

Locus of Control and Mental Health among Married and Unmarried Women

Dr. Rajendra Kumbhar^{1*}

ABSTRACT

Locus of control and mental health of an individual is crucial in predicting the success. Research reveals that mental health is positively associated with locus of control. It is also related to the job environment, job culture, working conditions, and family environment of the people. Today, married women have to overcome role conflict, which they experience in their lives. 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 attribute 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. According to Levinson (1973) locus of control classified into three dimensions namely powerful to other, chance control, and individual control. Numerous studies have established the importance of the locus of control in preserving good mental health among married and unmarried women. The present study was conducted to investigate the significance difference in Locus of control and Mental Health among married and unmarried women. Sample consists of a subset of population selected to participate in a research study. The sample was collected from Ahmednagar city. In this study the total sample consists of 120. The sample was categories into two group's namely married and unmarried women, 60 in each group. Nonprobability sampling technique used for selecting sample. The tools used to collect data were Levinson Locus of control scale, Mental Health test by Dr. C. G. Deshpande. The findings based on descriptive statistics and 't' test denotes that unmarried women were high on locus of control as compared to married women. No significant difference was found among married women and unmarried women with respect to mental health.

Keywords: *Locus of Control, Mental Health, Married Women, Unmarried Women, Internal Locus of Control, External Locus of Control, Powerful to Others, Chance Control, Individual Control*

According to Julian B. Rotter (1954), locus of control is the degree to which people believe that they have control over the outcome of events in their lives. The locus of control is a relatively small part of an extensive personality theory given by Rotter called the Social Learning Theory. This theory consists of 2 components which divide the

¹Assistant Professor in Psychology, Pemraj Sarda College, Ahmednagar, India

*Corresponding Author

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outcomes of our actions into internally controlled and externally controlled. This concept of internal-external (I-E), was first proposed by Rotter in 1966. People who are more relatively internal believe that they are responsible for their destiny, whereas people who are relatively more external believe that the positive and negative events that take place are determined by luck, chance or powerful people. Although it should be noted that locus of control is not a typological concept, people are neither internally nor externally controlled type. Locus of control is continuity and people can be ordered along that sequence. Mental health then can be characterized by its components that determine an individual's positive state. Mental health is often viewed or described based on different theoretical or intervention approaches that they focus on various aspect of mental health. This positive view of mental health allows experts to determine the role of other behavioral and developmental domains such as personality traits in exploring mental health components. The present study aims at studying the differences in locus of control and mental health among married and unmarried women.

REVIEW OF LITERATURE

McGinnis, (1974) found small differences with greater externality in the locus of control in women. This change in difference in the early research and more recent studies can be due to the change in cultural role expectations in gender. However, it must be noted that, regardless of whether there is gender difference in I-E score, gender very often affects the magnitude of the relationship between I-E scores and other behavioral measures.

Weiner (1972) gave the notion of casual stability and locus of control. He argued that along with an internal-external dimension, people also used a stable-unstable to explain their performance. He gave 4 factors as determinants of perceived achievement: ability (internal stable), effort (internal-unstable), task difficulty (external- stable) and luck (external-unstable).

In the case of people having internal locus of control encountering failures or other negative outcomes should make them strong feelings of personal responsibility, to get depressed (Phares, 1972).

Carver and Connor Smith (2010) stressed that mental health should be considered in relation to other behavioral and developmental domains in which personality is linked. Since personality traits and coping (e.g., with stress, illnesses or other difficulties) are associated with each other, individuals with specific behavioral characteristics or personality traits should show positive mental health.

The role of locus of control in individuals' positive psychological characteristics has been studied separately. Although these noted characteristics may be representatives of components of mental health. (Ryff, 1989a; Ryff, & Singer, 2006) are the main characteristics of mental health that were extracted from different developments, personalities and clinical theories. Even though these components were studied in numerous studies indicating the accuracy of this perspective about mental health.

Mental health refers to a person's thoughts, feelings, and behaviour in response to challenges in life. Mental health is the way in which a person views themselves, their lives, and the other people in them, assesses their difficulties and issues, and considers their options. This includes making decisions, managing stress, and interacting with others. Individuals who are mentally healthy have a high quality of life, perform well at home, and in their communities, and don't have any disabling psychopathology symptoms. All the reviews on locus of

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control and mental health among married and unmarried women suggest that they are related to each other and have effect on them. The explanations for mental health and locus of control, different personality theories, Rotter's theory is a unique perspective in which individuals develop within social-learning processes through which they constructing the main traits of their personalities including internal and/or external locus of control. (Rotter, 1966)

Major objectives of the study

To assess the Locus of control and mental health among married and unmarried women.

To find the difference between married and unmarried women with respect to locus of control and mental health.

