

Locus of Control, Insecurity, Lifestyle and Psychological Adjustment: A Comparative Study of Joint and Nuclear Family of College Students

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ABSTRACT

The purpose of the present study was to investigate the impact of Joint and Nuclear Family of the college students on Locus of Control, Insecurity, Lifestyle and Psychological Adjustment in perspective to Joint and Nuclear Family. The sample for the study comprised of 300 Joint and 300 Nuclear Family of college students from South Gujarat region. Joint and Nuclear Family of College students were selected from various faculties Arts, Commerce and Science colleges in South Gujarat. Personal data sheet and Rotter's Locus of Control Scale, Bina Shah's Insecurity Scale, Bava and Kaur Lifestyle Scale and Bell's Psychological Adjustment scale were used to collect the required data. 't' Test was applied to analyses the data. The Joint and Nuclear Family were considered as independent variables and Locus of Control, Insecurity, Lifestyle and Psychological Adjustment as dependent variables. To examine the hypothesis 't' test statistical method was used. Results revealed that not found significant difference between Joint and Nuclear Family of College students with reference to Locus of Control, Insecurity, Lifestyle and Psychological Adjustment.

Keywords: *Locus of Control, Insecurity, Lifestyle, Psychological Adjustment, Joint and Nuclear Family, College Students*

Research means search again and again. Research means examining again and again the searched things, which means no end of the research. The research is the other side of the human being. If people not search any kind of the new things, then life is very hard, difficult and non-progressive. So, people search new things day by day for the better life. The Psychology is the science of human being and its thought at all angle to make wonderful life and being helpful to the mankind.

The present study focuses on Locus of Control, one dimension of personality that measures the extent to which individuals believes that what happens to them in life is related to their

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own actions and decisions, or on the contrary to outer actions and decisions(fate and luck). We contribute to the existing literature on personality traits by investigating the impact of locus of control on wages, though making a distinction between the direct or productive impact of locus of control, and the indirect or behavioral impact that works through education decisions.

We find that locus of control is an important predictor of the decision to obtain higher education. In addition, we find that premarket locus of control, defined as locus of control measure at the time of schooling before that individual enters the labor market does not significantly affect later wages after controlling for education decisions. In the light of the existing literature, which finds mostly positive effects of contemporaneous locus of control measures on wages, this indicates that it is important to distinguish between premarket skills and those that are already influenced by labor market experience and age. Last simulation of our model shows that moving individuals from the first to the last deciles of the locus of control distribution significantly shifts the distribution of schooling choices, thus indirectly affecting later wages.

Standard job search theory assumes that unemployed individual have perfect information about the effect of their search effort on the job offer arrival rate. In this research, I present an alternative model which assumes instead that each individual has a subjective belief about the impact of his or her search effort on the rate at which job offers arrive. This subjective belief depends in part on individuals 'locus of control', which is defined as a generalized expectation about the internal versus external control of reinforcement (Rotter, 1966). A person whose external locus of control dominates tends to believe that much of what happens is beyond his or her control. Life's outcomes are instead attributed to other forces, like fate or luck, rather than to one's own actions. In contrast, a person with an internal locus of control sees future outcomes as being contingent on his or her own decisions and behavior.

Investment decisions also appeared to be linked to individual's locus of control. In particular, Coleman and Deleire (2003) conclude that locus of control affects education decisions mainly by influencing teenager's expectations regarding the return to human capital investments. Cebi (2007) however, is not able to replicate these results using a different data set once cognitive ability is controlled for. Still, the potential link between individual locus of control and their human capital investments raises questions about the extent to which locus of control affects wages directly via productivity versus indirectly through skills acquisition. Piatek and Pinger (2009)

We have heard a great deal about our nation's rising inequality, the growing gap between the rungs of our economic ladder. And yet, to most Indian, inequality is far less tangible and worrisome than a trend we have heard much less about: rising insecurity, or the growing risk of slipping from the ladder itself.

Despite the understandable current emphasis on cyber-terrorism, the impact of these cyber-

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threats and cyber-attacks goes far deeper into the economic and social fabric of life around the world, and can affect not just peace and security, but also the success or failure of all our developmental efforts. Enormous damage can be caused not just by an act, but also by the panic, the loss of confidence, the injection of doubts and hesitations, and the destruction of trust, all of which are the primary factors on which modern society is constructed.

In a poll undertaken earlier this year in 34 countries for the BBC World service, the unchecked pace of globalization and the unfair distribution of its benefits and damages emerged as widely shared concerns. Similar findings have been reported by the Pew foundation and the German Marshall Fund, among others. Survey evidence is no substitute for careful analysis. Still, it does highlight a growing sense of unease over the economic course that has been charted in recent years.

