

Impact of Locus of Control on Attitude Formation

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ABSTRACT

This study aimed to investigate the relationship between locus of control and attitude formation amongst young adults. A quantitative research approach was adopted, and data were collected from 100 respondents through an online questionnaire distributed via social media. The sample consisted of 50 males and 50 females, aged between 17 and 25 years. Purposive sampling methods were employed to select the participants. The results revealed that locus of control had negligible or weak impact on attitude formation towards parents, teachers, discipline, life and humanity, country, and religion. Additionally, it was observed that females tended to exhibit a higher external locus of control compared to males across various measures. These findings highlight the limited influence of locus of control on attitude formation and the gender differences observed in this regard.

Keywords: *Locus of Control, Attitude Formation, Quantitative Research, Online, Delhi, Social Media, Questionnaire, Social Media, Young Adults, Gender Differences*

The concept of locus of control, developed by Julian B. Rotter in 1954, refers to the degree to which individuals believe they have control over the outcomes in their lives. It is a central aspect of personality studies and is measured by the Internal-External Locus of Control Scale. People with an internal locus of control believe they can control their own lives and that their actions have an impact on the outcomes they experience. They attribute success and failure to their own abilities and efforts. On the other hand, individuals with an external locus of control believe that external factors, such as luck, fate, or powerful others, control their lives and that their actions have little influence. Locus of control, referring to the belief individuals have about the control they exert over their own lives, plays a significant role in shaping attitude formation. People with an internal locus of control tend to believe that their actions and choices directly influence outcomes, while those with an external locus of control attribute outcomes to external factors or luck. This fundamental difference in perception influences attitude formation in several ways.

Personality, as a field of study, focuses on the dynamic and organized set of characteristics that uniquely influence an individual's motivation, cognition, and behavior in various situations. It is the consistent and distinctive pattern of thoughts, feelings, and actions that are organized within an individual. Personality can be influenced by biological, social, cultural, physical environment, and situational factors. Trait theory is a major theoretical approach in

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Received: June 22, 2023; Revision Received: August 20, 2023; Accepted: August 23, 2023

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personality psychology that suggests individuals possess broad traits that influence their behavior. Traits are relatively stable characteristics that cause people to behave in certain ways. The Big Five theory is one example, identifying five major personality dimensions: openness, conscientiousness, extroversion, agreeableness, and neuroticism. Various theories attempt to explain personality from different perspectives. Biological theories emphasize the role of genetics, while behavioral theories focus on the interaction between individuals and their environment. Psychodynamic theories highlight the influence of the unconscious mind and childhood experiences. Humanist theories emphasize free will and individual experience, while trait theories focus on identifying and measuring traits that make up personality.

In terms of the relationship between locus of control and creative attitudes, it is suggested that individuals with an internal locus of control tend to exhibit creative attitudes such as risk-taking, appreciation for originality, and a sense of value. While having an internal locus of control does not guarantee creative attitudes, there is a positive correlation between the two. Creative individuals often possess an internal locus of control, indicating a belief in their ability to shape their own destiny and take control of their behavior. Overall, understanding locus of control and its interaction with personality traits and attitudes can provide insights into how individuals perceive and navigate the world around them, as well as their propensity for creative thinking and behavior.

Singh, Kumar & Srivastava (2020) explored the relationship between academic burnout, student engagement, and locus of control among management students in Northern India. *Kobayashi & Farrington (2020)* investigated the connection between locus of control and bullying attitudes among Japanese and American college students. *Hwang, Lee, Kim & Sial (2020)* examined how different dimensions of internal locus of control influence anticipated emotions and intention to use in the context of green consumption in South Korea. *Jain & Arora (2020)* focused on the relationship between entrepreneurial intentions, attitude towards entrepreneurship, risk-taking propensity, and locus of control among management students in India. These studies, along with others, highlight the diverse range of areas where locus of control has been explored, including health, ethics, decision-making, and academic performance, providing valuable insights into the role of locus of control in various contexts.

