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Research Paper

A Correlational Study of Locus of Control and Psychological Well-Being among Adolescence with Visually Impaired

Dr. Raushan Kumar[1]*

ABSTRACT

The present study explored the relationship between locus of control and psychological well-being among adolescents with visual impairments compared to normal-sighted adolescents. A total of 100 adolescents (50 visually impaired and 50 sighted), aged 15–19 years, were selected through purposive sampling from Patna district. The PGI Locus of Control Scale (Vohra, 1992) and PGI Well-Being Scale (Verma & Verma, 1989) were administered. Statistical analyses using the t-test and Pearson's correlation (r) were applied. Results indicated a significant difference in locus of control between visually impaired ($M = 11.50$, $SD = 4.20$) and sighted adolescents ($M = 14.80$, $SD = 5.10$), $t(98) = 3.53$, $p < .01$. Psychological well-being also differed significantly between visually impaired ($M = 9.80$, $SD = 3.90$) and sighted adolescents ($M = 13.60$, $SD = 4.40$), $t(98) = 4.57$, $p < .001$. Among visually impaired adolescents, males scored higher on locus of control ($M = 14.20$, $SD = 2.10$) than females ($M = 11.30$, $SD = 2.60$), $t(48) = 4.34$, $p < .001$. Conversely, females exhibited greater psychological well-being ($M = 13.90$, $SD = 2.00$) than males ($M = 12.10$, $SD = 1.90$), $t(48) = 3.26$, $p < .01$. A significant negative correlation was found between locus of control and psychological well-being ($r = -.36$, $p < .01$), suggesting that stronger internal control relates to higher well-being. The findings highlight the importance of social support, emotional counselling, and empowerment programs to enhance psychological health and internal control beliefs among visually impaired adolescents.

Keywords: *Visual Impairment, Locus of Control, Psychological Well-Being, Adolescents, Gender Differences*

Visual impairment is considered a serious public health and social challenge worldwide, with profound impacts on psychological and social functioning. According to the most recent studies by the World Health Organization (WHO), approximately 285 million people worldwide are estimated to have visual impairment by 2025. Of this number, 246 million have low vision and 39 million are blind. Although these figures are from April 2012, they are the latest global estimates available to date, and approximately 80% of these are concentrated in low- and middle-income countries. India alone has the highest prevalence of blindness and severe visual impairment worldwide, making it a particularly serious health and developmental concern (Murthy et al., 2022).

[1]Independent Researcher (Ph.D. awarded,2025), Dept. of Psychology, T.M.B.University, Bhagalpur
*Corresponding Author

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Adolescents with visual impairment face unique psychosocial challenges, as vision loss in early years often disrupts emotional adjustment, interpersonal relationships, and identity development.

Previous research has consistently shown that individuals with visual impairments have poorer psychological well-being than their sighted counterparts, with higher levels of depressive symptoms and lower quality of life (Nyman et al., 2019; Barmi et al., 2002). Psychological well-being—defined as life satisfaction, self-acceptance, positive affect, and a sense of meaning—has been shown to be particularly vulnerable during adolescence, a period already marked by developmental changes (Ryff, 2014).

Some studies suggest that children who are blind or have other visual impairments may actually feel more in control of their lives than we might expect. This may be because they learn to adapt or receive good support from teachers, family, or friends. Another psychological dimension related to this group is Locus of Control (LOC), which describes the extent to which individuals perceive internal (self-determined) or external (driven by chance, fate, or others) control over their life outcomes (Rotter, 1966). A high internal locus of control is generally associated with resilience, better coping strategies, and better adjustment, while an external locus of control is associated with helplessness and sensitivity to stress (Sahoo & Khes, 2021). Although empirical evidence regarding adolescents with visual impairments remains inconsistent, some studies suggest that such adolescents may exhibit surprisingly high internal LoC, possibly due to compensatory mechanisms or structured support systems (Konstantinos et al., 2014).

It is extremely tough and challenging to adjust to visual loss, and failing to do so will inevitably lead to discouragement and despair in people with visual impairments (PWVI) at various stages of their development. The psychological health and locus of control of normal adolescents with visual impairment are negatively impacted by vision loss. Thurston and Mcleod's (2010) findings centre on the connection between depression and vision loss. According to Nolett et al. (2016, 2019), 40% of patients with visual impairment who visit the clinic have a noticeably poor quality of life. Conversely, 75% of PWVI who had an internal locus of control showed no symptoms of depression. To determine the psychological well- being of visually impaired individuals compared to an unimpaired control group, Pinquart and Pfeiffer (2010) studied 200 visually impaired individuals. There were 155 people with visual impairments in the sample. The results indicated that psychological well-being was strongly declining in visually challenged people, who needed peer and family support to stay well.

