

The Impact of Locus of Control on Depression Happiness among College Students

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ABSTRACT

The Locus of control is possessed by a person to believe that control resides internally within them, or externally, with others or the situation. In another words, it is internal versus external control of reinforcement. Locus of control means is an individual's person belief's system, which the causes of his or her experiences and the circumstances to which that person individuality success or failure. This abstraction is commonly divided into two kinds internal and external. If a person has an internal locus of control, that person character success to his or her own things and capability. A person with an external locus of control, who attributes his or her success to luck or chance. Depression makes feelings of sadness and or a loss of interest in events. Happiness is considered as the positive emotions, such as pleasures, comfort, gratitude, hope and inspiration. The purpose of this study was to determine the relationship if any between an individual's locus of control (internal or external) and its impact on Depression-Happiness among the college students. The major objective of the present study was to assess the locus of control in relationship with Depression and Happiness. Rotter's Internal-External Locus of Control Scale was used to assess the subject's attributions (internal vs. external) and the Depression-Happiness Scale (DHS) by Joseph and Alan Lewis. Sample of (N=200) individuals (n=111) boys and (n=89) girls selected from Sacred Heart College (Autonomous), Tirupattur. Simple random sampling technique was used to select the sample of 200 students with age ranging from 18 years to 25 years. In this scientific study the Pearson's Product Movement Correlation method is used by the researcher. The researcher also used the t-test and ANOVA for the statistical analysis. The study would discuss the significant difference of gender on Locus of Control and its impact on their psychological well-being such as depression and happiness among the college students.

Keywords: *Locus of Control, Depression, Happiness, Male and Female*

The majority of long-term mental health illnesses begin during or shortly before the traditional college age (Kessler, et al., 2005). And these problems may be precipitated or exacerbated by the variety of stressor in college life, including separation from family, sharing close living quarters with strangers, new social groups forming, severe academic requirements, and balancing social engagements with academic

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and other life duties (Marano, 2002). While the majority of those young people cope admirably with the rigour and hardships of college life, others struggle. They are going through emotional upheaval, are depressed, believe their lives are controlled by forces outside of their control rather than their own efforts, and are dissatisfied with life. Increased external locus of control among college students may be linked to concomitant trends in melancholy and anxiety, drug misuse, and poor academic performance (Twenge, Zhang & Im, 2004).

Someone with external locus of control believes that outside factor, such as chance, fate or luck; determine the outcome of events, whereas internal locus of control is explained as an individual's perception that his or her own actions and efforts have an effect on the outcome of events (Chubb, and Fertman, 1997). It relates to how much a person believes they have control over their lives. Individuals are separated into two groups when it comes to crediting success or failure:

Those usually attributing their success or failure to their own behaviour (effort or ability),
Those who generally attribute their success or failure to chance or task difficulties.

People in the first groups believe they can control the outcomes, finding themselves effective in their own dusting and assume responsibility for the consequences of their behaviour, whereas people in the second group imagine they have little control on what happens to them and ascribe the responsibility of outcomes to external factors. These individuals are known to have external control (Schltz, 1990).

Locus of Control

The locus of control refers to whether people ascribe their success or failure to their own actions (internal locus of control) or to the actions of others or luck (external locus of control) (Fatemi V, and Hoseiniyan S, 2016). Individuals who have an internal locus of control are mentally healthier than those who have an external locus of control. Internal locus of control, according to mental health professionals, is one of the safest stress-reduction measures. Individuals with an external locus of control, on the other hand, are more likely to be monitored strict, domineering supervisors. Such individuals are easily affected (Ganji 2000).