Individuals with an internal locus of control are more likely to develop attitudes based on personal responsibility and self-efficacy. They believe that their actions can bring about change and take ownership of their attitudes. Their attitudes are shaped by the belief that their efforts and choices can lead to desired outcomes, leading to a proactive and optimistic approach. They tend to exhibit higher levels of motivation, persistence, and self-confidence, as they see themselves as agents of change. In contrast, individuals with an external locus of control perceive outcomes as being influenced by external forces beyond their control. They may attribute their attitudes to factors such as luck, fate, or powerful others. This external attribution can lead to a more fatalistic or passive attitude formation process. They may feel a lack of control over their attitudes, which can result in a diminished sense of personal responsibility and efficacy. As a result, their attitudes may be more susceptible to external influences and environmental factors. Overall, locus of control significantly impacts attitude formation by shaping individuals' beliefs about their control over outcomes. An internal locus of control promotes attitudes based on personal responsibility and self-efficacy, while an external locus of control may lead to attitudes influenced by external factors. Understanding one's locus of control can provide insights into how attitudes are developed and how individuals perceive their ability to shape their own beliefs and actions.

METHODOLOGY

Aim

The aim of the study was to assess the impact of locus of control on attitude formation amongst young adults.

Objective

- To examine the impact of locus of control on the level of attitude formation towards parents and teachers amongst males and females.
- To assess the impact of locus of control on the level of attitude formation towards discipline amongst males and females.
- To examine the impact of locus of control on the level of attitude formation towards life and humanity amongst males and females.
- To assess the impact of locus of control on the level of attitude formation towards country amongst males and females.
- To examine the impact of locus of control on the level of attitude formation towards religion amongst males and females.
- To assess the gender differences with regards to locus of control amongst young adults.

Hypothesis

- Locus of control will not be significant predictors of level of attitude formation towards parents and teachers amongst males and females.
- Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females.
- Locus of control will not be significant predictors of level of attitude formation towards life and humanity amongst males and females.
- Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females.
- Locus of control will not be significant predictors of level of attitude formation towards religion amongst males and females.
- Males will score high on locus of control indicating external locus of control and women will score significantly higher internal locus of control.

Rationale of Study

Existing research on locus of control and attitude formation has been largely dominated by studies conducted in Western countries, with limited representation from India. Furthermore, while studies have explored the relationship between locus of control and well-being or personality, there has been a lack of discussion regarding attitude formation. Additionally, prior research has not utilized both Sodhi's attitude scale and Rotter's Locus of control together, despite the cultural relevance of Sodhi's scale in India. Moreover, the specific domains of attitude formation measured by Sodhi's scale have not been extensively examined in relation to locus of control in previous studies.

Design

A quantitative research was conducted to assess impact of locus of control on attitude formation amongst males and females. Quantitative research is the process of collecting and analysing numerical data. It can be used to find patterns and averages, make predictions, test causal relationships, and generalize results to wider populations.

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Sample

With the aim of quantitative research, data was collected from 100 respondents using an online questionnaire, which was circulated through social media. The sample consisted of 50 males and 50 females. The respondents were from the age of 17-25 years, all residing in Delhi. The sample was collected by purposive sampling methods. Circulation of the online questionnaire through various social media platforms like WhatsApp, Instagram, and other relevant channels were done. Target diverse participants were ensured to be a representative sample.

Tool Used

The tool used in the present study was Rotter's Locus of control and Sodhi's attitude Scale which was converted into Google Forms; an online questionnaire was generated and circulated through social media. There were 100 responses to the survey. The online questionnaire consisted of the following instruments:

Description of the Test

- **LOCUS OF CONTROL** - Locus of Control is considered to be an important aspect of personality. The concept was developed originally by Julian Rotter in the 1950s (Rotter, 1966). Locus of Control refers to an individual's perception about the underlying main causes of events in his/her life. The LOC is a 13-item questionnaire developed by Rotter (1966). It measures generalized expectancies of external control of reinforcement. People with external LOC believe that their own behaviour doesn't matter much and that rewards in their life are generally outside of their control, whereas people with internal LOC believe that their own actions determine the rewards that they obtain. Scores range from 0-13. A low score indicates a high internal LOC whereas high scores indicate high external LOC.

