



To determine the Locus of Control in young adults.

SUBMITTED BY:

Sunaina Goswami

Registration No- 12007804

Contact details: 8958709411

Mail: nayanagoswami54316@gmail.com

UNDER THE SUPERVISION OF:

Dr. Sanjay Ghosh

UID: 26173

Assistant Professor Psychology

Department of Psychology

School of Social Sciences and Languages

Contact details: 9674056152

Mail id: sanjay.26173@lpu.co.in

Abstract

Locus of control is a mental idea that alludes to how strongly individuals accept they have power over the circumstances and encounters that influence their lives. In training, locus of control commonly alludes to how young adults see the reasons for their scholastic achievement or disappointment in their work.

Young adults with an "internal locus of control" for the most part accept that their prosperity or disappointment is a consequence of the work and difficult work they put resources into their work. Understudies with an "outside

locus of control" for the most part accept that their success or disappointments result from outer components outside their ability to control, like karma, destiny, situation, bad form, inclination, or instructors who are out of line, biased, or incompetent. For instance, students with an interior locus of control may pin horrible scores on their inability to examine, though understudies with an outside locus of control might fault an unjustifiable instructor or test for their uninspired showing.

Locus of control has been found a significant indicator for the young adults in relation with other variables like - Self-esteem (JC Pruessner et. al. 2005), workplace policies (M caliendo et. al., 2020), alcohol consumption (NM Noor, 2006).

So, the purpose of the present study is to determine the Locus of Control in young adults. In this regard, Locus of Control devised by Julian Rotter (1966) has been used. 20 males and 20 females have been taken for the study.

Results indicates that the mean scores of female subjects is higher than the mean score of males subjects in terms of external Locus of Control (male=14.61 and female= 15.45).

The SD scores have shown that (male= 4.06, female=3.37) females have also shown lesser variability in responses compared to male subjects in the study.

t test has not been found significant at 0.05 level which indicates the mean scores are not statistically significant.

Therefore, it may be concluded that female subjects have shown more external locus of control compared to males and both scores are of above average in terms of external locus of control.

Introduction

Locus of control (Rotter, 1966) determines an individual's beliefs about the degree of control that they have over things that happen to them. The more depressed or anxious an individual is, the more external their locus of control inclines to be and a higher external locus of control is linked with more vulnerability to physical illness.

Locus of control is just one sort of control conviction. Other mental develops that are like locus of control are self-efficacy (Bandura, 1977), dominance (Pearlin and Schooler, 1978), and ability (White, 1959). Self-efficacy, or the conviction that one can do a particular conduct in a particular circumstance, is substantially more present of really captivating in that conduct in that circumstance than is an inner locus of control direction (see Self-efficacy and Health). Both authority and ability are more summed up builds than self-efficacy, and they include power over the circumstance and results just as command over conduct. People with a self-efficacy, dominance, or individual skill (and furthermore those with an inner locus of control direction) for the most part have an excellent outlook on themselves (i.e., have high confidence and mental prosperity) and are open to finding out about and participating in new practices. An interior locus of control direction combined with a serious level of self-efficacy, authority, or individual ability is an intense asset for assisting people with adapting to wellbeing related stressors.

TYPES OF LOCOS OF CONTROL

1. Inner Locus of Control:

At the point when an individual accepts that the person can act in order to boost the chance of good results and to limit the chance of awful results he is said to have interior locus of control.

2. External Locus of Control:

An individual who believes luck and destiny plays an important role in their life rather than their deeds, and blames the external forces, or gives command of their life to the external forces are said to have external locus of control.

Individual differences are seen in this regard. Some people are so made up that they always blame some outside force for their failure, while there are others who do not adopt this attitude. In this context Julian Rotter (1975) proposed the dimensions of locus of control.

According to the personality theory of Rotter behaviour occurs as a function of a person's expectancy that the behaviour will result in reinforcement and the value expectancy he or she places on any particular reinforcement.

Presumptions of Locus of Control:

Individuals attempt to expand profoundly esteemed rewards and limit incredibly offensive disciplines. From the learning experience of the youth certain individuals foster an interior conviction framework that by genuineness, difficult work and endeavors and keen comprehension of the circumstance, one can succeed.

