

Impact of Locus of Control on Psychological Well Being Among Youths

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ABSTRACT

Purpose of present research is to examine the impact of locus of control on well being of youths. The sample of the study consisted of two groups (male and female) each group is having 80 students. Rotter's Locus of Control Scale (RLCS) and Ryff Scale of Psychological Well Being (Ryff, C., 1989) were used for the measurement of above variables. Research found a strong positive correlation between internal locus of control and psychological wellbeing. It is also revealed that there are no gender deliverance on psychological wellbeing.

Keywords: *Locus of Control, Psychological wellbeing*

Locus of Control:

"Locus of control" is a crucial term in attribution theory. The phrase locus of control refers to the degree to which people perceive feeling in control. Is it internal or external, and how does it affect students' motivation and achievement? Research indicates that locus of control is significant in understanding student academic achievement. For example, research found that locus of control was the most important predictor of students' academic accomplishment after talent.

The notion of locus of control stems from the social learning theory (Rotter, 1954), which posits that people's traits are moulded and reinforced by their environment. Individuals with an internal locus of control feel an occurrence is dependent on their behaviour. Individuals with an external locus of control interpret their reinforcements as a product of other causes rather than their own actions (Rotter, 1966). Rotter's idea of locus of control emphasizes the importance of 'expectancy.' According to Rotter (1954), Expectancy may be defined as the probability held by the individual that a particular reinforcement will occur as a function of a specific behaviour on his part in a specific situation or situations.

Psychological Well Being:

Frey and Stutzer (2010) define well-being as health, happiness, and prosperity. Previously, the absence of negative mental states such as sadness, anxiety, and stress were sufficient to define well-being (Gómez-López et al., 2019). Positive mental states such as interpersonal

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trust, work satisfaction, happiness, personal competence, and control are now seen as indications of excellent mental health and well-being (Sahu & Rath, 2003).

Happiness is valued more than the absence of sadness. The rise of health psychology and positive psychology has altered the way we think about well-being. Keyes (2014) defines well-being as a combination of three factors: emotional, psychological, and social. Ryff and Keyes (1995) established a six-component model of well-being. The six components are: environmental mastery, autonomy, positive relationships, purpose, personal progress, and self-acceptance. The National Wellness Institute (2020) promotes six types of wellness: intellectual, social, emotional, physical, spiritual, and vocational.

Objective:

1. To study the impact of locus of control on psychological wellbeing.

Hypothesis:

1. Youth who have internal locus of control will have better psychological wellbeing.
2. There will be no gender difference between male and female on locus of control and psychological wellbeing.

METHODOLOGY

This study has been conducted on 160 youth (80 male and 80 female) from Patna district of Bihar. The participants have been selected through random sampling method. The obtained data has been analysed by using different statistical techniques like Mean, SD and t ratio.

Tools:

1. Rotter's Locus of Control Scale (RLCS). (Hindi Adaptation, Dr. Anand Kumar & Dr. S.N. Srivastava, 1985)

This Scale consisted of 23 items and 6 filler items that sampled widely from different life situation, where locus of control attitudes might be relevant to behaviour. This is a forced-choice instrument which consists of 29 pairs of statements, 23 of which are scored, each alternative keyed as to a belief in either internal or external control of reinforcing event. High scores indicates belief in external control (luck, chance others etc.).

2. Ryff Scale of Psychological Well Being. (Ryff, C., 1989)

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviours. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being. Internal consistency of 20 item parent scale ranges from 0.87 to 0.93, test retest reliability of 20 item parent scale is 0.81 to 0.85.

RESULT AND DISCUSSION

Table-1

Variables	Internal Locus of Control	External Locus of Control	Psychological Wellbeing
Internal Locus of Control	-	-	0.48**
External Locus of Control	-	-	-0.26*
Psychological Wellbeing	0.48**	-0.26*	-

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- Table 1 shows that internal locus of control is positively correlated with psychological wellbeing (0.48).
- Psychological well being is negatively correlated with external locus of control (-0.26).

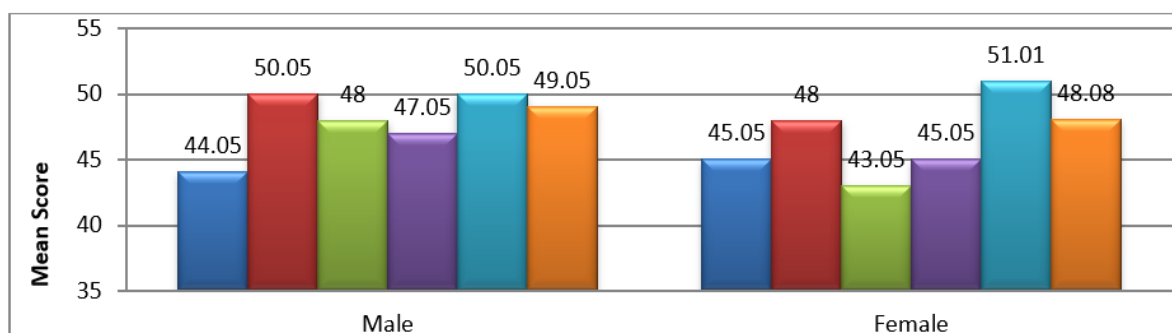
Table-2 Comparison between Male and Female on Locus of Control Mean Score

Group	Mean	SD	t-ratio
Male	8.83	2.34	4.23**
Female	13.67	3.68	

Table 1 shows that male has internal locus of control other hand female has external locus of control (e.g. luck, fate, god. etc). Haider and Naeem (2013), also studies males have a higher internal locus of control whereas females have a higher outward locus of control.

Table-3 Comparison between Male and Female on Psychological Wellbeing Mean Score

Dimensions	Male College Teachers		Female College Teachers		t- ratio
	Mean	SD	Mean	SD	
Self acceptance	44.05	14.16	45.05	15.55	1.25 NS
Positive relations with others	50.05	14.62	48	15.38	1.92 N
Autonomy	48	15.50	43.05	14.37	2.67**
Environmental mastery	47.05	15.12	45.05	14.09	1.82 NS
Purpose in life	50.05	14.43	51.01	15.12	1.97 NS
Personal growth	49.05	14.13	48.08	15.09	1.67 NS



Above data shows that there are no significant difference between male and female in any dimensions on psychological well being scale accept the autonomy. The male have higher level of autonomy than their counterparts. This result is supported by Sarah and Mustaffa,(2016), also. This finding also supported by a very well known theory called “Glass ceiling effect” (An unacknowledged barrier in front women and minority from rising to any responsibility and design within an organisation).

CONCLUSION

- Internal locus of control is positively correlated with psychological wellbeing (0.48).
- Psychological well being is negatively correlated with external locus of control (-0.26).
- Male has internal locus of control other hand female has external locus of control.

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- No significant difference between male and female in any dimensions on psychological well being except autonomy.

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Conflict of Interest

The author(s) declared no conflict of interest.

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