

Optimism, Health Habits and Locus of Control between Sportspersons and Non-Sportspersons

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Abstract. The role of Optimism, Life Style/Health Habits and Locus of Control is considered to be quite important in life. Their relationship with sports needs to be explored. The present study was planned with the objective to assess the difference between Sportspersons and Non-Sportspersons on Optimism, Health Habits/Life Style and Locus of Control. It was expected that there will be significant difference between Sportspersons and Non-Sportspersons on these dimension because of their involvement and experience in sports. It is assumed that sport has a positive influence on the some of the major aspects and dimensions of behavior. The study was conducted on 50 males (25 Sportspersons and 25 Non-Sportspersons) within the age range of 19-24 years. The subjects were administered the following tests under standard conditions. 1. Optimism Scale (Scheier et al., 1994), 2. Health Habits (Atwater 1995) & 3. Rotter's Locus of Control (Rotter, 1966). As per theoretical models and the sporting experience the results showed a significant difference between optimism Locus of control and Health Habits of Sportspersons and non Sportspersons. These results go a long way in suggesting the positive impact of sport participation on some of the major dimensions of human behavior.

Keywords: Optimism, Health Habits, Locus of Control, Sportspersons and Non-Sportspersons.

1. Introduction

Optimism is an outlook on life such that one maintains a view of the world as a positive place. People would say that optimism is seeing the glass "half full" of water as opposed to half empty. Optimism generally believes that people and events are inherently good, so that most situations work out in the end for the best. It is the opposite of pessimism. Scheier and Carver (1985) opined that optimism is a general feeling, an inclination to hopefulness and confidence with other extreme being pessimism. Tiger (1979) defined that "A mood or attitude associated with an expectation about the social or material future, one which the evaluator regards as socially desirable, to his or her advantage, or for his or her pleasure". Optimism is a strategy for making a better future. Because unless you believe that the future can be better you are unlikely to step up and take responsibility for making it so. If you assume there is an instinct for freedom, there are opportunities to change things, there's a chance you may contribute to making a better world.

The term style of life was used by psychiatrist Alfred Adler as one of several constructs describing the dynamics of the personality. Life Style/Health Habits generally means a pattern of individual practices and personal behavioral choices that are related to elevated or reduced health risk. Lifestyle are born of a multitude of causes, from childhood determinants to personality make up to influences in the cultural, physical, economic, and political environments. Thus, efforts to encourage good health practices should also promote environment that supports them. 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 (1977) 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. The present study was planned with the objective to assess the difference among

Sportspersons and Non-Sportspersons on Optimism, Health Habits and Locus of Control.

1.1. Objectives of the Study

- (1) To study the difference between Sportspersons and Non-Sportspersons on Optimism.
- (2) To study the difference between Sportspersons and Non-Sportspersons on Health Habits.
- (3) To study the difference between Sportspersons and Non-Sportspersons on Locus of Control.

1.2. Hypotheses of the Study

(H_a) There will be a significant difference between Sportspersons and Non-Sportspersons on Optimism.

(H_a) There will be a significant difference between Sportspersons and Non-Sportspersons on Health Habits.

(H_a) There will be a significant difference between Sportspersons and Non-Sportspersons on Locus of Control.

2. Materials and Methods

(1)**Sample:** Total fifty (N=50) male subjects out of which twenty five (N=25) Sportspersons and twenty five (N=25) Non-Sportspersons were randomly selected from various Colleges of Chandigarh (INDIA). The age of the subjects was ranged between 19 to 24 years.

(2)**Tools:** The following standardized tools were administered: Optimism Scale developed by Scheier et al., 1994, Health Habits scale by Atwater, 1995 & Locus of Control questionnaire by Rotter, 1966. The scoring was done according to the respective manuals.

(3) **Statistical Analysis:** The “t” test was applied to compare the mean scores and to find out the significant difference between Optimism, Health Habits and Locus of Control between Sportsperson and Non-Sportspersons. The level of significance was kept at 0.05.

3. Results

Table-1: Comparison of mean scores on Optimism between Sportspersons and Non-Sportspersons

S. No	Variable	Sportspersons (N=25)			Non-Sportspersons (N=25)			‘t’ ratio
		Mean	SD	SEM	Mean	SD	SEM	
1.	Optimism	85.16	8.25	1.651	68.04	8.27	1.655	7.32*

*Significant at 0.05, table value=2.00, df=48

It has been observed from the table-1 that mean scores of Optimism among Sportspersons and Non-Sportspersons were 85.16 and 68.04 respectively. The standard deviations were 8.25 and 8.27 respectively. The standard error of mean for Sportspersons was came out to be 1.651 and for Non-Sportspersons it came out to be 1.655. The ‘t’ value 7.32 was found significantly higher than the table value 2.00. This shows that Sportspersons are significantly higher on Optimism than non-sportsperson.