The test comprised 29 Items of which 6 items are filler. It is a forced choice instrument.

- **SODHI'S ATTITUDE SCALE** - A standardized attitude scale (Sodhi, 1984) was used to assess the attitude of students. This scale contains items related to attitude in five areas. These areas are attitude towards parents, teachers, discipline, life and humanity and religion. The data was collected personally with the help of a questionnaire.

Procedure

In this quantitative study, the impact of locus of control on attitude formation was assessed among males and females. A sample of 100 respondents, including 50 males and 50 females aged 17-25 years residing in Delhi, was collected using purposive sampling. An online questionnaire was created using Google Forms and circulated through various social media platforms such as WhatsApp and Instagram. The questionnaire included Rotter's Locus of Control Scale and Sodhi's Attitude Scale. The respondents' responses were collected and analysed to examine the relationship between locus of control and attitude formation.

ANALYSIS OF RESULT

In this study, two statistical analyses were performed on the collected data: simple linear regression and independent t-test.

Simple linear regression is a statistical technique used to explore the relationship between two variables. In this study, it was used to examine the impact of locus of control (independent variable) on the level of attitude formation (dependent variable) across different domains measured by Sodhi's attitude scale. The X-axis represented the locus of control scores of the 100 participants, while the Y-axis represented the scores measuring the level of attitude

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formation towards parents and teachers. The goal was to determine if there was a linear relationship between locus of control and attitude formation in these specific domains.

Overall, simple linear regression allowed for the assessment of the extent to which locus of control influenced attitude formation in relation to parents and teachers, providing insights into the relationship between these variables.

Table 1 R- Square values of locus of control and the level of attitude formation on different domains measured.

Sr no.	Name of the domain	R-square value obtained
1.	Attitude formation towards parents and teachers	0.00466516
2.	Attitude formation towards discipline	0.00055059
3.	Attitude formation towards life and humanity	0.02857393
4.	Attitude formation towards country	0.0076
5.	Attitude formation towards religion	0.00178421

Table 2 Significance value (F) of locus of control and the level of attitude formation on different domains measured.

Sr no	Name of the domain	Significance value (f) obtained
1.	Attitude formation towards parents and teachers	0.50174257
2.	Attitude formation towards discipline	0.817675
3.	Attitude formation towards Life and humanity	0.09440446
4.	Attitude formation towards country	0.38999639
5.	Attitude formation towards religion	0.67804696

In this study, a t-test was conducted as the second statistical analysis. A t-test is a hypothesis test used to determine if there is a significant difference between the means of two groups. In this case, the t-test was performed to assess the gender differences in locus of control among young adults.

Table 3 T-Test results of males and females for locus of control (Two-Sample Assuming Equal Variances)

t-Test: Two-Sample Assuming Equal Variances		
	Males	Females
Mean	9.28	12.32
Variance	17.02204082	10.548571
Observations	50	50
Pooled Variance	13.78530612	
Hypothesized Mean Difference	0	
df	98	
t Stat	-4.093882565	
P(T<=t) one-tail	4.36326E-05	
t Critical one-tail	1.660551217	
P(T<=t) two-tail	8.72651E-05	
t Critical two-tail	1.984467455	

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In the first domain of attitude formation towards parents and teachers, 0.0047 was received as the r square value which indicates that the locus of control has none or very weak impact on the level of attitude formation towards parents and teachers. The ANOVA values obtained was 0.5, significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards parents and teachers amongst males and females.

