Investigation and Comparison Feeling of Loneliness and Locus of Control among Female Athletes and Non-Athlete High School Female Students

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Abstract: The purpose of this study is to investigate and compare feeling of loneliness and locus of control (internal-external) among female athletes of team and individual sports and non-athlete high school female students in Kermanshah city in Iran. Thus 240 subjects divided into 4 equal groups were selected from Kermanshah high school students as a statistical sample randomly. Feeling of loneliness was assessed by UCLA questionnaire and also locus of control was assessed by Lonson (I, P, C). The results of this research showed meaningful differences among athletes and non-athletes in feeling of loneliness variable, but did not show meaningful differences for internal locus of control variable, external locus of control (tendency to chance) and also external locus of control (tendency to powerful people) among these groups. Also, meaningful differences were not observed in feeling of loneliness and internal locus of control among athletes of team and individual sports. But for external locus of control athletes of individual sports with tendency to chance and athletes of team sports with tendency to powerful people got high scores. Therefore, these team or individual physical activities and exercises specially team activities would be said to influence the reduction of feeling of loneliness in individuals. In other words performing physical activities and participation in sport places during teen ages and youths cause personality balance, prevention and recovery from psychological disorders such as feeling of loneliness in people.

Key words: Locus of Control, Feeling of Loneliness, Athletes, Non-Athletes.

Introduction

Human is social in nature and need to belong form motivational structures, stimulus of thinking feelings and behaviors with others in social condition with consideration to welfare and prosperity of other people. (Sullivan, 1953, Takakura. M, sakihara 2001).

According to it, persons have unsuccessful experiences repeatedly in relation to others and can’t provide this requirement to belong, would lead to problems such as deprivation, depression, anxiety, rage and feeling of loneliness (Jones et al., 1981).

Feeling of loneliness is a private and painful psychological state that people will confront with vacuum sense, sorrow and independence which influence his relationships in different ways (Ekwall, 2004). Psychologists have presented different definitions of feeling of loneliness. Such as, feeling of loneliness "is the result of deprivation of human alienation from society and ego (Nigro, 1989) and or "is an important, general, terrible, painful emotional
experience that has wide psychopathological consequences”. In other hand, some of the analysts (Dishman, 1990) Rotter (1966) believe that the investigation of locus of control is an important and considerable aspect of personality. These analysts believe that, persons are external or internal in regard to locus of control. Persons with external locus of control think that they have no control in their destiny and believe that everything in their life is the result of chance, destiny, another people, and so on. In other words, ego has no active role in his life. But, persons with internal locus of control think that they can control their destiny and will accept the responsibility for their successes and failures. Persons with internal locus of control their behaviors actively, but persons with external locus of control show no active role. Persons with internal locus of control are realistic and they recognize their logical behaviors but persons with external locus of control are sensitive and they don’t recognize their role in their behaviors. The effect of participation at team and individual sport activities on personality of athletes has been an important subject among psychologists (Moore, 1981). Investigation of Rubenstein and Shaver (1982) show that teenagers group will accomplish negative manners such as reactive sadness together with feeling of loneliness. In this point of view, at first we should recognize the causes of feeling of loneliness and emphasized it in a positive and useful way to better resist it (Moore, 1981). Although, investigations have been accomplished by caroso and Gill:1992 (Baumeister et al., 1995) Frey etal., 1992; (FeyzKhademi et al., 2010) and Takakura. and sakihara: 2001, (Rubenstein, Shaver., 1982) all of which believe that sport activates are useful to decrease psychological disorders such as depression and feeling of loneliness .Sport places contain the best experiences for persons during adulthood and adolescence .Ego concept together with physical and mental changes in this stage, will form rapidly and various experiences can change "ego" in different ways .This changes in "ego" can make some personality features( FeyzKhademi et al., 2010, Rubenstein, Shaver 1982). Participation in sport activities causes to form a general good feeling. A sense that increasing the hope of social acceptance may directly or indirectly, influence mental personality and balance of persons. Therefore, we can say that sport relates agent of person with ego and others. This total knowledge can influence personality and social agreements. Accordingly Vipene and Ikulayo(1996) said that: personality play a role to select and participate in sport activities, sport influence personality and social agreements too (Sullivan, 1953).

