

Measuring Readiness to Change, Locus of Control and Sensation Seeking Among Male Alcohol Dependent Patients in Rehabilitation Centre

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ABSTRACT

Globally, Alcohol dependency is a serious health issue. Relapses are a common symptom of alcohol dependence syndrome (ADS), and numerous aspects have been researched to determine the best treatment choices. The degree of motivation reflects the level of readiness a person is to adopt a new, healthy behaviour. Sensation seeking indicates the level of seeking novelty. Locus of control represents people's perceptions of their level of influence over their life occurrences. This research aims to find the relationship between sensation seeking, locus of control and readiness to change among Alcohol dependence patients who is between the age 18- 65. The exploratory research design was used to collect data from tentatively 35- 50 Patients using purposive sampling Technique. The scale used was Readiness to change Questionnaire (RCQ-TV), Rotter's locus of control scale and Brief sensation seeking scale (BSSS). SPSS is used for the statistical analysis of the data. The theoretical and practical implications, limitations and suggestions of the study discussed in the light of empirical findings.

Keywords: *Alcohol Dependence, Sensation Seeking, Motivation, Locus of Control*

Alcohol dependence which is estimated that there are 62.5 million alcohol users In India, more than four drinks are typically consumed by 43% of alcohol consumers, a heavy episodic drinking pattern. Alcoholism affects one in every five men. Alcohol has been used extensively across many cultures for centuries and is a psychoactive substance with addictive qualities. Alcohol abuse has negative social and economic effects as well as a high burden of disease. The phrase "what is the reason behind" focuses on a number of factors, including genetic, psychological, and other environmental processes. A psychological dynamic called internal or external control and sensory seeking perceives things differently. There is a desire to explore, and there are ways to regulate or sway it, which may choose a new course of understanding and action.

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Alcohol dependence

The term "alcoholism" is frequently used to describe the problems caused by excessive alcohol consumption and an inability to regulate alcohol cravings. When alcohol is used in excess, it slows down the body's ability to process vital nutrients, leading to malnutrition and eventually making the body more susceptible to disease (Lieber, 1991, 2000). When someone feels they can't function or exist without alcohol, they are said to be dependent on it, and drinking takes on a significant, if not the most significant, role in their lives.

Alcohol-dependent individuals discover they need to consume more to achieve the same effects. They frequently prioritize drinking over other pursuits or responsibilities (such as work or family obligations) or continue to partake in it despite negative effects, such as liver disease or depression brought on by alcohol. Physical withdrawal symptoms are another side effect of alcohol dependence.

Readiness To Change

A comprehensive framework for comprehending human behaviour transformation is provided by the Transtheoretical model (TTM).

According to the transtheoretical stages of change model, alcohol dependent individuals who are in the precontemplation stage deny having a drinking problem, make lots of excuses for continuing to drink, and are unaware that they need to change. People in the contemplation stage acknowledge they have a drinking problem and start to think about making a change, but they have not yet committed to doing so and may stay in this stage for a long time if they are ambivalent about making a change. The taking action stage is when someone who has intentions of acting actually makes an effort to reduce their alcohol intake. (DiClemente CC, Edward et al).

Sensation seeking

Sensation seeking is the exploration or novelty seeking. A trait defined by the desire of varied, unusual, complex, and intense feelings and experiences, and the readiness to take physical, social, legal, and financial risks for the purpose of such experience,' (Zuckerman, 1994, p. 27) is how the sensation seeking construct is defined. Some people have associated 'risk seeking' with sensation seeking. However, the aforementioned definition emphasises the "willingness" to accept chances in exchange for the benefits of the essential characteristics of valued stimulation, such as novelty and intensity. A major concept that continuously draws the attention of many experts studying substance abuse is sensation seeking. It is typically thought of as a personality attribute that is distinguished by a propensity to seek out unique and unusual sensations and experiences. These experiences could include a fascination with new political and philosophical ideologies, engaging in potentially addictive hobbies like gambling and substance usage, or engaging in risky physical activities like mountain climbing, bungee jumping, or skydiving. strong sensation seeking is one of the personality traits linked to heavy alcohol and drug use It is to to be a regularly distributed personality trait affected by both biological and environmental influences. (Dumas et al., 2019; Navas et al., 2019; Conrad et al., 2008; Croissant et al., 2008)