In the second domain of attitude formation towards discipline, 0.0005 value of R square was obtained indicating that the locus of control has none or very weak impact on the level of attitude formation towards discipline. The ANOVA values obtained was 0.81, significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females.

In the third domain of attitude formation towards life and humanity, 0.028 value of R square was obtained indicating that the locus of control has none or very weak impact on the level of attitude formation towards life and humanity. The ANOVA values obtained was 0.094, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards life and humanity amongst males and females.

In the fourth domain of attitude formation towards country, 0.007 value of R square was obtained indicating that locus of control has none or very weak impact on the level of attitude formation towards country. The ANOVA values obtained was 0.38, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females.

In the fifth domain of attitude formation towards religion, 0.001 value of R square was obtained indicating that locus of control has none or very weak impact on level of attitude formation towards religion. The ANOVA values obtained was 0.67, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Locus of control will not be significant predictors of level of attitude formation towards religion amongst males and females.

For the t- test it was observed, that the p-value assuming that the two samples have equal variances came out to be 0.000043 (considering the results of independent sample t- test). If the resulting p-value of Levene's test is less than some significance level (typically 0.05), the obtained differences in sample variances are unlikely to have occurred based on random sampling from a population with equal variances. It is concluded that there is a difference between the variances in the population, that is males scored low on locus of control as compared to females.

DISCUSSION

The aim of the study was to assess the impact of locus of control on attitude formation amongst young adults.

Locus of Control is considered to be an important aspect of personality. The concept was developed originally Julian Rotter in the 1950s (Rotter, 1966). Locus of Control refers to an individual's perception about the underlying main causes of events in his/her life. Internals

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tend to attribute outcomes of events to their own control. People who have internal locus of control believe that the outcomes of their actions are results of their own abilities. People with an external locus of control tend to be more stressed and prone to clinical depression. Locus of control was initially described as a personality trait referring to a person's stable beliefs of personal efficacy (Rotter, 1966). Personality contributes in part to workplace behaviour because the way that people think, feel, and behave affects many aspects of the workplace. Attitude is another major factor to be considered here. People's personalities influence their behaviour in groups, their attitudes, and the way they make decisions. In 1954, psychologist Julian Rotter suggested that our behaviour was controlled by rewards and punishments and that it was these consequences for our actions that determined our beliefs about the underlying causes of these actions.

With the aim of quantitative research, data was collected from 100 respondents using an online questionnaire, which was circulated through social media. The sample consisted of 50 males and 50 females. The respondents were from the age of 17-25 years, all residing in Delhi. The sample was collected by purposive sampling methods.

In the first domain of attitude formation towards parents and teachers, 0.0047 was received as the r square value which indicates that the locus of control has none or very weak impact on the level of attitude formation towards parents and teachers. The ANOVA values obtained was 0.5, significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards parents and teachers amongst males and females.

In the second domain of attitude formation towards discipline, 0.0005 value of R square was obtained indicating that the locus of control has none or very weak impact on the level of attitude formation towards discipline. The ANOVA values obtained was 0.81, significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females.

In the third domain of attitude formation towards life and humanity, 0.028 value of R square was obtained indicating that the locus of control has none or very weak impact on the level of attitude formation towards life and humanity. The ANOVA values obtained was 0.094, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards life and humanity amongst males and females.

In the fourth domain of attitude formation towards country, 0.007 value of R square was obtained indicating that locus of control has none or very weak impact on the level of attitude formation towards country. The ANOVA values obtained was 0.38, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Hence, Locus of control will not be significant predictors of level of attitude formation towards discipline amongst males and females. To support the findings research evidence is stated, a study conducted by *Nasser & Abouchdid* (2006) where they measured level of attitude of a sample of 443 Lebanese and South African college students towards the causes of poverty as measured by their locus of control and socio-demographic background were studied. No significant interaction differences appeared between national status and locus of control, which gave no support to the main hypothesis of this study that respondents from individualistic cultures (South Africa) have internal locus of control and make more

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individualistic attributions of poverty. The independent variable of class did not appear as a predictor to the structural attribution for poverty.