This unease has emerged strongly in advanced countries where increased economic insecurity has been associated with rising inequality and the squeezing of social provisioning. In middle-income countries, economic shocks, accelerated trade liberalization and premature deindustrialization have constrained economic diversification and formal job creation. In still other places, intractable poverty has fed a ferocious circle of economic insecurity and political instability and on occasion, ferocious communal violence.

Thus the insecurity is the major problem in our country. As we see to the graduates in our country, they can't find good jobs after completing their graduation. It is major reason to feel the insecurity.

Lifestyle is personal view point of a person. Many types of the Lifestyles are having in the world. Lifestyle also affects to persons personality, success and future life of person. If Lifestyle is good then person's thoughts, cleverness, view points, planning and success are good, because this all are dependable on the Lifestyle. Also other many things are affecting to the Lifestyle but Lifestyle also affects to these things.

Happiness comes from.....some curious adjustment to life.

How do people cope with the psychological challenges of daily living? How students can learn to recognize adjustment issues in their lives and to apply appropriately psychological concepts to them? Will their understanding lead to better coping and even behavior change? Recognition and application of psychological constructs are at the heart of the Psychology of Adjustment course, which can serve as a solid applied offering within the undergraduate curriculum. Because of the intuitive appeal of applied psychology, this course offers the perfect opportunity to engage students through course content.

The most important thing for success is making good psychological adjustment. The person who does not adjust with his environment, he fails in his life. In journey of life, person has to make gradually psychological adjustment with the created situation. In modern era, those people who do not adjust with their present situation, they are pushed back by others and day

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by day they lose their mental health and finally, they become abnormal by their behavior or Physical. Thus psychological adjustment is the other side of the life. Those people who do not adjust with the demands, they feel insecure and their Lifestyle as well as personality also can be changed. In this research studied the locus of control, insecurity, lifestyle and psychological adjustment of the college students in perspective to Joint and Nuclear Family.

Objectives Of The Research

The objectives of present research are given as bellow.

1. To study the Locus of Control among the Joint and Nuclear Family of college students.
2. To study the Insecurity among the Joint and Nuclear Family of college students.
3. To study the Lifestyle among the Joint and Nuclear Family of college students.
4. To study the Psychological Adjustment among the Joint and Nuclear Family of college students.

Hypothesis Of The Research

1. There is no difference between the Locus of Control of Joint and Nuclear family of college students.
2. There is no difference between the Insecurity of Joint and Nuclear family of college students.
3. There is no difference between the Lifestyle of Joint and Nuclear family of college students.
4. There is no difference between the Psychological Adjustment of Joint and Nuclear family of college students.

Sample

This study was conducted in South Gujarat region and the subjects were selected from this area. The subjects were representatives of the Joint and Nuclear families of college students. The total number of subjects selected 600 as a sample from the universe by the simple random access method. The participants are selected as a sample of convenience from the following groups: to represent the Joint Family (300) and to represent the Nuclear family 300 college students were selected from the different colleges. Sample selection process was done by the probable method of simple random access method.

Tools

The following tools were used in the present study:

1. Personal Data sheet

A personal data sheet developed by the investigator was used to collect information about Joint and Nuclear Family.

2. Locus of Control

This Scale was developed by Rotter's (1966) Internal External Locus of Control Scale. This scale was translated by Bhogayata (1985). This Scale measure the Locus of Control of High Educational Students. In this Scale there are total 28 items. In this scale there are given two options in each item to give answer as "A" or "B", by checking (✓) the box. In 1983-84 in

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Bhavnagar District 1000 students were given this Gujarati translated test for find out reliability. Retest reliability of this scale is 0.70 and Test-retest reliability is 0.85. The validity of this scale with the original English test is 0.88 and with the Hindi translation of this test Agrawal and Bedi's was from 0.79 to 0.85. Between the Gujarati and Hindi translation validity is 0.79.

Rotter's Locus of Control Scale validity is 0.65 and Test-retest validity is from 0.49 to 0.83.

3. Insecurity Scale

Insecurity scale was developed by **Dr. Bina Shah** (2010). This scale measures Insecurity of Higher level Education students. This scale is three point type of scale. Insecurity scale consists 75 items into 8 Dimension like....