Table-2: Comparison of mean scores on Health Habits between Sportspersons and Non-Sportspersons

S. No	Variable	Sportspersons (N=25)			Non-Sportspersons (N=25)			‘t’ ratio
		Mean	SD	SEM	Mean	SD	SEM	
1.	Health Habits	27.64	4.48	0.896	21.48	9.5	1.90	2.93*

*Significant at 0.05, table value=2.00, df=48

It has been observed from the table-2 that mean scores of Health Habits among Sportspersons and Non-

Sportspersons were 27.64 and 21.48 respectively. The standard deviations were 4.48 and 9.5 respectively. The standard error of mean for Sportspersons was came out to be 0.896 and for Non-Sportspersons it came out to be 1.90. The 't' value 2.93 was found significantly higher than the table value 2.00. This shows that Sportspersons has healthier Health Habits than non-sportsperson.

Table-3: Comparison of mean scores on locus of control between Sportspersons and Non-Sportspersons

S. No	Variable	Sportspersons (N=25)			Non-Sportspersons (N=25)			't' ratio
		Mean	SD	SEM	Mean	SD	SEM	
1.	Locus of Control	10.68	3.80	0.760	13.16	3.53	0.706	2.39*

*Significant at 0.05, table value=2.00, df =48

It has been observed from the table-3 that mean scores of locus of control among Sportspersons and Non-Sportspersons were 10.68 and 13.16 respectively. The standard deviations were 3.80 and 3.53 respectively. The standard error of mean for Sportspersons was came out to be 0.760 and for Non-Sportspersons it came out to be 0.706. The 't' value 2.93 was found significantly higher than the table value 2.00. This shows that Sportspersons are higher on internal locus of control and Non-Sportspersons are higher on external locus of control.

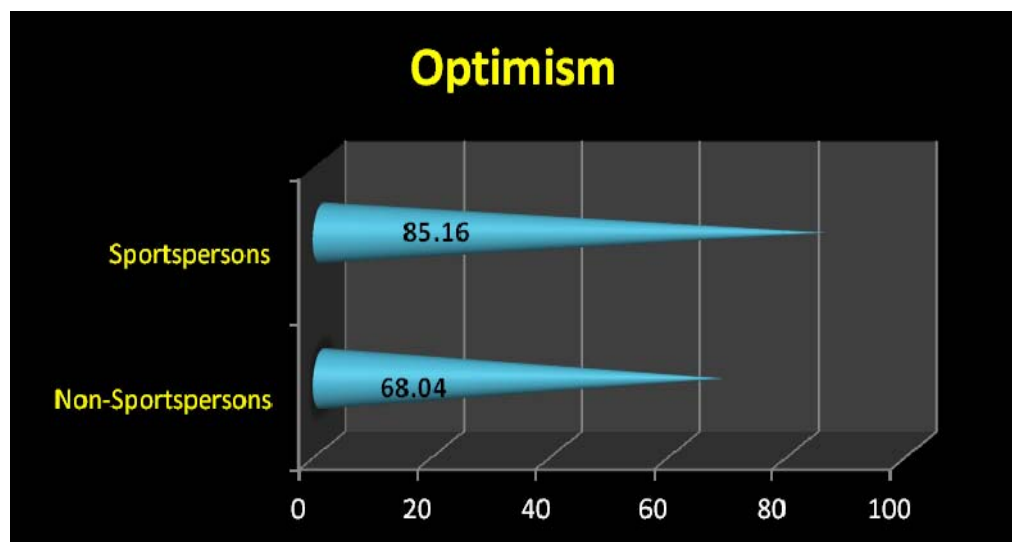


Figure-1: Graphical Presentation of mean scores on optimism between Sportspersons and Non-Sportspersons

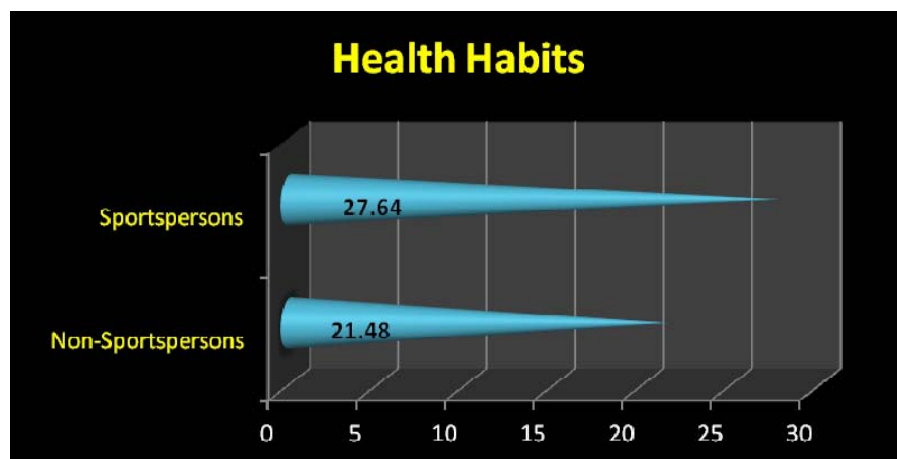


Figure-2: Graphical Presentation of mean scores on Health Habits between Sportspersons and Non-Sportspersons

