



LOCUS OF CONTROL PREDICTION ON RESILIENCE AND WELL-BEING

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ABSTRACT

The study examines the prediction of Locus of control on Resilience and Well-being. In the study, 120 external and 120 internal students were screened out using Rotter Locus of Control from different high schools located in Aizawl, with an age range between 14- 17 years of age having well-matched demographic variables. The Resilience scale and well-being scale were employed to ascertain the psychological function of the samples. The results portray that the external locus of the control group had higher scores on resilience and well-being than the internal locus of the control group, resilience and wellbeing had a significant positive relationship, the locus of control had a significant independent effect on resilience and well-being, and locus of control had a significant prediction on resilience and well-being. It can be interpreted as the personality of an individual is importance for having resilience and well-being.

KEYWORDS : Internal locus of control, external locus of control, resilience, well-being

INTRODUCTION

The term "locus of control" was first used by Rotter (1966), who defined it as "the extent to which people expect that reinforcement or an outcome of their behaviour is contingent upon their behaviour or personal characteristics as opposed to the extent to which people expect that the enforcement or outcome is a function of chance, luck, or fate, is under the control of powerful others."

Resilience is the ability an individual has to encounter and overcome new situations while also assisting them in becoming stronger or more transformed, according to Minello and Scherer (2014) and Yunes & Szymanski (2001). A person's ability to maintain a healthy and positive existence while living in a harmful environment is known as resilience.

Component of Resilience is- a set of psychological and social processes. Pesce et al.,(2004). As our society gets more technologically complex, the quantity of young people facing obstacles and the number of them are both increasing. Every youngster is thought to be better able to handle pressure and stress, deal with issues that crop up frequently, recover from trauma, adversity, and disappointments, set precise, attainable objectives, solve issues, and get along with others if they can develop a resilient attitude. According to Losel et al., (1989), other factors include resilience, adaptation, adjustment, mastery, a good match between the kid and environment, and environmental buffering by significant adults in the child's life.

"Good lives are a prerequisite for psychological well-being," claims Huppert (2009). It comprises of doing well and maintaining a happy mindset. The benefits of a good attitude on the brain may also be mediated by inherited factors, and this could lead to better mental healing, according to Huppert's 2009 review.

In his investigation of locus of control as a factor in subjective well-being, Klonowicz came to the conclusion that a high internal locus of control is associated with more positive affect. In his investigation on the relationship between internal locus of control and subjective well-being, Klonowicz found that a high internal locus of control is associated with more positive affect. These research demonstrate that the link between psychological well-being and internal and external locus of control varies. Researchers Phillips (1980), Reker (1977), Yarnell (1971) found a link between psychological well-being and internal locus of control. Studies like Garber's (1980) showed that participants' reports of decreased stress and depression indices and a high internal locus of control were both indicative of psychological well-being.

According to Yu and Zhang (2007) resilience is the ability to successfully adjust to adversity Zautra et.al; (2010) agree. Yates and Masten (2004) found that many kids were able to get back to their usual psychological well-being after having negative experiences. Studies have amply demonstrated the link between students' locus of control orientation and resilience (Christopher & Kulig, 2000).

Objectives

1. To determine the difference between external locus of control (LOC) and internal locus of control in terms of their levels of resilience and well-being
2. To study the relationship between resilience and well-being
3. To determine the prediction of locus of control on resilience and well-being among the samples.

Hypothesis

1. There will be a significant difference between external locus of control (LOC) and internal locus of control in terms of their levels of resilience, and well-being.
2. There will be a significant positive relationship between resilience and well-being.
3. There will be a significant prediction of Locus of Control on Resilience and well-being among the samples.

Methodology

Sample: 240 High school students (120 boys and 120 girls) from different High Schools of Aizawl District were randomly selected with equal representation of age, types of school (private and government), for the construction of socio-demographic profiles for the present study. Following the assessment of the participants' Locus of Control scores, they were equally divided into two groups: External Locus of Control and Internal Locus of Control and this formed the basis of the sampling units.

Tools Used

1. The Internal-External Locus of Control Scale (Rotter, 1966), is a widely recognized questionnaire comprising 29 self-administered items. It assesses an individual's perception of their control over life events and distinguishes between internal locus of control (belief in personal control) and external locus of control (belief in external forces). Respondents choose the statement that aligns with their beliefs, and higher scores indicate an external centre of control, whereas lower values indicate an internal locus of control. Rotter (1966) reported the scale's robust psychometric properties
2. The Resilience Scale (RS: Wagnild & Young, 1993), which measures the capacity to withstand life stressors, encompasses the five essential components of a purposeful life: purpose, perseverance, self-reliance, tranquility, and existential solitude (i.e., coming back to one's own essence). The RS has good validity (0.81) and reliability (0.91) as confirmed from several studies.
3. The Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) is a frequently employed self-report tool for assessing an individual's overall life satisfaction and well-being. Comprising five statements related to life satisfaction, respondents rate their agreement with each statement. The SWLS gauges subjective well-being and general life satisfaction. Increased scores on the scale are associated with higher levels of life satisfaction and well-being, whereas decreased scores suggest lower life satisfaction. The SWLS is a reliable and valid measure, showing strong discriminant validity from other emotional well-being measures (Pavot & Diener, 1993; Diener et al., 1993).

