

Research Article

Comparative Analysis of Locus of Control and Self Esteem among Football and Cricket Players in Chennai

C.V Vengada Aswin¹ and M. Lakshman Kumar^{1*}¹Department of Sports Psychology and Sociology, Tamilnadu Physical Education and Sports University, Chennai- 600127, India.*Corresponding author: coachlaxman@gmail.com

Article Info

Keywords: Locus of Control, Cricket**Received:** 02.09.2025**Accepted:** 22.09.2025**Published:** 28.09.2025

© 2025 by the author's. The terms and conditions of the Creative Commons Attribution (CC BY) license apply to this open access article.

Abstract

The present study investigated differences in locus of control and self-esteem among football and cricket players in Chennai. A total of 100 male athletes, comprising 50 footballers and 50 cricketers from sports academies and college teams, participated in the study. Rooter's Locus of Control Scale and Rosenberg's Self-Esteem Scale were administered to assess psychological attributes. Descriptive statistics and independent sample t-tests were used, with significance set at 0.05. Results indicated that cricket players ($M = 13.80$) and football players ($M = 12.66$) did not differ significantly on locus of control, $t(98) = 1.12$, $p = 0.26$. Similarly, self-esteem scores of cricketers ($M = 19.26$) and footballers ($M = 18.62$) showed no significant difference, $t(98) = 0.67$, $p = 0.50$. Findings suggest that sport type may not strongly influence locus of control or self-esteem within this sample.

1. Introduction

Psychological variables such as locus of control and self-esteem play an important role in shaping athletes performance and overall well-being. Locus of control, first conceptualized by [1], refers to the degree to which individuals believe that outcomes are contingent upon their own behaviour (internal control) or external factors such as luck or fate (external control). Similarly, self-esteem, defined by [2] as one's global sense of self-worth, is a crucial determinant of confidence and persistence in sport. Previous research has highlighted the importance of these variables in influencing athletic success, coping with stress, and motivation (Vealey & Chase, 2016). However, limited studies have compared these psychological constructs across athletes of different team sports in the Indian context. This study focuses on football and cricket players in Chennai, where both sports hold cultural and competitive significance.

2. Material and methods

Objective

1. To Compare Locus of Control Among Football And Cricket Players In Chennai.
2. To Compare Self Esteem Among Football And Cricket Players In Chennai.

Hypotheses

- H1. There will be a significant difference in locus of control between football and cricket players.
H2. There will be a significant difference in self-esteem between football and cricket players.

Subject

The study included 100 male athletes: 50 footballers and 50 cricketers.

Participants were recruited from sports academies and college teams in Chennai. The age range was between 18 and 25 years.

Selection of Tools

1. Rooter's Locus of Control Scale (1966): A widely used instrument measuring internal versus external control orientations.
2. Rosenberg's Self-Esteem Scale (1965): A 10-item scale assessing global self-worth on a four-point Likert scale.

Statistical Technique

Descriptive statistics (mean, standard deviation) and Independent Samples t-tests were applied to examine differences between groups. The level of significance was fixed at 0.05.

Independent t- test

Locus of control

Table 1: t Scores Comparing LOC of Footballers and Cricketers

	Locus of control – cricketers	Locus of control - Footballers
Mean	13.80	12.66
Standard Deviation	4.22	5.38
Observations	50	50
Hypothesized Mean Difference	0.05	
Df	98	
t Stat	1.126643926	
P(T<=t) one-tail	0.131395884	
t Critical one-tail	1.661403674	
P(T<=t) two-tail	0.262791768	
t Critical two-tail	1.985801768	

Self esteem

Table 2: t Scores Comparing Self Esteem of Footballers and Cricketers

	Self-esteem - cricketers	Self esteem – footballers
Mean	19.26	18.62
Standard Deviation	4.22	4.29
Observations	50	50
Hypothesized Mean Difference	0.05	
Df	98	
t Stat	0.674354249	
P(T<=t) one-tail	0.250836896	
t Critical one-tail	1.660551218	
P(T<=t) two-tail	0.501673793	
t Critical two-tail	1.984467404	

Statistical Analysis

Footballers obtained a mean Locus of Control score of 12.66 (SD = 5.38) and a mean Self-Esteem score of 18.62 (SD = 4.29). Comparison with cricketers indicated no significant differences ($t(98) = 1.12$, $p = 0.26$ for Locus of Control; $t(98) = 0.67$, $p = 0.50$ for Self-Esteem). Although their mean values were slightly lower than cricketers, the lack of statistical significance shows that footballers share similar psychological tendencies in terms of perceived control and self-worth.

Cricketers had a mean Locus of Control score of 13.80 (SD = 4.22) and a mean Self-Esteem score of 19.26 (SD = 4.22). The independent samples t-test showed that these scores were not significantly different from footballers ($t(98) = 1.12$, $p = 0.26$ for Locus of Control; $t(98) = 0.67$, $p = 0.50$ for Self-Esteem). This suggests that while cricketers' averages are slightly higher, their orientation toward control of outcomes and their self-worth remain statistically comparable to footballers. This highlights that athletes across both sports demonstrate comparable levels of confidence and attribution styles.

3. Conclusion

The study found that there was no significant difference between cricketers and footballers in locus of control ($t(98) = 1.12$, $p = 0.26$). The study found that there was no significant difference between cricketers and footballers in self-esteem ($t(98) = 0.67$, $p = 0.50$). The study found that cricketers had slightly higher mean scores in both locus of control ($M = 13.80$) and self-esteem ($M = 19.26$) compared to

footballers ($M = 12.66$ for locus of control; $M = 18.62$ for self-esteem). The study found that these mean differences were not statistically significant, indicating similar psychological tendencies between both groups.

References

- [1] J. B. Rotter. Generalized expectancies for internal versus external control of reinforcement. *Psychological Monographs: General and Applied*, 80(1):1–28, 1966.
- [2] M. Rosenberg. *Society and the Adolescent Self-Image*. Princeton University Press, 1965.