Locus of Control

The term locus of control describes a person's sense of the fundamental driving forces behind the events in his or her life. Do you think fate, God and other strong people are in control of your destiny? Or put it in another way, Do you think you control your destiny?

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An orientation to the locus of control refers to a belief about whether the results of our activities depend on what we do (internal control orientation) or on circumstances beyond our personal control (external control orientation)(1985, Zimbardo). Alcohol-dependent patients had greater external expectations for control over their drinking than social drinkers who weren't alcohol-dependent, according to research that contrasted the locus of control between the two groups.

Need for the study

Alcoholism is a major problem that many people confront. It all starts with a desire to understand how it works and progresses to a different change. The connection between the curve's cause and effect is determined by whether it is influenced by personal choice or by external factors. This study aims to understand the relationships between the three and different viewpoints. Motivation to change, accepting differences, exploring novelty and working on controls (internal and external) are the two sides of same coin. This research helps to find out the relationship between each and understand it's nature among Alcohol dependence patients.

REVIEW OF LITERATURE

Kamatchinathan Premkumar et al investigated study on "Assessment of Level of Motivation, Locus of Control and their Associated Factors among Alcohol Dependent Males: A Longitudinal Study". The sample size of the study was 150 Adult males. The tool they used was Rotter's locus of control scale and readiness to change questionnaire. The coded and tabulated data was analysed using Fisher's-exact test and longitudinal study method. The results revealed individuals with ADS, indicators of lapse include a person's locus of control, level of motivation, and drinking habits. People who lack the motivation to improve and those who have an external locus of control need close monitoring and targeted intervention regimens to stop relapsing.

Mei-Yu Yeh investigated the study on "Measuring readiness to change and locus of control belief Among male alcohol-dependent patients in Taiwan: Comparison of the different degrees of alcohol dependence". The sample size of the study was 160 Male Alcohol dependent patients. The tools used was drinking related locus of control and Severity Degree Alcohol Dependence Data questionnaire (SADD). The tabulated and coded data was analyzed using ANOVA, ANCOVA and X^2 test. Results revealed that Significant variations were seen in the levels of dependence on drinking-related locus of control, ambivalence towards drinking, awareness of problematic drinking, and willingness to act to change. (2012)

Wuod A. Hasan et al investigated the study on "Dependence Severity and Locus of Control Among Male Alcoholic Clients: A Correlational Study". The sample size was 70 patients. The tool used was Short form Alcohol Dependence Data Questionnaire (SADD) and Drinking Related Locus of Control Scale (DRIE). The researcher used Descriptive correlational method. Male alcoholic clients show moderate dependency on alcohol. Showing low to moderate internal Locus of control and moderate to high external locus of control. (2020).

Caitlin Scott studied "Influence of Sensation Seeking on Response to Alcohol Versus Placebo: Implications for the Acquired Preparedness Model". The sample size was 236 social drinkers. The tool used was daily drinking Questionnaire. Experimental design was used. Results revealed that Sensation seeking was significantly related to stimulant response, and the strength of this association did not differ by beverage condition (alcohol vs. placebo). (2014)

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Nisheet Patel et al investigated the study on “Relationship of alcohol use pattern with locus of control and impulsivity: A cross-sectional study in hospitalized alcohol use disorder patients in Western India”. The study sample was 116 patients. The tools Alcohol Use Disorder Identification Test, Drinking-Related Locus of Control Scale, and Barrett’s Impulsiveness Scale 11 scale (Gujarati versions) were used. Correlational study design was used. Results revealed that Alcohol usage is strongly associated with LOC and impulsivity. Patients with higher external LOC and greater impulsivity began drinking alcohol earlier, used it more often, and for longer periods of time.