Design

The study's design was deliberately crafted to encompass two distinct yet interrelated approaches: a between-subjects design and a correlational design. This combination allowed for a comprehensive exploration of the research questions and provided a robust framework for examining both group differences and associations between variables within the study.

Procedures

The study participants were drawn from various schools located in Mizoram. Prior permissions were sought from the relevant authorities, and participants' consent was duly obtained. The scales were administered in strict accordance with the guidelines outlined in the manuals and adhered to the APA code of ethics. Subsequently, the responses were reviewed to identify any missing or incomplete data before being recorded in MS Excel.

RESULTS

The raw data was screened for outliers and missing data. Furthermore, the suitability of the scales used was examined in terms of their applicability to normality, homogeneity, and reliability for the target population. The analyses for skewness and kurtosis indicated that the data met the criteria for normality. Levene's test (Levene, 1960) was employed to assess the homogeneity of variances, and the results showed non-significance for both resilience ($p = 0.35$) and well-being ($p = 0.37$). Moreover, the reliability test established the trustworthiness of the scales, with a reliability coefficient of $\alpha = 0.68$ for resilience and $\alpha = 0.71$ for well-being.

Table-1: Displaying Psychometric Properties Of Test Scales (Resilience And Well-Being) For The Target Population

Groups	Statistics	Resilience	Well-being
External Locus of Control	Mean	108.28	22.93
	SD	4.45	2.41
	Kurtosis	-0.43	-0.80
	Skewness	-0.73	0.41
Internal Locus of Control	Mean	103.49	15.91
	SD	3.50	2.36
	Kurtosis	-0.65	-0.81
	Skewness	-0.39	-0.46

The results indicated that the mean for External Locus of Control group (108.28 for resilience, 22.93 for well-being) was higher than the mean for Internal Locus of Control group (103.49 for resilience, 15.91 for well-being) (Resilience: $t(238) = 9.28, p < .05$; Well-being: $t(238) = -22.77, p < .05$). (Table 2). The results also suggest a positive relationship between resilience and well-being ($r = .79, p < .01$) (Table 3). The predicted values of Locus of Control (R^2) on resilience and well-being were found to be 0.60 and 0.48, respectively, which were both significant at the .01 level (Table 4).

Table2: Significant Difference Between External And Internal Locus Of Control

Independent t-test between External and Internal LoC	Resilience	Well-being
	9.28 ($p < .05$)	-22.77 ($p < .05$)

Table 3: Relationship Between Resilience And Well-Being

Dependent Variables	Resilience	Well-being
Resilience	1	.79**

Table 4: Prediction Of Locus Of Control On Resilience And Well-Being

LOC	Resilience	Well-being
Adjusted R square	.60 ($p < .01$)	.48 ($p < .01$)

DISCUSSION

The current investigation discovered that, as hypothesized, there was a of notable distinction between the internal and exterior loci of control (LOC) in terms of the of their levels of resilience, and well-being. Moreover, there was, indeed, a significant positive relationship between resilience and well-being, and locus of control significantly predicted resilience and well-being among the samples. The results of the analysis show that, clearly, adolescents' psychological wellbeing is impacted by locus of control. Adolescents' internal locus of control inspires them to attain their objectives. Teenagers with strong psychological wellbeing set mastery and performance-oriented goals, whereas those with external loci of control typically prefer performance-avoidance (Gordon, 2007). Adolescents' internal locus of control inspires them to attain their objectives. People that are more resilient frequently have higher self-esteem and confidence in their

skills. It was shown in the study by Seyed Mahmoodie et al. (2011) that happy emotions can significantly improve coping with issues in life. In other words, feeling good makes you more resilient. People that are more resilient frequently have higher self-esteem and confidence in their skills.

Positive correlations between resilience and well-being, life satisfaction, morale, and health have been found (Cloninger & Zohar, 2011), while negative correlations have been found (Wagnild & Young, 1993) and depression. When faced with adversity, those with strong resilience are also perceived as having more optimism, which in turn promotes greater psychological well-being (Rutter, 2006). Furthermore, both clients and professionals should prioritise external locus of control when it comes to psychological well-being and locus of control.

Limitation

The limitation of the study is the sample size may not be big enough to represent the targeted population. Moreover, a more systematic and comprehensive theoretical and empirical examination is required. The finding suggests the need for further exploration.

Significance of the Study: The study signifies the role of Locus of control (external and internal) If a person is resilient enough to cope with problematic issues, he or she will have healthy psychological well-being (Fredrickson, 2004).

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