Rotter (1966) suggested that this perception of personal control, or locus of control, could, be best explained as the degree to which an individual develops the expectancy that his or her behaviour is associated with either internal or external reinforcements. He suggested that individuals who tended to possess an internal locus of control were more likely to believe that they controlled their own behavioural outcomes or had control in most situations. Individuals who are more inclined to have an external locus of control, according to Rotter, are more likely to assume that events are controlled by fate or other forces. Locus of control is viewed as "a cognitive expectancy which defined the individuals view of causal factors related to these outcomes" (Nunn, 1995). Rotter (1966) defined locus of control as a "generalized expectancy of internal versus external control over behaviour outcomes". Those who believe that they are influenced by external forces are considered to have an external locus of control. Those with a mostly internal locus of control, on the other hand, believe that whatever occurs to them, happy or painful, is largely within their area of influence (Tones, 1997). Internals can also be referred to as "self-control" or "self-determination." Internal individuals who lose competence, efficacy, or opportunity might become psychologically sick and unstable. They may get agitated or depressed. It may be

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claimed that they require favorable circumstances in order to achieve success. External individuals may be easy going relaxed and lead a pleasant life (Hans, 2000; Hattic, Marsh, Neil and Richards 1997). One cognitive construct that has been associated with depression is locus of control. Rotter (1996) defined locus of control as people's perceptions of whether or not rewards (outcomes) are conditional on their behaviour. People who have high level of external locus of control attribute outcomes and reinforcements to luck, fate or chance, while people with high levels of internal locus of control attributer outcomes and reinforcements to their individual actions (Rotter, 1966). Individuals who have an internal locus of control tend to believe that their own abilities are in control of their success, while individuals who have external locus of control believe that the existence of others in what makes their success. Locus of control is defined as a person's belief in an outcome that is controlled internally and externally (Juanita, Hardjayani, & Karyanta, 2015). Locus of control refers to one's perceptions and motivations in life such as decision making and the risk they will get. Locus of control itself can be obtained from the environment and individual experiences. Internal locus of control is that individuals have confidence that internal factors within themselves determine success in life, while external locus of control is individual belief that environmental factors cause success or loss in life. Someone with an internal locus of control believes that if they work hard enough, they will succeed, and that failure is due to their own lack of drive and skill (Hoglund, Dahl, Hersovy, Lorentzen, and Perry, 2011). External locus of control demonstrated less need to repress because they attribution their failure to external forces (Rotter, 1996).

Depression-Happiness

Depression is normal people is defined as a state of sadness, without enthusiasm that is characterized by an uncomfortable feeling that results in decreased activity and pessimism in facing the future (Chaplin, 2011). Depression is a condition where emotional conditions that continuously colour all mental processes are thoughts feelings and behaviour (Elliot & Smith, 2006). Depression is characterized by prolonged feelings of sadness, loss of interest and a sense of joy, easy fatigue and decreased activity (Schnaas, 2003). Furthermore, depression is a deep melancholy that stems from an inferior sensation of self-blame for psychological harm (Haley, 1977). Based on this understanding, it is reasonable to predict that the presence of internal locus of control, namely the conviction that he will one day recover from his sickness, will reduce depressed people with chronic disease. The Happiness is the key to mental health and subjective well-being. Happiness is born not only from "self", but also from "environmental elements" that influence the human feeling of happiness.

There are three dimensions to happiness:

- Being socially acceptable, getting along well with others, being respected and cared for, and not being alone; being free of bodily sufferings, illnesses, or impairments; and being socially acceptable, getting along well with others, being respected and cared for.
- Being able to live a happy and joyful life, free of anxieties and challenges.
- Having a normal, healthy mind and being accepted by society.

Happiness is an emotion. It is a positive emotion or feeling described by words likes contentment, a sense of well-being, satisfaction etc. Form the view of psychologist there are two kinds of happiness. One is to achieve the shape of life, which is referred to as tangible aspect, and the other is to obtain mental bliss, which is referred to as internal happiness.

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Happiness causes anxiety, passion, and dynamic, and it can relieve stress and ensure physical and mental health. Happiness, according to Berbener (1998), is a personality variable. He found in his cultural studding that in different countries and culture, in different in different social situation, the people are different in their happiness ground and these differences are stable. Happiness and life satisfaction are regarded characteristics of people's good attitudes toward the universe in which they live.