About this field, Dishman and Stein accomplished an investigation considered "locus of control hygiene" as predictable agent of person's free time by sport activities. They assessed the physical readiness of students by running "1/5 mile". And found that some people with internal locus of control had high resistance and self-steam in difficulties, and are more successful in accepting ego and physical potentials. (Clark, Harrison, 1989)

Weiss and colleagues studied self-steam and locus of control in sport competitions of physical training students in 1990, and found that students with high confidence had more internal locus of control generally than students with low confidence and this result was also gained for self-steam and locus of control in social competitions (Takakura, sakihara 2001) In the field of relationship between of locus of control and psychological hygiene, Gilise and Perry 1990 showed that participation in physical activities and exercises have a main role in psychological safety, hygiene of locus of control and psychological motivation to progress in life and delete the disturbing factors that make people depressed[9]. Moore (1981), through a study of athlete women of university both in team and individual sport ,which compete in four items ,found athlete women have internal locus of control and also there is no significant difference between team and individual athletes in this regard . There is a difference between people who continue competition and those who stop it (Liesl et al., 2006) It seems that persons who feel lonely have a more external locus of control. In this regard Jones and Colleagues(1981) proposed that, students who have feeling of loneliness ,believed that they are not accepted by other people ,they think that there is no justice in world and they have more external locus of control (Gillis, Perry 1991). On the other hand, Feyze Khadem and colleagues in a research about feeling of loneliness and locus of control (internal and external) in male athletes of team and individual sports, found that average of loneliness feeling in athletes of individual sport is more than team sports and external locus of control in athletes of team sports is more than individual sports. Also, in team and individual sports, there is a significant difference between feeling of loneliness and locus of control (internal and external (Ekwall, 2004) Now, according to above subjects, this research tries to respond to the questions, whether or not the sport influence the feeling of loneliness and locus of control of girls?

And also is there difference between locus of control and feeling of loneliness between athletes of team and individual sports?

**Materials and Methods**

The kind of this research is a comparative type. The statistical society include athlete female students of team sports (volleyball–basketball) and individual ones (badminton–ping pong) and non-athlete high school female
students in Kermanshah city. The statistical model of research involves 240 persons of mentioned statistical society which each have 80 persons and have been selected randomly. Also, bilateral variance analysis test and Tokie’s following test have been used to study the differences between variables and Pierson’s correlation coefficient has been calculated to study the relationship between variables. Measurement instruments and their codification method UCLA feeling of loneliness scale: this scale has 20 questions that 10 questions regard loneliness positively and 10 questions negatively.

According to main form, in the front of each sentence there are 4 choices never, seldom, some time and often of them will be numbered in classification form. So that, number one belongs to never choice and number four belongs to often choices. In this scale, sentences 1, 4, 5, 6, 9, 10, 15, 16, 19, 20 will be numbered on the contrary.

According to this numbering method in this scale the superior numbers show more feeling of loneliness. Minimum number of this scale is 20 and maximum one is 80. Lounson (I, P, C) locus of control scale. Each scale has been arranged in the likert 6 degrees and in any item, response to questions classify from absolutely opposite to absolutely agreeable in which -1, -2, -3 show the opposite side and +1, +2, +3 show the agreeable side. So, zero number does not belong to any item. The total number for each of I, P, C variables is the sum of numbers of 8 items that will be plus 24 to delete its negative signs. Therefore, numbers, in any scale, classify from 0 to 48. The I scale (internal locus of control has numbered by sentences 1, 4, 5, 6, 9, 10, 15, 16, 19, 20, 22 which show to what extent people believe that powerful people affect their works and C scale (external locus of control of tendency to chance) has been numbered by sentences 2, 6, 7, 10, 12, 14, 16, 24, of Lounson questionnaire which shows to what extent people believe that happening are because of chance, destination or external powerful forces which have surrounded people.

Results

Table 1 shows average, standard deviation and meaningful level to athlete groups. As table 1 defines, there is meaningful difference between feeling of loneliness of non-athlete persons (sig = 0.0001). But there is no significant deference between them. These groups form internal locus of control variable (sig = 0.10), external locus of control (tendency to chance) (sig = 0.38) and also external locus of control (tendency to powerful people) (sig = 0.32).

