

**A COMPARATIVE STUDY OF ATTRIBUTION STYLE WEIGHTLIFTING  
PLAYERS WITH REFERENCE TO THEIR SPORT'S ACHIEVEMENT**

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**ABSTRACT**

**Background:** The aim of study was to compare the attribution style Weightlifting with reference to their sport's achievement. **Material & Methods:** To achieve the purpose of the study fifty (50) Athletics and fifty (50) Weightlifting Northern Indian Universities male players participated in North Zone Inter-University/ /Inter Zone University Athletics and Weightlifting tournaments were randomly selected as subjects. The age range of the subjects was 16 -28 years. In the selected fifty (50) Athletics and fifty (50) Weightlifting male players- 25 were high achiever and 25 were low achiever players in both of the game. First, second and third position holders were considered as high achievers and others were considered as low achievers. To assess the attribution style of selected subjects the Attribution Style Questionnaire developed by **Peterson et al. (1982)** was administered. The 't' test was used to compare the attribution style between Athletics and Weightlifting male players. Further the level of significance was set at 0.05 levels. **Results:** The finding of the study reveals that there was an insignificant difference found between Athletics and Weightlifting male players in both the cases i.e. high achievers and low achievers in relation to attribution style. **Conclusion:** On the basis of the result investigator concludes that there was no difference found between Athletics and Weightlifting male players in both the cases i.e. high achievers and low achievers in relation to attribution style. In summary this study provide support for the planning of multidimensional training programme aimed at internalize the attribution style in Athletics and Weightlifting players with their sport's achievement.

**Keywords:** Attribution Style, Sports Achievement, Athletics Players, Weightlifting players

**INTRODUCTION**

Attribution style refers to people's characteristic ways of explaining the causes of events. An individual's performance depends upon his perception of the events taking place in his environment. It questions of much interest what caused a particular event and how that took a particular form. Attempt of people to understand the causes and implications of events they witness comes under the sphere of attribution. Attribution style of a person is his unique perceptions of his own behaviour and the action of others taking place in his environment. Attribution entails the selection from several causes of the one or one's that afford the observer the best explanation of behaviour.

The question of recent interest is what caused a particular form and to identify the rules which govern perceptions of causality has been a matter of scholarly interest.

The most systematic account regarding such rules is known as attribution theory. Attribution theory is concerned with the attempts of ordinary people to understand the causes and implications of events they witness. It deals with the native psychology of the 'man in the street' as he interprets his own behaviour and the actions of others. It is concerned with the process by which individuals construct causal explanations for behaviour and events they encounter in everyday social interactions. Purpose of the present study was to compare the attribution style among Athletics and Weightlifting players with reference to their sport's achievement. The study was conducted with the following objectives:

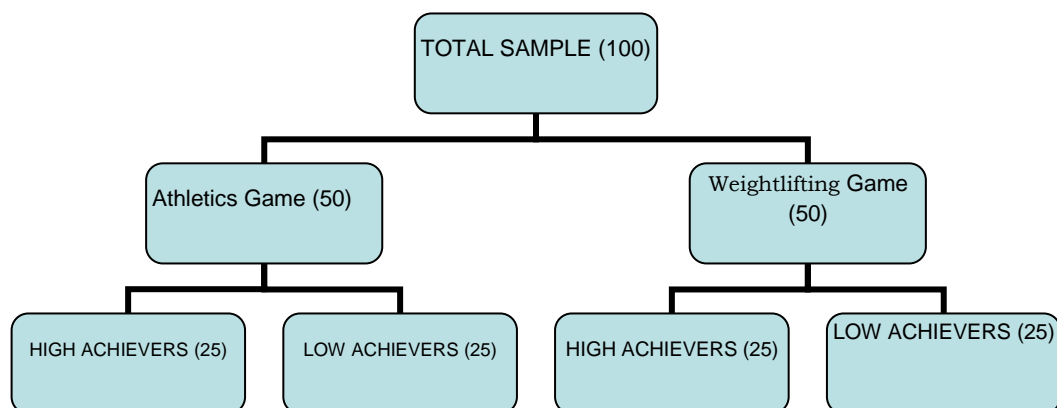
1. To compare the attribution style of high achieving sportsmen playing Athletics and Weightlifting.
2. To compare the attribution style of low achieving sportsmen playing Athletics and Weightlifting.

## **MATERIAL AND METHODS**

### **Subject**

To achieve the purpose of the study fifty (50) Athletics and fifty (50) Weightlifting Northern Indian Universities male players participated in North Zone Inter-University/ /Inter Zone University Athletics and Weightlifting tournaments were randomly selected as subjects. The age range of the subjects was 16 -28 years. In the selected fifty (50) Athletics and fifty (50)

Weightlifting male players - 25 were high achiever and 25 were low achiever players in both of the game. First, second and third position holders were considered as high achievers and others were considered as low achievers.



### Tool

To assess the attribution style of selected subjects the Attribution Style Questionnaire (ASQ) developed by **Peterson et al. (1982)** was administered.

### Procedure

To achieve the purpose of the study 100 male players (50 from Athletics and 50 from Weightlifting) were randomly selected from the Northern Indian Universities teams participated in North Zone Inter-University/ /Inter Zone University Athletics and Weightlifting tournaments. Out of 50, 25 were high achiever and 25 were low achiever players in both of the game. First, second and third position holders were considered as high achievers and others were considered as low achievers. Participated team managers/coaches were requested through a common circular to render their help to the investigator.

In order to ensure the full co-operation from the subjects, the investigator had a meeting with them in presence of their coach/mangers. The purpose of this study was made clear by giving a detailed explanation in order to ascertain that there was no ambiguity among the subjects regarding the efforts, which they had to put in the successful completion of the investigation.