REVIEW OF LITERATURE

In this research studies revealing the impact of locus of control on depression and happiness among the college students. Sacred Heart College (Autonomous), Tirupattur. The major objective of this research is to become aware of the previous studies and investigation done on the topic of present study. The literature study found that the children's parents and socioeconomic status have an impact on how locus of control develops. In reality, when the family promotes independent individual activities, children will develop internal locus of control. In contrast, if parents never allow their children to make decisions and act autonomously, they will develop low self-esteem. Researchers believe that individuals with internal locus of control in the workplace more easily harness their behaviour, appear socially and politically more active, make an effort to influence the behaviour of others and care a lot about their progress, prosperity and attaining personal goals. Research has suggested that individuals with internal Local of control are happier because of the way they choose to view their experiences. Argle (2001) also argued that individuals with internal Local of control perceived their control over events and paid less attention to negative or bad events; individuals with external Local of control tend to attribute negative events or negative feeling to fate or lack of ability to control their life's events. "Rotter (1966) proposed that people with an internal locus of control tended to repress failures and remember successes, but people with an external locus of control had less of a need to conceal failures because their failures were attributed to external sources of control." Individuals with an external locus of control exhibit higher anxiety and lesser confidence than those with an internal locus of control, according to Ferez (1976). Hersh and Scheible (1967), cited by qasemi (1996), discovered that those with internal locus of control have more containment, socialisation, wisdom, patience, and health than those with external locus of control. Biabangar (1991), concluded that those with external locus of control, as opposed to people with internal locus of control, are more anxious, aggressive, and have poorer self-esteem. Hooke and Page (2002) suggested that therapy for people with depression should have a component outcome within people who were depressed. Kennedy et al. (1998), and Benson and Deeter (1992). Suggested that interventions that decrease people's external locus of control might be used to decrease people level of depression. Some research result (Magithoh, 2014; Wayan et al., 2010) showed that individuals who have internal locus of control will try well to obtain success, while individuals who have external locus of control are found to be depresses, anxious, and less able adjust themselves well to the environment and to the problems faced. The researches of songross et al (2009) indicated that the mental health of people with internal control is higher than people with external locus of control. In comparison to persons with an internal locus of control, Lazarus determined that people with an external locus of control are more disabled and experience higher levels of anxiety and stress. Research has suggested that individuals with internal locus of control are happier (Gopal, 2006). According to Khondabi's (2004) research, there is a link between self-control and improving the quality of life and, ultimately, finding deep happiness in life.

Vahideh Fatemi and Simin Hoseiniyan (2016), conducted a study on Locus of Control in Female and Male Msc Students. The Sample size was 360. The sample was selected

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randomly. By using the Rotter's Locus of control Scale (RLOC). They were used some tests for statistical analysis as Pearson correlation, t-test were used. The results revealed that there is a significant different between the male and female.

Tammy C. Pannells and Amy F. Claxton (2008), conducted a study on Happiness, Creative Ideation, and Locus of control. The Sample size was 171. By using the Rotter's Locus of control was originally designed by Rotter in 1966. They were used some tests for statistical analysis as correlation and t-test analysis were used. Results indicated a significant difference on the happiness measure was found for those individuals with internal locus of control versus those with external locus of control.

Madhu Jain and Suyesha Sing (2018), conducted a study on Locus of control and its Relationship with Mental Health and Adjustment among Adolescent Females. The Sample size was 50. By using the Rotter's Locus of control Scale (1966). They were used some tests for statistical analysis as correlation were used. Results indicated a internal locus of control showed better mental health & overall adjustment pattern which includes home, social, emotional, educational domains and health adjustment domain than those who possess external locus of control.

Imran Haider Zaidi and M. Naeem Mohsin (2011), conducted a study on Locus of Control in Graduation Students. The sample size was 200 students consisting both male (n=100) female (n=100). The sample was selected convenient sampling technique was used for sample selection. By using the Rotter's 29 item Locus of Control. They were used some tests for statistical analysis as Independent sample t-test was used for statistical analysis. The results showed that women have a strong internal locus of control and a strong external locus of control. As a result, the gender disparity in locus of control is large.

Atefe Abdolmanafi, Mohamed Ali Besharat, Hojatollah Farahani and Mohamad Reza Khodaii (2011), conducted a study on the moderating role of locus of control on the relationship between anger and depression in patients with major depression disorder. The Sample size was 126 patients consisting both male (n=81) female (n=45). By using the Beck Depression Inventory, Multidimensional Anger Inventory, and Rotter's Locus of control scale. They were used some tests for statistical analysis as Regression, t-test were used. Results indicated a anger dimensions and locus of control have direct significant relationship with depression had a significant reverse relationship.