### Table 1. Average, standard deviation and meaningful level in feeling of loneliness, internal locus of control, external locus of control (tendency to chance) and external locus of control (tendency to powerful people).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Group</th>
<th>Group</th>
<th>Df</th>
<th>Mean square</th>
<th>F</th>
<th>sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of loneliness</td>
<td>Athlete (team-individual) and non-athlete</td>
<td>2</td>
<td>130.05</td>
<td>16.49</td>
<td>0.0001</td>
<td></td>
</tr>
<tr>
<td>Internal locus of control</td>
<td>Athlete (team-individual) and non-athlete</td>
<td>2</td>
<td>99.99</td>
<td>2.27</td>
<td>0.10</td>
<td></td>
</tr>
<tr>
<td>External locus of control</td>
<td>Athlete (team-individual) and non-athlete</td>
<td>2</td>
<td>64.72</td>
<td>0.95</td>
<td>0.38</td>
<td></td>
</tr>
<tr>
<td>External locus of control</td>
<td>Athlete (team-individual) and non-athlete</td>
<td>2</td>
<td>73.56</td>
<td>1.14</td>
<td>0.32</td>
<td></td>
</tr>
</tbody>
</table>

As Table 2 shows there is no significant difference between feeling of loneliness (0.55) and internal locus of control (0.26) in athletes of team and individual sports. But in external locus of control, athletes of team sports
reached more numbers in tendency to powerful people and athletes of team sports reached superior scores in tendency to chance.

Table 2. Differences of average and meaningful level in athletes of team and individual sport

<table>
<thead>
<tr>
<th>Variable</th>
<th>Difference of averages</th>
<th>Meaningful level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of loneliness</td>
<td>0.93</td>
<td>0.55</td>
</tr>
<tr>
<td>Internal locus of control</td>
<td>-2.30</td>
<td>0.26</td>
</tr>
<tr>
<td>External locus of control (tendency to chance)</td>
<td>-5.11</td>
<td>0.002</td>
</tr>
<tr>
<td>External locus of control (tendency to powerful people)</td>
<td>+4.25</td>
<td>0.001</td>
</tr>
</tbody>
</table>

Findings of research show that feeling of loneliness variable doesn’t significant difference between athletes (team-individual) and non-athletes, which means that non athlete people have more feeling of loneliness, which approves the results of findings ferries finding.

Tolbert and Folk (1992) and FeyzKhademi (2010) mentioned that, doing physical exercises and sport activities during adolescence and adulthood causes personality balance, prevention or improvement of psychological disorders such as feeling of loneliness.

On the other hand, the results of this study show that feeling of loneliness does not significant difference between athlete and non-athlete people. This result is contrary to findings of Jones, Freemon and Goswick.

Most studies has shown that difference in locus of control between athletes and non-athletes have been similar except for two factors and because of that, there is no unified results in studies of locus of control of athletes and non-athletes. The first factor is sexuality of participants and the second one is age of them In the research of Sheikh and his colleagues (Atarzadeh hoseini S. Torabim F. 2003) and Atarzade and Torabi subjects were female athletes and non-athlete students (Shikh, M et al., 2006). it seems that girls with less duration in sport activities can be candidates for team sports while team sports activities must be longer in duration to effect locus of control, however testing this theory requires more research. one of the important results is the significant contradiction between feelings of loneliness and internal locus of control which confirms many views of investigators about feeling of loneliness and internal locus of control. It means that as feeling of loneliness is higher internal locus of control is lower and vice versa, this result is the same of findings of Moore and colleagues (1998), Takakoura and Sizosacki (2001), and finding of Jones and colleagues (1982) showed that people who have internal locus of control attribute events to themselves and they hold themselves responsible for failures and successes, so they have less psychological disorders such as feeling of loneliness.

According to the results of this study it can be said that Sport and physical exercises, especially team activities have positive impacts on the psychological hygiene of persons, because physical exercises and sport will improve human relationship and social responsibility by making good social experiences learning the rules of competition and collaboration which let people acquire social skills and good psychological qualification.

References