In the fifth domain of attitude formation towards religion, 0.001 value of R square was obtained indicating that locus of control has none or very weak impact on level of attitude formation towards religion. The ANOVA values obtained was 0.67, since significance f value is larger than 0.05, we cannot conclude that a significant difference exists. Locus of control will not be significant predictors of level of attitude formation towards religion amongst males and females. To support the findings research evidences are being stated, *Brooks* (2009) conducted a survey designed to address relationships among locus of control, type of situation, intrinsic religious orientation, specific coping styles, and maladaptive psychological symptoms was administered to 240 students of a regional university. Evidence was found for the importance of primary cognitive appraisal, but no evidence was found for the interaction of intrinsic religious orientation and time on meaning-making coping or psychological Symptoms. Another study by *Adams*, he conducted a study which draws out relationship between religiosity, academic achievement, and locus of control was examined through the use of a survey completed by 68 college students. Surveys contained Strayhorn's (1990) "Religiosity Scale," Rotter's (1966) "Locus of Control Scale," an academic achievement scale, and a religious attitude scale. A relationship was found between the academic achievement scale and religious attitude scale. No relationship was found between locus of control and religiosity using the Rotter and Strayhorn scales.

For the t- test it was observed, that the p-value assuming that the two samples have equal variances came out to be 0.000043 (considering the results of independent sample t- test). If the resulting p-value of Levene's test is less than some significance level (typically 0.05), the obtained differences in sample variances are unlikely to have occurred based on random sampling from a population with equal variances. It is concluded that there is a difference between the variances in the population, that is males scored low on locus of control as compared to females. Two areas in which males and females appear to differ are perception of control over interpersonal relationships and perception of control over essentially uncontrollable life events. Gender differences also emerge in how locus of control relates to comparison variables. Internality, for example, appears to be more related to achievement for males than females and a better predictor of social adaptation for females than for males. To support the findings a study is being stated, *Zaidi & Mohsin* (2013) conducted a study which focused on exploring the direction of Locus of control as well as gender difference on locus of control among graduation students in Pakistan. A 29 item Locus of Control questionnaire (Rotter, 1966) was used to measure locus of control. Sample of (N= 200) individuals (n= 100) men and (n= 100) women selected from different academic institutes of Faisalabad division Punjab Pakistan. Independent sample t-test was used for statistical analysis. This study has consistent results with the earlier studies. Results of this research indicate that men have internal locus of control and women scored high on external locus of control. So, the gender difference is significant on Locus of Control.

All these studies support the findings of the hypothesis and the result obtained were consistent with the earlier studies.

CONCLUSION

Locus of control has none or very weak impact on the level of attitude formation towards parents and teachers. Locus of control has none or very weak impact on the level of attitude formation towards discipline. Locus of control has none or very weak impact on the level of

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attitude formation towards life and humanity. Locus of control has none or very weak impact on the level of attitude formation towards country. Locus of control has none or very weak impact on level of attitude formation towards religion. From the results obtained by ANOVA we can say that there is no or very little impact of locus of control on the level of attitude formation in different domains being measured hence the hypothesis is accepted.

It is concluded that there is a difference between the variances in the population, that is males scored low on locus of control as compared to females. Females tend to be more external than males on most locus of control measures.

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Acknowledgement

Many people have played an important role in the compilation of my research paper, either directly or indirectly. I would like to thank all the researchers who contributed to the field and the number of people for their assistance with this dissertation. My gratitude goes to all of those who have contributed in providing information within such a short period of time. Without their help my dissertation would be incomplete.

Conflict of Interest

The author declares no conflict of interests.

How to cite this article: Pandey, D. (2023). Impact of Locus of Control on Attitude Formation. *International Journal of Indian Psychology*, 11(3), 2470-2478. DIP:18.01.234.20231103, DOI:10.25215/1103.234