Segal, B., & Merenda, P. Investigated the study on” Locus of control, sensation seeking, and drug and alcohol use in college students”. The sample size was 501 college students between the age of 16-39. The tools used was Rotter’s Internal-External Control Scale, the Sensation Seeking Scale, and a questionnaire on type and frequency of drug. An analysis of variance (ANOVA) And discriminant analysis was studied. I-E and SSS are major personality characteristics connected to choice of drug use, according to findings from the entire study series. (2016)

METHODOLOGY

Aim: To study the relationship between Readiness to change, locus of control and sensation seeking among Alcohol dependence patients in Rehabilitation centre.

Hypothesis:

- There will be no significant relationship between Readiness to change and sensation seeking
- There will be no significant relationship between Readiness to change and locus of control.
- There will be no significant relationship between Readiness to change, locus of control and sensation seeking.

Research Design

In the present study exploratory research design was used.

Sample

- The method of Purposive sampling was used to collect data from various rehabilitation centre.
- The patients between the ages of 18-65 was participated in the research, who diagnosed currently under the supervision of psychiatric team for treatment. The sample size of the study was 30 Male patients.

Tools

- **Readiness to Change Questionnaire (Treatment Version) (RCQ-TV) (Revised) given by Heather et al (2008)** This scale consists of 12 items divided into three stages Precontemplation, Contemplation and Action stage which is scored by 5 point scale from strongly disagree to strongly agree. Higher score represents the stage of change destination. Cronabach Alpha of three stages were .66 for stage 1, .77 for stage 2 and .66 for stage 3.

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- **Rotter's Locus of control scale (LOC)** given by **Rotter J.B (1966)** This scale consists of 29 items which measures internal or external Control of an individual by selecting either a or b statement which defines the individual the most. Cronabach Alpha of the scale was .96.
- **Brief sensation seeking scale (BSSS)** given by **Haegeli et al. (2012)**: This scale consists of 8 items with 5 point response category. It has 4 subscales experience seeking (ES), boredom susceptibility (BS), thrill and adventure seeking (TAS) and disinhibition (DIS). Cronabach Alpha of the scale was .81.

Statistical techniques

- SPSS 20.v version was used to compute and analyze the data.
- Parametric test
- Correlation and differences

RESULTS AND DISCUSSION

Table – 1 represents the correlation between locus of control, dimensions of readiness to change and sensation seeking

T-LOC	RC	SS	ES	TAS	DIS	BS	PC	C	A
T-Locus of control									
Pearson Correlation	-.169	-.25	-.055	-	-	-.013	0.62	0.31	.351*
Sig. (2-tailed)	.326	.135	.75	.481	.015	.940	.719	.857	.036
N	36	36	36	36	36	36	36	36	36
Readiness to change									
Pearson Correlation		.174	.319	.016	.182	-.149	.252	.777**	.684**
Sig. (2-tailed)		.311	.058	.925	.289	.386	.138	.000	.000
N		36	36	36	36	36	36	36	36

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

1. The correlation between “Total – Locus of Control” and “Readiness to Change” is not significant ($p = 0.326$).
2. “Readiness to Change” has a significant positive correlation with “Sensation seeking” ($p = 0.311$) and “Experience seeking” ($p = 0.058$).
3. “Readiness to Change” also has a significant positive correlation with “Pre-contemplation” ($p < 0.001$) and “Contemplation” ($p < 0.001$).

These findings suggest that there may be significant relationships between “Readiness to Change” and several other variables, while the relationship between “Total – Locus of Control” and most of the other variables in the table is not significant.