Annisa Baitina and Fikrhatul Fitriyah Musthafa (2018), conducted a study on the impact of Locus of control towards depression in chronic Disease Out patients. The Sample size was 100. They were used some tests for statistical analysis as regression analysis were used. Results indicated a locus of control has significant impact towards depression in chronic disease patients.

Statement of the problem

The Impact of locus of control on Depression Happiness among college students.

Objectives of study

- To examine the impact of local of control on depression happiness
- To examine the negative correlation between local of control and depression happiness
- To examine the locus of control on male and female

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- To examine the depression happiness on male and female

Hypotheses of the study

A research suggests that Externality Locus of control could be a predictor of depression (Zawawi et al, 2009; Baitina A and Fitriyah F, 2018). Locus of control predict depression.

H1: Externality Local of control predicts depression.

A research suggests that there is high correlation between the Internality Locus of control and Happiness (Ramezani & Gholtash, 2015; Gohari et al, 2014). Hence it is hypothesized that there is positive correlation between Internality Locus of control and Happiness.

H2: There is a positive correlation between locus of control and happiness.

Researches done in among college students suggest that the level of locus of control is high in girls than boys (Zaidi H I & Mohsin N M, 2011). Hence it is hypothesized that the level of Locus of control is greater among girls.

H3: The level of locus of control is greater than boys

H4: There is no significant difference between male and female college students on Depression Happiness.

METHODOLOGY

Sample consisted of individuals (N=200) both men (N=100) and female (N=100) between the ages of 18 to 25 years. All of them had been graduation enrolled, had been resident to Sacred Heart College (Autonomous), Tirupattur. Purposive Sample technique was used for sample selection.

With the approval of the relevant authorities, data was collected from participants in rooms. The present study was based on Descriptive research design.

Research Design

The present study was based on descriptive research design. Locus of control on Depression Happiness among Graduation students.

Variables of the study

Independent variables – Depression Happiness and Gender

Dependent variables – Local of control

Research Instrument

Rotter's 29 item Locus of control: A 29 items Locus of control questionnaire developed by Julian Rotter (1966) used in this study to measure Locus of control directions. Participants choose which of the two statements from each pair they believe is correct. The lower the score, the greater the likelihood that the subject has internal locus of control. The higher the score, the greater the likelihood that the subject has external locus of control. The internal locus of control is represented by a score between 1 and 11, while the external locus of control is represented by a score between 13 and 29. The cut-off score was set at 12, which was the median value. Internal consistency ranged from 0.65 to 79, while test-retest reliability ranged from 0.55 to 0.83.

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Depression-Happiness Scale (DHS): Respondents completed the 25 – items Depression – Happiness Scale (DHS: Joseph & Lewis, 1998). Component loading ranged from .42 to .79. Internal consistency of the 25 items, estimated with cronbach's was .92. Happiness items were these depression items reversed in contents and judged to be at the same level of severity. Respondents were asked to think about how they had felt in the past seven days and to rate each of the 25 items on a 4-point scale similar to that used by the depression-Happiness
Never: 0, Rarely: 1, Sometimes: 2, and often: 3. A loading criterion of 0.50 was used to select items for the Depression-Happiness Scale.

This enabled us to retain the 25 highest loading items, 12 of which were related to feeling happy and 13 of which with feeling depressed. A total score for the 25- items scale ranged from 0 to 75; higher scores on this scale indicated greater feelings of happiness and lower feeling of depression in the previous week.

- I felt sad.
- I felt that I had failed as a person.
- I felt dissatisfied with my life.
- I felt mentally alert.
- I felt disappointed with myself.
- I felt cheerful.
- I felt that life wasn't worth living.
- I felt satisfied with my life.
- I felt healthy.
- I felt like crying.
- I felt that I had been successful.
- I felt happy.
- I felt that I couldn't make decision.
- I felt unattractive.
- I felt optimistic about the future.
- I felt that life was rewarding.
- I felt cheerless.
- I felt that life had a purpose.
- I felt too tired to do anything.
- I felt pleased with the way I am.
- I felt lethargic.
- I found it easy to may decision.
- I felt that life was enjoyable.
- I felt that life was meaningless.
- I felt run down.
- Indicates item is reverse scored.