- (1) Family Insecurity, (2) School Insecurity, (3) Peer group Insecurity, (4) Education Insecurity, (5) Future Insecurity, (6) Test Insecurity, (7) Self Insecurity, (8) Existent Insecurity

In this scale there are some positive and negative items are included. Insecurity Scale contains 75 items. Each item has three optional responses, i.e., Always, Sometimes and Never. There are 76, 79, 27, 30, 32, 39, 41 and 43 items are positive and other all are negative items. To positive items score as for Always – 2, Sometimes-1 and Never-0. To negative items score as for Always-0, Sometimes-1 and Never-2. The scale has used many times for research purpose and measure the Insecurity, that's show the Reliability and Validity of the Test.

4. Lifestyle Scale

This scale has been developed by Bawa and Kaur,(19)was used to measure Locus of Control, Insecurity, Lifestyle and Psychological Adjustment. This scale consists 60 items. It was standardized on students of Higher Education. Each items has five optional response, i.e., Strongly Agree, Agree, Indifferent, Disagree and Strongly Disagree. The respondent has to select one option out of the given five responses: There are 43 positive item and 17 Negative items. The positive items scored as 4, 3, 2, 1, 0 and Negative item scored as 0, 1, 2, 3, 4 for the responses Strongly Agree, Agree, indifferent, Disagree and Strongly Disagree. In this test the reliability coefficient has been found to be 0.96. The reliability index is 0.98. The author has reported satisfactory validity of the questionnaire.

5. Psychological Adjustment Scale

Psychological Adjustment Scale was developed by Bell (1905). Gujarati Translation of Psychological Adjustment Scale was done by Bhatt (1994) was used. There are 160 statements in this Scale it is divided into five Factors. In each factor, there are 32 statements.

- (1) Family Adjustment, (2) Health Adjustment, (3) Social Adjustment, (4) Emotional Adjustment

This scale measures different types of Psychological Adjustment mention as above types of adjustment and get the total score of Psychological adjustment. In the present research, the entire score of Psychological Adjustment has been used.

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For the details of the Scale of Psychological Adjustment the subject has to give his consent four of the three alternatives by doing the sign (\surd) of true. In this alternative, there are three things yes, intensive, No. For 'No' response '1' score is given, for 'Yes' response '2' score is given and for 'Intensive' response '0' score is given. Scoring pattern shows the more score indicates less Psychological Adjustment of the maladjustment. The low score in the scale indicates good psychological adjustment.

The **Reliability Score** of Psychological Adjustment scale comes to **0.85**, derived by the **split half method**, obtained from the sample of **320 students**. The researcher of the present research has found out the **reliability score as 0.89**, by using **split-half technique** on the sample of **50 students**.

Statistical Analysis

In this study 't' Test was used for statistical analysis of the collected raw data.

Procedure of Research Work

The aim and object of present study is investigated to Locus of Control, Insecurity, Lifestyle and Psychological Adjustment of Joint and Nuclear Family of college students. Data was received according to objects of study from Joint and Nuclear Family of college students. Data was collected from college students after getting permission from relevant principal. Regarding total number of Joint and Nuclear Family of college students, randomly numbers was selected and test was given to them. Data was collected as per the research purpose and the subjects were selected as per the representative of Joint and Nuclear Family of the college students, total number of 600 sample.

RESULT AND DISCUSSION

Locus of Control with reference to Joint and Nuclear Family

The Joint and Nuclear Family is different or not in context to Locus of Control, to discriminate this difference "t" test was applied. The result is presented in table no.1 as below.

Table No.1, Means, SDs and 't' Value of Locus of Control with reference to Joint and Nuclear Family of the College Students. (N = 600)

Joint and Nuclear Family	N	Mean	SD	't' Value
Joint	323	15.21	3.14	0.13 NS
Nuclear	277	15.18	3.07	

NS* = Not Significant

To study about there is significant difference have or not between Joint and Nuclear Family in context to Locus of Control, null hypothesis no.1 was constructed.

H01: There is no difference between the Locus of Control of the Joint and Nuclear family college students.

To investigate difference between Joint and Nuclear family in perspective of Locus of Control, the 't' test was used. The calculated 't' value is 0.13 and the table 't' value is

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1.96 at the level of 0.05. The calculated ‘t’ value is obvious less than the table value, which is define that the difference is not present among them. Also the mean score of Joint Family is 15.21 and Nuclear Family is 15.18 and difference between two is 0.03, it is noticeable less, by this statistics proved that there is no significant difference present. Hence the null hypothesis no.1 is accepted and it is conclude that there is no difference found between the Locus of Control of the Joint and Nuclear family college students.

