Belger and Cheni (1982) show that when the lives of people affected by uncontrollable events are confusion or conflicting changes in their lives and creating damage occurs. Locus of control is shifted more to the outside (HajatiFard, 2011). There's plenty of research that promotes healthy behaviors and as a result of internal orientation is associated with physical health (Burker *et al.*, 2005). The studies include surveys of students from 18 European countries and the United States of America are, Show students not only learn more about the relationship with internal orientation exercise health rather than students with external orientation exercise (Chen *et al.*, 2001). All research on the interrelationship of - outside of mental health and mental health are those where internal control of the mental health of those who are the more external control (Cvengros *et al.*, 2005). People with internal control, that the consequences of an event more comfort control cycle repetitive thoughts go out to the events of his life when a person knows, Trying to deal with the problem, to demonstrate a constructive attitude and coping strategies for effective and efficient use When people believe that they can cope with a stressful event and future events to manipulate their concerns about reduced (Molding and Kyrios, 2006). On the other hand, people with external locus of control are not in control of events in their lives, so they felt powerless to alter mood states, and they are caught in a cycle of recurring thoughts (Sterling, 2007). We do not come as the inner and outer world, but focus on learning and experiences in the process of development control are created

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(Biklar, 2011). What a sense of control to each name read performance, both internal and external locus of control and optimism and pessimism are determined by social and environmental factors, so the concept of control, the learned character (Biklar, 2011). Molding and Kyrios (2006) in their study found that feelings of anxiety and perceived control and perceived lack of control by continuing to reduce the anxiety related disorders. Sterling (2007) Believes that people with external locus of control are more negative emotional states can be said to suffer and a sense of control over life events are important predictors of health. Katherine and partners (2009) Said that elite athletes with internal locus of control, with better strategies to cope with the challenges and stresses of life. One of the variables that are closely related with sports performance, sports anxiety in competitive situations, the findings on the relationship between anxiety and performance appear to be stress and anxiety suggests a negative impact on the performance of their athletes (Woods quoted from HadiEmrannezhad (2012). Championship athletes at all levels are obliged to meet the needs of physically and mentally And when it needs more volume of physiological, behavioral and psychological athlete is an athlete so we were anxious (Rezai, 2007). Negative emotional state of anxiety and fear, nervousness and fear associated with the activation of the body, with components such as anxiety trait and anxiety state (Golman and partners, 2010; quoted from HadiEmranNezhad 2012). Joel and partners (2007) Noted that competitive anxiety can affect the performance of athletes, in other words the more competitive anxiety, athletic performance during competition will become weaker. The present study examined the relationship between internal and external locus of control, anxiety male athletes competing in Tehran to finally answer the question of internal and external locus of control among male athletes competing Baaztrab what relationship there?

MATERIALS AND METHODS

The present study investigates the relationship between creativity and competitive anxiety and correlation is present. The study population in this study is male athletes aged 18 to 35 years in Tehran in individual sports and martial arts such as taekwondo, karate and table tennis. The sample size was 200 and the possibility of a drop in the number 21 was added the sample size was increased to 221. Is a multi-stage random sampling so that the 22 districts of Tehran, 5 regions (North, South, East, West and Central) Select the Zone 2 area each and every area of a sports club and each club from 20 to 23 athletes were selected. For gathering creativity questionnaire to collect data that its validity and reliability by Saatchi *et al.*, (2011). For a four-part initiative, fluid, flexible and extended to the 0.85, 0.76, 0.59 and 0.63 were obtained. For competitive Anxiety Questionnaire Marten (1990) Using the validity and reliability of the Martens (1990) has determined were 0.87 (Sedarati, 2004). In this study, to analyze the data from both descriptive and inferential statistics were used. In the descriptive statistics mean, frequency, variance, standard deviation variables were examined and in inferential statistics Kolmogorov Smirnov test (KS) were used to determine normal and to investigate the relationship between creativity, or anxiety Pearson correlation and regression analysis were competitive.

RESULTS AND DISCUSSION

Results

Table 1: The age groups studied in athletes

Age groups	Taekwondo		Karate		Tennis	
	Count	Percent	Count	Percent	Count	Percent
Under 20 years	0	0	0	0	18	8,14
Under 21-30	62	28,5	82	37,10	31	14,02
31-40	6	2,72	5	2,72	17	7,70
Sum	68	30,77	87	39,37	66	29,86
Total	221					

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As it can be seen in Table 2 the Average Anxiety 1.94 and 14.14 is obtained internal and external control the tilt amount calculated variables show that normal data is distribution (normal).

Table 2: The number, mean, median, standard deviation, variance, skew, stretch, minimum and maximum score

	Competitive anxiety	Internal and external control
Count	221	221
Average	1,94	14,14
Middle	1,92	14
Fashion	1,89	14
Standard Deviation	0,36	2,90
Variance	0,13	8,24
Tilt	-0,065	0,18
Elongation	0,223	0,17
Lowest score	0	5
Highest score	3,26	23

As it can be seen in Table 3 The amount calculated by the significant level of 0.005 is smaller. $P > 0.005$ the calculated value represents the normal distribution of data.

Table 3: Normality test of data distribution

	Smirnov		
	Amount	Degree of freedom	Significant level
Competitive anxiety	0.044	221	0.200
Internal and external control	0.037	221	0.200

As Table 4 shows the correlation coefficient calculated at a significance level of 0.05 indicates -0/012 between internal and external control and there is no significant relationship between the athlete's competitive anxiety.

Table 4: Results of correlation coefficient between locus of control and Anxiety

	Competitive anxiety
Pearson Correlation coefficient	-0/012
Significant level	0.864
Count	221

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Discussion

The results showed a significant relationship between locus of control and anxiety in male athletes competing there. The results partly by findings from research of Mohamadzadehghasemi (2009), Krogus (1997), Bailey and McLaren (2005), Morgan (1980), Aspyng and Roberts (1998), Watkins (1986) is consistent. In addition, findings from research of AlizadehAsli (2002), PoorsoltaniZandi (2003), Salehi and partners (2007), Narimani and partners (2006), ShabaniBahar and partners (2006), Shamsaei and Yousefi (2007), Fogarty and partners (2008) Is inconsistent.

It was expected that a significant relationship between locus of control and anxiety is competitive, but there was no such relationship.

A possible reason for the lack of association between the variables locus of control and competitive anxiety can be attributed to measurement methods and instruments. Questions may Rotter source for participants are vague. Another possible reason can be attributed to the samples. Athletes may be more ideal when responding to questions; Rotter focused his mind to source control.

The sample in this study consisted of amateur and recreational athletes are not professional athletes and heroes. Research is also incompatible with the research examined the relationship between mental health locus of control with professional athletes have And study the relationship between these variables is exactly examined, found and factors such as age, education, religious belief, level of competition, history of professional sports and the athletes on the internal locus of control influence And changes in the locus of control requires a long time, continuous training and experience in various sporting environments. According to the results of this study suggest that coaches and fitness experts began organizing competitions at different levels and different places apply to athletes to increase gaming experience. This can be an internal locus of control and anxiety affect competitive athletes. Coaches also to reduce the impact of anxiety on the performance of athletes should refrain from assigning two or more player's task is to teach players skills and reduce anxiety.

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