Procedure

Participants were recruited in several classes around campus via announcements that highlighted the study's goal, timing options, and data collection site. Were gathered in a conference room or a classroom setting. To ensure confidentiality, all participation was optional and no identifying information was recorded. The packet was finished in less than 30 minutes by each participant. The questionnaires delivered to the participant were in

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English language. There were no problems with neither understanding the purpose of survey nor instructions and questions of each scale. The instrument was in English version. According to the APA ethics institutional approval considered first and directors of academic institutes cooperated as much as they can. After gaining their consent to participate in the study, the subjects were approached and briefed on the study's goal. The goal of the study was explained to the participants, and they were promised of secrecy. Then students were told how to answer to each scale as well as the demographic information, both vocally and in writing. They were instructed that while responding at Rotter's 29 items Locus of control Scale they should choose any one of the two options. In 30 to 40 minutes, the participants completed the scale and demographic sheet. The researcher has to face some problems like a few institutions refuse to cooperate but he dealt with all the issues and collect the data in time from alternative cities. Following the data gathering process, the researcher evaluated the results using the scale's instructions.

Statistical Analysis

The data collected have been analyzed by using the software package Statistical Package for Social Sciences (SPSS) IBM company with the help of correlation and regression analysis and also a one – way analysis of variance. Mean and SD have been calculated for all variables. A t-test was applied to see whether there exist any significant differences in local of control and depression happiness among those who possess internal and external locus of control. For both internality and externality, the median value was used as a cut-off score. The data was statistically analysed using the t-test using the Statistical Package for Social Sciences (SPSS).

RESULTS

This chapter deals with the analysis of data, its related results, tables and figures. Regression analysis Pearson's Product moment correlation, t test and descriptive statistics are the statistical analysis used in the study.

Table 1: Indicating the impact of Locus of control on Depression – Happiness

Model Summary

Model	R	R Square	Adjusted R Square	Std: Error of Estimate
1	.462	.214	.210	2.156

Predictors: (constant), Depression – Happiness Score

ANOVA

Model	Sum of Squares	df	Mean Square	F	Sig
1 Regression	250.149	1	250.149	53.817	.000
Residual	920.331	198	4.648		
Total	1170.480	199			

The results of regression analysis indicates that 21% of depression Happiness (M=41.70, SD=11.565) is predicted by Locus of control (M=13.76, SD=2.425) $R^2 = .214$, $F(1,198) = 53.8$, $p < .05$. ANOVA Table (test using alpha = .05) the overall regression model was significant.

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Table 2: Relationship between locus of control and Depression Happiness.

Variable	N	Mean	SD	r
Locus of control	200	13.76	2.425	-.462**
Depression Happiness	200	41.70	11.565	

*p = < 0.05.

There was a negative correlation between the two variables $r = -.462$, $n=200$, $p=0.000$. The table – 2 indicates that there was a negative relation between Locus of control and Depression Happiness with $r = -.462$, $p < 0.05$ significant level. It was inferred from the r value that Locus of control was negative related to Depression Happiness among students. Hence the hypothesis three which states that would be significant negative relation between Locus of control and Depression Happiness among students. The result implies that if External Locus of control increases then there was an increase of score in the Depression.

Table 3: Gender Difference in Locus of control

Variable	Gender	N	Mean	SD	t value	P value
Local of control	Male	111	13.92	2.573	.302	>.05
	Female	89	13.56	2.226		

Independent Sample t-test was used to identify the difference in the level of Locus of control between Male and Female. The result suggest the level of Locus of control of Male ($M=13.92$, $SD = 2.573$) is significantly greater the Locus of control of female ($M=13.56$, $SD = 2.554$), $t = .302$, $p = .00$. The results suggested that there is no significant difference in Locus of control between Male and Female.

Table 4: Gender difference in Depression Happiness

Variable	Gender	N	Mean	SD	t value	P value
Depression Happiness	Male	111	42.98	12.064	.080	>.05
	Female	89	40.10	10.765		

Independent Sample t – test was used to identify the difference in the level of Depression Happiness between male and Female. The result suggests the level of Depression Happiness of Male ($M=42.98$, $SD = 12.064$) is significant greater the Depression Happiness of female ($M=40.10$, $SD=10.765$), $t = .080$, $p = .00$. The results suggested that there is no significant difference in Depression Happiness between Male and Female.