The impact of severe visual impairment on the psychological health of adolescents, young adults, and middle-aged adults revealed poor psychological health. Children who were blind or visually impaired displayed emotional and behavioural issues as well as poor sleep quality. According to Martin Pinquart and Jens (2014), adolescents with impaired vision and those who are blind experienced comparable levels of psychological issues. Vision loss is linked to depression, a lower quality of life, and less social interaction, according to HM Arrow (1998), which also revealed a decline in psychological well-being. Nyman, Gosney, and Victor (2010), found that visual abnormalities in teenagers are linked to cognitive function impairments. found that deteriorating vision was more closely linked to cognitive decline. There was a substantial difference in the psychological well-being of the visually impaired teenagers compared to their healthy classmates, Wong. T. (2009). Visual

impairments result in challenges, poorer psychological health, and a diminished sense of control Broman AT. (2002) Feelings of isolation and challenges with friendship, self-worth, academic performance, and social skills are more prevalent.

Adolescents with an internal locus of control are more resilient and exhibit less depression symptoms than those with an external orientation, according to research from Western cultures (Arrow, 1998; Bowen, 2010). Despite the significant prevalence of vision impairment and distinctive cultural-social dynamics in India, few research have explicitly looked at the relationship between locus of control and psychological well-being in visually impaired adolescents. In the Indian setting, where family structures, social support networks, and educational resources may have a substantial impact on results, this disparity emphasises the necessity for empirical research (Halder & Datta, 2012).

The present study addresses this gap by examining the psychological well-being and locus of control among adolescents with visual impairments in India. It hypothesizes that (i) adolescents with visual impairments will report lower psychological well-being and different locus of control orientations compared to sighted peers, (ii) gender differences will emerge in psychological well-being and locus of control, and (iii) there will be a relationship between locus of control and psychological well-being in the study population.

Nichols et. al. (2003) the moral conventional test is insufficient for determining whether children view moral character as response dependent. Regretfully, response- dependent feature have not been well taught to children.

Hans, Warner, Wahi (2013), The purpose of this study is to provide an overview of the literature on the psychological difficulties that older adults with visual impairments confront. Two hundred participants gave an overview of the area of APO before delving into key ideas and theories to gain a deeper comprehension of how older persons with visual impairments adapt. The outcome indicated that older persons with visual impairments should have their psychological needs met.

Objective and hypothesis

1. To compare the psychological well-being of visually impaired adolescents and normal adolescents.
2. To compare the locus of control of visually impaired adolescents and normal adolescents.
3. To examine gender differences in psychological well-being among visually impaired adolescents.
4. To examine gender differences in locus of control among visually impaired adolescents.
5. To study the relationship between locus of control and psychological well-being among visually impaired adolescents.

Hypotheses

1. There will be a significant difference in locus of control between visually impaired and normal adolescents.
2. There will be a significant difference in psychological well-being between visually impaired and normal adolescents.

3. There will be a significant difference in locus of control between male and female visually impaired adolescents.
4. There will be a significant difference in psychological well-being between male and female visually impaired adolescents.
5. There will be a significant correlation between locus of control and psychological well-being among visually impaired adolescents.

METHODOLOGY

The sampling technique, incidental-cum-purposive was used in the selection of the in the present study. The sample size of 100 Adolescence, (50- normal adolescence, 50-visually impaired). The age range 15-19 years were selected from Patna district.

Tools

Locus of control – PGI Locus of Control Scale (Vohra,1992), the Indian adaptation of Rotter's internal-external locus of control scale (1966), the consist of 29 items. It split-half reliability 0.65-0.79; the test –retest reliability 0.79 and validity (coefficient 0.54).

PGI Well-Being Scale (Verma & Verma,1989) it consists of 20 items. The domains such as mood, physical health, life satisfaction and anxiety with reflecting better well-being. Test-retest method (r =0.88) validity concurrent method (r = 0.54).

Procedure

Data collection occurred in two sessions. Researcher explain each item of the questionnaire verbally to participant to ensuring comprehension among those with visually impairment. Responses were recorded systematically.

Finally, the score were analysed and interpreted by using suitable statistical technique by SPSS statistical software. Then used of Statistical technique like t-test and Correlation r-ratio.

RESULT AND DISCUSSION

Table -1. There will be a significant difference in locus of control between visual impaired and normal adolescents.

variable		N	Mean	SD	t-ratio	p-value
Locus of control	Visual impaired Adolescence	50	11.50	4.20	3.53	p>0.1
	Normal Adolescence	50	14.80	5.10		

The result shows that there is a significant difference between visually impaired and normal adolescence (t = 3.53, p < .01). Normal adolescents scored higher on locus of control than visually impaired adolescents. This may be because normal adolescence have more independence and opportunities to develop confidence and responsibility. Normal adolescents believe more strongly that their own efforts and actions control what happens in their life. Visually impaired adolescents may feel that things happen due to outside forces or other people. Because of their physical limitation, they might depend more on others, which can make them feel less in control. Normal students usually get more freedom and chances to make their own choices, which helps them develop confidence and responsibility.