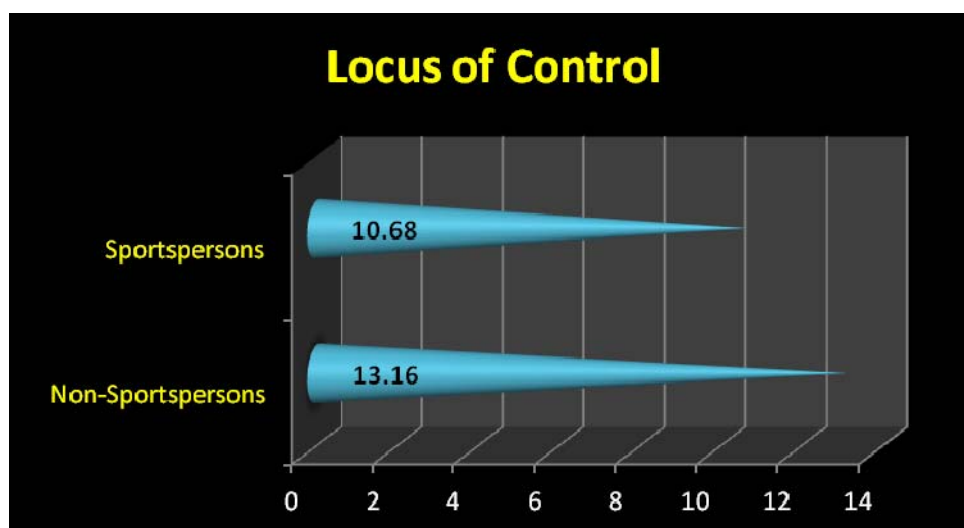


Figure-3: Graphical Presentation of mean scores on locus of control between Sportspersons and Non-Sportspersons

4. Discussion

In the beginning of the investigation it was hypothesized that there exists significant difference between levels of Optimism, Health Habits and Locus of control among Sportspersons and Non-Sportspersons. Giltay et al. (2004) examined that optimism in elderly men is associated with healthy lifestyle and dietary habits. A level of optimism may indirectly affect proneness to cardiovascular death via unhealthy behavioral choices.

Young adults- 25 Sportspersons and 25- Non-Sportspersons belonging to Chandigarh targeted. After the selection of 50 subjects, 25 from each category, they were tested for Optimism, Health Habits and Locus of Control with the help of standardized questionnaires. The scoring was done for the three scales after the administration of the same. The scales were scored according to the response options chosen by the participants and grand totals on each were obtained. The Optimism, Health Habits and Locus of Control scores were further statistically analyzed and t-ratios were calculated. Kulas (1986) concluded that adolescence is a period of relative stability of locus of control.

T-ratios were calculated for optimism, Health Habits and locus of control for studying the difference of the same among Sportspersons and Non-Sportspersons. The t-ratio for optimism value came out to be 7.32; while the t-ratio for Health Habits was 2.93 and locus of control came out to be 2.39; these values are significant on 0.05 levels respectively when compared with table values. Thus, all the three hypotheses are accepted. That means that there is a significant difference in type of locus of control among Sportspersons and Non-Sportspersons. Also, there exists significant difference among Sportspersons and Non-Sportspersons in terms of type of Health Habits and optimism. Further, implies that the Sportspersons tend to have internal locus of control i.e. they depend on their own abilities more than on external sources such as luck etc as compared to Non-Sportspersons, who are not involved in any sports. Baumeister et al. (2003) carried out a study that locus of control was not found to be a significant predictor of athletic injury. Moreover, Sportspersons tend to have better or healthier lifestyle as compared to Non-Sportspersons, also Sportspersons players are more optimistic or resilient or are more hopeful than Non-Sportspersons.

5. Conclusion

On the basis of the results obtained and studies done in the past it could be said that Sportspersons tend to have higher level of Optimism, Healthier Lifestyle and to have locus of control as compared to Non-Sportspersons. These results go a long way in suggesting the positive impact of sports participation on some major dimensions of human behavior.

6. References

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