The table presents correlations between several psychological variables, including “Total – Locus of Control” and “Readiness to Change,” as well as various facets of sensation seeking, experience seeking, dis-inhibition, boredom susceptibility, and stages of change (Pre-contemplation, Contemplation, Action).

Locus of Control and Readiness to Change: The correlation between “Total – Locus of Control” and “Readiness to Change” is not statistically significant ($p = 0.326$). This suggests that, in this context, there may not be a strong linear relationship between an individual's locus

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of control (the extent to which they believe they have control over their life) and their readiness to change a specific behavior or situation.

Readiness to Change and Sensation Seeking/Experience Seeking: The positive correlations between “Readiness to Change” and “Sensation seeking” ($p = 0.311$) and “Experience seeking” ($p = 0.058$) are interesting findings. These correlations suggest that individuals who are more open to seeking new experiences and sensations may also be more ready to make changes in their lives. This aligns with some previous research indicating that individuals with higher sensation-seeking tendencies may be more open to risk-taking and change.

Readiness to Change and Stages of Change: The significant positive correlations between “Readiness to Change” and “Pre-contemplation” ($p < 0.001$) and “Contemplation” ($p < 0.001$) are noteworthy. This implies that individuals who are more ready to change are less likely to be in the early stages of change (Pre-contemplation) and more likely to be actively considering change (Contemplation) or already taking action (Action). This aligns with the stages of change model, which posits that individuals progress through different stages when contemplating and making behavioral changes.

Table 2 represents the difference in readiness to change with respect to Locus of control

	Locus of Control	N	Mean	t	Sig
Readiness to Change	Internal Locus of Control	26	4.73	0.99	0.32
	External Locus of Control	10	2.30		
Experience seeking	Internal Locus of Control	26	7.00	0.39	0.70
	External Locus of Control	10	6.70		
Thrill seeking	Internal Locus of Control	26	6.23	0.17	0.87
	External Locus of Control	10	6.10		
Dis- inhibition	Internal Locus of Control	26	6.00	1.70	0.09
	External Locus of Control	10	4.70		
Boredom Susceptibility	Internal Locus of Control	26	5.88	0.50	0.62
	External Locus of Control	10	5.60		

1. The comparison between individuals with internal and external locus of control regarding “Readiness to Change” does not yield a statistically significant difference ($p = 0.32$). This suggests that, in this study, there may not be a significant difference in readiness to change between individuals with different types of locus of control in the context of the variable “Readiness to Change.”
2. Similarly, the comparison between individuals with internal and external locus of control regarding “Pre-contemplation” does not yield a statistically significant difference ($p = 0.40$). This suggests that locus of control may not be significantly associated with whether individuals are in the pre-contemplation stage of behavioral change.
3. The comparison for “Action” shows a p-value of 0.10, which is just above the conventional significance level of 0.05. This suggests a trend toward significance, indicating that there might be a potential relationship between locus of control and the action stage of change, but it does not reach conventional statistical significance.

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Based on these findings, it appears that there may not be strong and statistically significant associations between locus of control and the stages of change in this particular sample. However, the trend toward significance in the “Action” stage suggests that further research with a larger sample size might reveal more insights into the relationship between locus of control and behavioral change.

Table 3 represents the difference in locus of control in respect with sensation seeking

	Locus of Control	N	Mean	t	Sig
Sensation seeking	Internal Locus of Control	26	25.12	1.13	0.27
	External Locus of Control	10	23.10		
Experience seeking	Internal Locus of Control	26	7.00	0.39	0.70
	External Locus of Control	10	6.70		
Thrill seeking	Internal Locus of Control	26	6.23	0.17	0.87
	External Locus of Control	10	6.10		
Dis- inhibition	Internal Locus of Control	26	6.00	1.70	0.09
	External Locus of Control	10	4.70		
Boredom	Internal Locus of Control	26	5.88	0.50	0.62
Susceptibility	External Locus of Control	10	5.60		