Insecurity with reference to Joint and Nuclear Family

The effect of Joint and Nuclear Family on Insecurity of the college students was examined. The result statistics are given in table no.2 as below.

Table No.2 Means, SDs and ‘t’ Value of Insecurity with reference to Joint and Nuclear Family of the College Students.(N = 600)

Joint and Nuclear Family	N	Mean	SD	‘t’ Value
Joint	323	112.41	16.26	1.46 NS
Nuclear	277	114.33	15.82	
NS* = Not Significant				

To discriminate the effect of Insecurity on Joint and Nuclear Family, null hypothesis no.2 was framed.

HO2: There is no difference between the Insecurity of the Joint and Nuclear family college students.

To investigate this effect ‘t’ test was analyzed. The table no.2 shows the ‘t’ value and it is 1.46, for that significant level of 0.05 ‘t’ value have 1.96. The calculated ‘t’ value is less than the table value, which is define that the effect of Insecurity on Joint and Nuclear Family is not found. The mean score of Joint Family is 112.41 and Nuclear Family is 114.33 and difference between both is 1.92, which is less. Therefore the null hypothesis no.100 is maintained and it is conclude that there is no significant differences have between the Insecurity of the Joint and Nuclear family of college students.

Raina and Bhan (2013) they were studied on the Joint and Nuclear families adolescents. The result says that the Nuclear families adolescents feel more insecurity than those of Joint family’s adolescents. In my study there is no significant difference found between joint and nuclear family students. So, my result is contradictory with their study. It can be say that the college students more mature then adolescent students, by this reason difference can be seen.

Lifestyle with reference to Joint and Nuclear Family

The Joint and Nuclear Family are effecting to college students Lifestyle or not. To discriminate this effect or difference “t” test was applied. The calculated statistics results are given in table no.3 as below.

Table No.3, Means, SDs and ‘t’ Value of Lifestyle with reference to Joint and Nuclear Family of the College Students.(N = 600)

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Joint and Nuclear Family	N	Mean	SD	't' Value
Joint	323	151.04	16.49	0.63 NS
Nuclear	277	151.96	19.17	
NS* = Not Significant				

To study about there is significant difference have or not between Joint and Nuclear Family in context to Insecurity, null hypothesis no.3 was constructed.

HO3: There is no difference between the Lifestyle of the Joint and Nuclear family college students.

When we see result in table no.3 the calculated 't' value is 0.63 and the table 't' value is 1.96 at the level of 0.05. The calculated 't' value is noticeable less than the table value. Therefore we say that the effect of Joint and Nuclear Family on Lifestyle is not found. In additional for study the effect of Lifestyle on Joint and Nuclear Family, mean score is calculated and the mean score of Joint Family is 151.04 and Nuclear Family is 151.96 and difference between both is 0.92, which is too less. Hence the null hypothesis no.101 is accepted. The statistics declare that there is no significant difference between Insecurity of the Joint and Nuclear Family of the college students.

Psychological Adjustment with reference to Joint and Nuclear Family

The effect of the Joint and Nuclear Family on Psychological Adjustment was examined. The result presented in table no.4 as below.

Table No.4, Means, SDs and 't' Value of Psychological Adjustment with reference to Joint and Nuclear Family of the College Students.(N = 600)

Joint and Nuclear Family	N	Mean	SD	't' Value
Joint	323	137.47	24.04	0.40 NS
Nuclear	277	136.67	24.48	
NS* = Not Significant				

The Joint and Nuclear Family of the college student are different in Psychological Adjustment or not. To check this effect, null hypothesis no.4 was framed.

HO4: There is no difference between the Psychological Adjustment of the Joint and Nuclear family college students.

The calculated 't' value is 0.40 and for that table "t" value is 1.96 at the level of 0.05. The calculated 't' value is evidently less than the table value. This proves that the effect of Joint and Nuclear Family on Psychological Adjustment is not found. The mean score of Joint Family is 137.47 and Nuclear Family is 136.67 and difference between them is 0.80. The interpretation of all this statistics proves that the null hypothesis no.4 is accepted, because there is no significant differences have between Joint and Nuclear Family in context to Psychological Adjustment of the college students.

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CONCLUSION

1. There is no significant difference between Joint and Nuclear Family of college students with reference to Locus of Control.
2. There is no significant difference between Joint and Nuclear Family of college students in context to Insecurity.
3. There is no significant difference between Joint and Nuclear Family of college students with reference to Lifestyle.
4. There is no significant difference between Joint and Nuclear Family of college students regards to Psychological Adjustment.

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Conflict of Interests

The author declared no conflict of interests.

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