Rotter (1966) has fostered a scale which treats locus of control. Thinking about the component of character as visualized by Rotter, it was held that maladjustment ought to be related with one or the other limit of this character measurement. One could be maladjusted by accepting complete powerlessness or absence of obligation or by accepting that he is absolutely in charge of life's occasions.

Sherman et. al., 2007 has mentioned that both males and females are showing more external Locus of Control. JC Pressuner et al 2005, related Locus Of Control with the impact of wellbeing and life fulfillment. The relationship with self-efficacy and Locus Of Control has been narrated by Arvind et al, 2017. Ramiya S et al 2020 mentioned about different types of Locus Of Control. Locus Of Control has been also studied as a mental social learning hypothesis, Kurt et. al., 2012. The present study aims at finding the Locus of Control among young adults.

Methods

The data was obtained with the help of circulating Locus Of Control via google forms and tabulated in excel. Later descriptive statistics (mean, standard deviation and t test) were used.

Objectives

1. To determine the Locus of Control among Young adults aged between and aged between 20-30 years.
2. To find out the comparison between male and female subjects aged between 20-30 years in respect to Locus of Control.

Hypothesis

1. There will be no significant relationship of Locus of Control in respect to young adults aged between 20-30 years.
2. There will be no significant relations in comparison with male and female subject aged between 20-30 years in respect to Locus of Control.

Samples

20 males and 20 female subjects have been taken for present study aged 20-30 age group. They belong to middle socio economic status.

Inclusive Criteria

1. All the subjects have been taken whose age is between 20-30 years.
2. All the subjects belong to middle class socio-economic status.

Exclusive Criteria

1. No subject has been taken who is below 20 or above 30 years of age.
2. No subject has been taken who is below or above middle socio- economic status.

Tools

Locus of Control Scale

Introduced by Julian Rotter in 1954, consists of 29 statements with two options each. The response pattern of this test has two alternatives in respect to internal and external Locus of Control. The scoring pattern accordingly has been made 1 and 0 respectively.

Procedure

For this study 20 males and 20 females of the age group 20-30 of middle socio-economic background were selected. The data was obtained with the help of circulating Locus Of Control via Google forms and tabulated in excel. Later descriptive statistics (mean, standard deviation and t test) were used for scoring. Based on the statistical result discussions were made and conclusions were drawn.

Results and discussion

Table no. 1 Showing distribution of male scores in Locus of Control.

Sno.	Score	Mean	SD
1	17	14.60	4.05
2	17		
3	11		
4	10		
5	17		
6	15		
7	21		
8	13		
9	15		
10	21		
11	10		
12	8		
13	18		
14	19		
15	7		
16	17		
17	10		
18	16		
19	11		
20	13		

Table no. 2 Showing distribution of female scores in Locus of Control

Sno.	Scores	Mean	SD
1	10	15.45	3.36
2	15		
3	18		
4	19		
5	14		
6	14		
7	11		
8	15		
9	18		
10	17		
11	10		
12	16		
3	21		
14	16		
15	9		
16	19		
17	15		
18	20		
19	14		
20	18		

Table no.3 Showing comparison of score between males and females subject in Locus of Control.

Category	Mean	SD	t	P	Remarks
Males	14.60	4.05	0.72	.047	Non significant at 0.05 level
Females	15.45	3.36			

Discussion

From the above results, it has been found that both the groups have shown external locus of control. The mean score of female subjects is higher than the mean scores of male subjects which indicate that among these two, female subjects have shown slightly more external Locus of Control. SD values indicate that males have shown more variability in scores compared to female subjects. t value has found not significant which implies that the difference of mean scores is not statistically significant.

The findings of the present study are in line with the findings of the previous researches (Sherman et. al., 2007). Therefore, it may be said that both the groups have shown external Locus of Control which indicates that they are moved by external factors more in compared to the inner feelings and thoughts.

Conclusion

From the above results, it may be concluded that the subjects have shown external Locus of Control in both the groups. The difference between the scores of male and female subjects has not found statistically significant, which accepts the Null Hypothesis. So, Locus of Control has been determined among the young adults in the present study.

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