1. The comparison between individuals with internal and external locus of control regarding “Sensation Seeking” does not yield a statistically significant difference ($p = 0.27$). This suggests that locus of control may not be significantly associated with differences in sensation-seeking behavior in this study.
2. The comparison for “Experience Seeking” also does not yield a statistically significant difference ($p = 0.70$), indicating that locus of control may not be significantly associated with differences in experience-seeking behavior.
3. The comparison for “Thrill and Experience Seeking” does not show a statistically significant difference ($p = 0.87$), suggesting that locus of control may not be significantly associated with differences in this facet of sensation seeking.
4. The comparison for “Dis-inhibition” shows a p -value of 0.09, which is just below the conventional significance level of 0.05. This suggests a trend toward significance, indicating that there might be a potential relationship between locus of control and dis-inhibition, but it does not reach conventional statistical significance.
5. The comparison for “Boredom Susceptibility” does not yield a statistically significant difference ($p = 0.62$), indicating that locus of control may not be significantly associated with differences in susceptibility to boredom.

Overall, the results suggest that, in this study, there may not be strong and statistically significant associations between locus of control and most facets of sensation seeking, experience seeking, thrill-seeking, and boredom susceptibility. The trend toward significance in the “Dis-inhibition” aspect suggests that further research with a larger sample size might reveal more insights into the relationship between locus of control and dis-inhibition.

1. Sensation seeking

In this study, there is no statistically significant difference in sensation seeking between individuals with internal and external locus of control ($p = 0.27$). Sensation seeking refers to

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the tendency to seek out novel and stimulating experiences. It is often associated with risk-taking behavior and a preference for excitement. The lack of significance in this context suggests that an individual's belief in their control over their life (locus of control) may not strongly influence their inclination for sensation seeking.

Previous research has shown mixed results regarding the relationship between locus of control and sensation seeking. Some studies suggest a weak association, while others find no significant relationship

2. Experience Seeking:

There is no statistically significant difference in experience seeking between individuals with internal and external locus of control ($p = 0.70$). Experience seeking involves a desire for novelty and a willingness to explore new experiences, particularly those that are intellectually or culturally stimulating. Similar to sensation seeking, this lack of significance implies that locus of control may not strongly predict individual differences in experience seeking. Existing research on the relationship between locus of control and experience seeking is limited,

3. Thrill and Experience Seeking:

There is no statistically significant difference in the thrill and experience-seeking facet between individuals with internal and external locus of control ($p = 0.87$). This facet of sensation seeking is characterized by a preference for adventurous and exhilarating activities. Once again, the results indicate that locus of control may not be a significant factor in explaining variations in thrill and experience-seeking behavior. Research examining this specific facet of sensation seeking in relation to locus of control is limited,

4. Dis-inhibition:

There is a trend toward significance in dis-inhibition between individuals with internal and external locus of control ($p = 0.09$). Dis-inhibition involves a lack of restraint and self-control, often leading to impulsive behavior. While the p -value falls just short of the conventional significance level, it suggests a potential relationship worth exploring further. Some previous studies have suggested that individuals with an external locus of control may exhibit more impulsive behavior, but the findings are not always consistent.

5. Boredom Susceptibility:

There is no statistically significant difference in boredom susceptibility between individuals with internal and external locus of control ($p = 0.62$). Boredom susceptibility refers to an individual's tendency to experience boredom quickly in routine or monotonous situations. The results indicate that locus of control may not be a significant predictor of boredom susceptibility.

Limited research directly explores the relationship between locus of control and boredom susceptibility, so this study contributes to the understanding of this association

Limitations and Future implication

This study has smaller sample size, ADS patients who were in controlled environment and under the treatment could have affected the result. Larger sample along with intervention module and interview method can direct the research further more for better understanding of

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Locus of Control, sensation seeking and Readiness to change, which will help researchers and therapist to investigate the triggers and responses leading to alcohol dependence.

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Conflict of Interest

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