METHODOLOGY

Sample

Sample consists of a subset of population selected from Ahmednagar city to participate in a research study. In this study the total sample consists of 120. The sample was categorized into two group's unmarried and married women. Age of the sample was 28 to 35. In each group 60 samples were taken. Samples were selected using purposive sampling technique.

Tools

The following two scales were used in the present study to collect the data.

- **Levinson Locus of control scale.**

This scale was constructed by Levenson, H. 1973. It measures the locus on control of an individual on three clusters namely powerful to others chance control and individual control. It contains 24 items. Each cluster has 8 items. Respondents have to give their responses on five-point scale namely strongly agree to strongly disagree. The split-half reliability of the scale was found to be: - P: 0.72 C: 0.79 I: 0.73.

- **Mental Health test by Dr. C. G. Deshpande.**

Mental Health Evaluation test consist 50 items. Respondent have to respond to test items in two response categories Yes, and No responses to the item. This test measures the mental health of the respondent in two dimensions. Consist of factors like Social activity, Under emotionality, Confidence and insight, over emotionality; Personal rigidity and II consist of Tension relievers, Social skills, Self-awareness, Perfection in mental hygiene and Body habits: The overall total score of Part I and part II score represents the mental health score. The reliability of the test is reported 0.78 to 0.86.

Variables

- **Independent variable:** status of marriage
- **Dependent variable:** Locus of control and Mental Health
- **Control variable:** Age, Gender, Urban area.

Operational definitions of variables

- **Locus of Control:** Score obtained on Levinson scale of locus of control taken as locus of control.
- **Mental Health:** Score obtained on C. G. Deshpande mental health test taken as mental health.

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Hypotheses

- There will be significant difference between married and unmarried women with respective to Locus of Control.
- There will be significant difference between married and unmarried women with respective mental health.

Procedure

Sample consisted of total 120 respondents 60 unmarried women and 60 married women were collected from Ahmednagar city. The age group of sample was 25 to 40 yrs. The inventories were in English version number of respondents understand the Marathi language for that purpose Marathi translation is done by using forward backward translation method. Before administering the psychological tests like Levinson Locus of control scale and mental health all participants were told that their responses were kept confidential and they were appealed to report their responses truthfully and honestly. They were asked to follow the instructions given on the questionnaire. The data were collected for the statistical analysis.

RESULTS & DISCUSSION

Statistical Analysis and Results

With the help of descriptive and inferential statistical analysis Mean, Standard Deviation, and values for locus of control and mental health were computed and given in table as follows.

Table No: 1 Mean comparison on dimensions of locus of control and mental health among Married and Unmarried women.

Variable		Type of group	N	Mean	S.D.	S.E.M.	df	t
Dimensions of Locus of control	Powerful to others	Married women	60	26.72	4.09	0.52	118	2.40*
		Unmarried women	60	28.63	4.62	0.59		
	Chance control	Married women	60	25.77	4.55	0.58	118	1.87
		Unmarried women	60	27.38	4.89	0.63		
	Individual control	Married women	60	30.05	4.05	0.52	118	1.85
		Unmarried women	60	31.42	4.01	0.51		
Mental health	Married women	60	26.28	4.69	0.60	118	0.37	
	Unmarried women	60	27.58	4.01	0.51			
* t value is significant at 0.05 level								
** t value is significant at 0.01 level.								

Statistical analyses were carried out. Descriptive statistics were done for computing mean and SD for locus of control and mental health variables. In inferential statistics t test were carried out for analyzing the difference among married and unmarried women with respect to locus of control and mental health. Obtained t values were significant for powerful to others dimension of locus of control. Summary of the results presented in discussion section.

DISCUSSION

The above table shows the descriptive as well as inferential statistics results with respect to locus of control and mental health. The main purpose of the present study was to find out the significant difference among married and married and unmarried women with respect to locus of control and mental health. Mean, value for married and unmarried group was 26.72, 28.63, 25.77 27.38, 30.05 31.42 for dimensions of locus of control namely powerful to others, chance control, and individual control. The obtained t value 2.40, 1.87, and 1.85. t value of 2.40 is significant at 0.05 level. The difference is observed on powerful to others dimension of locus of control among married and unmarried women. For mental health mean values 26.28, 27.58 noted. t value of 0.37 is not significant at any level. Hence no significant difference was observed among married and unmarried women with respect to mental health.

CONCLUSION

Present study was carried out to study the differences in locus of control, and mental health among married and unmarried women. The conclusions of the study are as under.

- Unmarried women were found higher on Powerful to others dimension of locus of control dimension as compared to married women.
- No significant difference was observed among married and unmarried women on mental health.

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Conflict of Interest

The author(s) declared no conflict of interest.

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