DISCUSSION

The study examined the impact of locus of control on Depression and Happiness among the college students. The researcher collected data from 200 students from Tirupattur, Vellore District, Tamil Nadu. The Rotter's 29 items Locus of control and depression Happiness Scale questionnaire was used to collect data. It was found that assert the causal effect of Locus of control on Depression Happiness. Locus of control 21% and depression happiness. There is significant difference in the level of Locus of control on Depression happiness. The result asserts the causal effect of Locus of control on Depression Happiness. It confirms the previous finding of Zawawi et al; Baitina A and Fitriyah F, (2018) who suggested that the Locus of control Would lead to Depression happiness. The result asserts causal effect of Locus of control on Depression Happiness. It confirms the previous finding of Zawawi et al; Baitina A and Fitriyah F (2018). The First hypothesis of the study was about External Locus

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of control predicts depression. The result of the study indicated that External locus of control positive predicts the depression. So, the hypothesis was accepted. The result of the study contradicts the finding of Zawawi et al; Baitina A and Fitriyah F, (2018). Who found the significant in Locus of control and depression. The finding of the study supports the previous studies. The Second hypothesis of the study was about positive correlation between Locus of control and Happiness. The result of the study indicated the there is negative correlation between Locus of control and happiness. So the hypothesis was accepted. The result of the study contradicts the finding of Ramezani & Gholtash, 2015; Gohari et al, 2014. Who found the positive correlation between the Internal Locus of control and Happiness. The finding of the study support the previous studies. The third hypothesis of the study was about there level of locus of control is greater than that of boys. The result of the study indicated that Locus of control has no significant differences between male and female. So the hypothesis was rejected. The result of the study no contradicts the finding of Zaidi H I & Mohsin N M, 2011. Who found the level of Locus of control is high in girls than boys. The forth hypothesis of the study was about there is no significant difference male and female on Depression Happiness. The result of the study indicated that Depression Happiness has no significant differences between male and female. So the null hypothesis was accepted. In this context, the impact of Indian society on the formation of locus of control must be studied. It should be reminded that the females of our society unconsciously tend to seek society confirmation of their actions because of their being more vulnerable, which leads to the externalization of Locus of control. Another point concerning the effect of a society is that the facilities and conditions to achieve goals are generally made more available to men and men achieve their goals by making an effort in that direction. Due to societal constraints, however, girls and women may not have access to the same amenities as males. This in turn would lead women into thinking that success is not solely achieved through personal efforts. Various methods, such as biofeedback, role playing cognitive therapy, reality therapy, psychotherapy, etc were created for the purpose of increasing a person's internal locus of control. Teachers and parents may try to boost up the Internal Locus of control of learners. This can be accomplished by praising learners' little victories, assigning them goals based on their ability, and providing direction without hurting their feelings. As a result, gender discrimination against students is prohibited. It's possible that they'll be given equal opportunity. Their Internal Locus of Control enhanced through different techniques, such as admiring, encouraging, supporting, and delegating authority. Like any other research studies, the present study has its own limitation. Primarily, in this study only one demographic variable, that is gender, and area is examined. Taking this into account, future study can look at any of these demographic characteristics to produce more persuasive results.

CONCLUSION

The main findings of the study were that the impact of Locus of control on Depression Happiness. It has been found that only 21% of depression Happiness is predicted by Locus of control. It has been found that there was negative correlation between Locus of control and Depression Happiness. Also found that there is no significant different between Locus of control and Depression Happiness on Male and Female.

Implication

The researcher forwarded the following implication. The study's findings are based on a very limited sample size. However, given the current study's limitations, it is suggested that in the future. Studies data may be increased and random sampling technique may also be used to get more accurate result. More variables, such as age and education, could be

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investigated. Also, future studies may employ a large sample size and take into account other relevant variable such as self-confidence attitudes, IQ, motivation, family background, or socio – economic status to examine their influence on Locus of control.

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Conflict of Interest

The author(s) declared no conflict of interest.

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