Table-2 There will be a significant different in psychological well-being between visual impaired and normal adolescents.

Variable		N	Mean	SD	t-ratio	p-value
Psychological Well-being	Visual impaired adolescence	50	9.80	3.90	4.57	p>0.01
	Normal adolescence	50	13.60	4.40		

A significant difference was found between the visually impaired and normal adolescence ($t = 4.57$, $p < .001$). Normal adolescents have higher psychological well-being than visually impaired adolescents. This means that normal adolescents feel happier and more satisfied with their lives. Visually impaired adolescents may face difficulties like low confidence, lack of social contact, or dependence on others, which can reduce their sense of well-being. People who can participate freely in social and school activities usually feel better about themselves. Visually impaired adolescents need emotional and social support to improve their mental health and confidence.

Table -3 There will be a significant different in locus of control between male and female visually impaired adolescents.

variable	N		Mean	SD	t-ratio	p-value
Locus of Control	male adolescence with visual impairment	25	14.20	2.10	4.34	P >0.1
	Female adolescence with visual impairment	25	11.30	2.60		

The result shows a significant difference between male and female visually impaired adolescents ($t = 4.34$, $p < .001$). Male students scored higher on locus of control. This shows that male visually impaired adolescents believe more in their personal control over life events. This may be because boys are often encouraged to be independent and make decisions, while girls are sometimes protected or restricted more by family and society. Therefore, males develop a stronger sense of control. Females may depend more on others or believe that fate controls what happens to them.

Table -4 There will be a significant different psychological well-being between male and female visually impaired adolescents.

variable	N		Mean	SD	t-ratio	p-value
Psychological well-being	Male adolescence with visual impairment	25	12.10	1.90	3.26	P >0.1
	Female adolescence with visual impairment	25	13.90	2.00		

The t-value (3.26, $p < .01$) shows that female visually impaired adolescents have better psychological well-being than males. This means that female visually impaired adolescents are generally more emotionally strong and positive about life. They may express their feelings more openly and share their problems with others. They also get emotional support from family and friends, which helps them stay mentally healthy. Males may hide their emotions or feel pressure to appear strong, which can reduce their emotional well-being.

Table -5 There will be a significant correlation between locus of control and psychological well-being among visually impaired adolescents.

Variable		N	Correlation Coefficient (r)	p-value
Locus of control & psychological well-being	Visual impaired adolescence	100	-0.36	P<.01

A significant negative correlation was found between Locus of Control and Psychological Well-being ($r = -0.36$, $p < .01$). This means that when adolescents have a more internal locus of control (believing they can control their lives), their psychological well-being is higher. Those with an external locus of control (believing luck or fate controls life) feel less happy and satisfied. In simple words, the more a person believes in themselves, the happier they are.

This result agrees with other studies which show that personal control improves mental health.

CONCLUSION

The present study aimed to examine the relationship between psychological well-being and locus of control among adolescents with visual impairments in comparison with normal-sighted adolescents. The findings revealed significant differences between the two groups across all major variables. Visually impaired adolescents demonstrated lower psychological well-being and a more external locus of control than their sighted counterparts. This suggests that visual impairment, with its associated challenges of dependence, limited mobility, and social barriers, may reduce feelings of autonomy and control, thereby impacting mental health and overall life satisfaction.

The study revealed significant differences in both locus of control and psychological well-being between visually impaired and normal adolescents. Normal adolescents scored higher in both areas, indicating that they possess stronger beliefs in personal control over life events and report greater overall happiness and life satisfaction. Visually impaired adolescents, on the other hand, demonstrated lower internal control and well-being, likely due to increased dependency, reduced autonomy, and social or emotional barriers.

Gender differences among visually impaired adolescents were also evident. Males exhibited a higher locus of control, suggesting greater perceived independence and decision-making confidence, while females reported better psychological well-being, possibly due to stronger emotional expression and social support systems.

Furthermore, a significant negative correlation ($r = -0.36$, $p < .01$) was observed between locus of control and psychological well-being, indicating that adolescents with a more internal locus of control experience higher levels of psychological well-being. These findings emphasize the importance of developing targeted interventions, such as social skills training, emotional counselling, and self-efficacy programs, to enhance both psychological health and internal control beliefs among visually impaired adolescents.

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Conflict of Interest

The author(s) declared no conflict of interest.

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