All subjects voluntarily agreed to extend full cooperation and coaches/managers ensured that the subjects were made available for collection of

data. The Attribution Style Questionnaire (ASQ) developed by Peterson et al. (1982) was administered on the subjects during North Zone Inter-University/ Inter Zone University Athletics and Weightlifting tournaments. The response sheets were scored as per instructions and raw data were quantified and statistically processed.

### Statistical Analysis

For the statistical analysis of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among male Athletics and Weightlifting players. The 't' test was used to compare the groups and for testing significance of the values ( $t=0.05$ ), for men and women Weightlifting players.

## RESULTS

The results have been presented in the following table:1

### Significance of Difference between the Attribution Style of High Achieving Athletics and Weightlifting Players

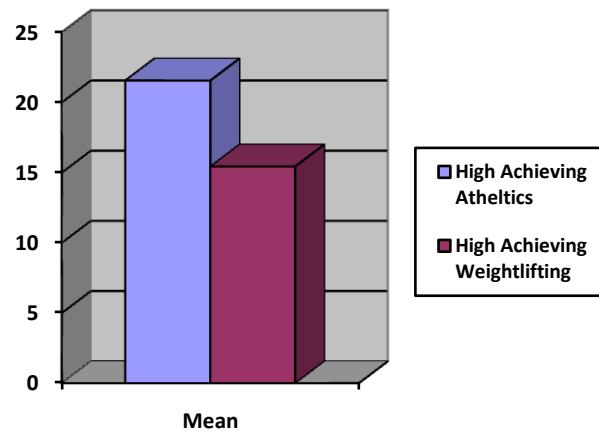
Sportsmen	N	Mean	S.D.	df	't'	Significance
High achieving Athletics	25	21.56	20.37	48	1.27	Insignificant
High achieving Weightlifting	25	15.44	12.67			

Significant at .05 level.  $t_{.05}(48) = 2.00$

Table 1 revealed that mean scores of high achieving Athletics and Weightlifting players are 21.56 and 15.44 respectively. Standard deviation for high achieving Athletics player is 20.37 and for high achieving Weightlifting player is 12.67.

The observation of the table reveals that the obtained "t" value is 1.27 which is statistically insignificant at 0.05 level as they are less than of table value of 't'. It indicates that the high achieving sportsmen of Athletics and Weightlifting insignificantly differ with respect to their attribution style. The comparisons of the mean value between male Athletics and Weightlifting University soccer players are also presented graphically in figure 1.

**Figure 1**  
**Mean Value of High Achiever Athletics and Weightlifting Players**



**Table 2**  
**Significance of Difference between the Attribution Style of Low Achieving Athletics and Weightlifting Players**

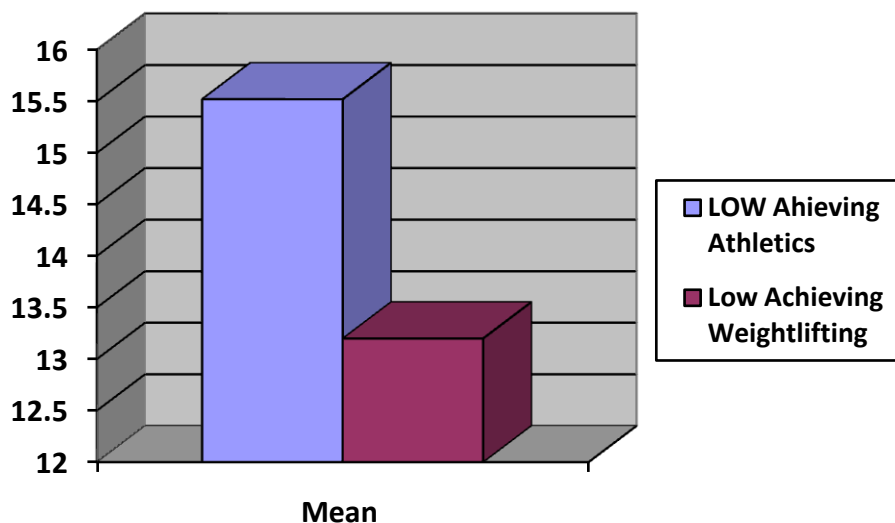
Sportsmen	N	Mean	S.D.	df	't'	Significance
Low achieving Athletics	25	15.52	14.15	48	0.66	Insignificant
Low achieving Weightlifting	25	13.20	10.59			

It can be seen in the Table-2 that on attribution style, the low achieving sportsmen of Athletics and Weightlifting are found to have mean scores 15.52 and 13.20 with S.D. of 14.15 and 10.59 respectively. The 't'- value 0.66 is insignificant at both the acceptable levels of significance i.e. (.01 or .05). It may be interpreted that the low achieving sportsmen of Athletics and Weightlifting are found to be insignificant difference with respect to their attribution style. Thus, they have

similar attribution style. The comparisons of the mean value between male University Athletics and Weightlifting players are also presented graphically in figure 2.

**Figure -2**

**Mean Value of Low Achiever Athletics and Weightlifting Players**



## DISCUSSION

The purpose of this study was to compare the attribution style among Athletics and Weightlifting players with reference to their sport's achievement. The findings of the present study demonstrated that high achieving and low achieving sportsmen of Athletics and Weightlifting do not differ significantly with respect to their attribution style. Thus, they have similar attribution style.

## CONCLUSION

On the basis of the result investigator concludes that there was no difference found between Athletics and Weightlifting male players in both the cases i.e. high achievers and low achievers in relation to attribution style. In summary this study provide support for the planning of multidimensional training programme aimed at internalize the attribution style in Athletics and Weightlifting players with their sport's achievement.

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