



EFFECT OF INTERNAL AND EXTERNAL LOCUS OF CONTROL ON BURDEN OF CARE

Psychology

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ABSTRACT

The purpose of our study is to understand the care giving responsibilities of siblings in relation to their internal and external locus of control they adopt. Hence the present study is an effort to study the effect of internal and external locus of control on burden of care among siblings of children with special needs. 60 samples were selected of which 37 were girls and 23 were boys from different locations of Goa. The results revealed a significant difference between Siblings of children with special needs having internal locus of control and external locus of control in their burden of care.

KEYWORDS

Siblings, Locus of control, burden of care

INTRODUCTION:

The birth of a child is a joyous time for the entire family but this joy is not long lasting for those families who receive distressing news about their child's health (Barnett et al., 2003). The term children with special needs refer to those children who require significantly additional education, medical and social support (Erynwick, 2011). Research on family caregivers of mentally ill relatives has historically focused on negative aspects of care giving, often described as caregiver burden (Swaroop et al., 2013).

A person caring for someone with a chronic illness may experience such stressors as financial strain, managing the person's symptoms, dealing with crises, the loss of friends, or the loss of intimacy (Tull, 2008). Predictors of caregiver burden have been explored among caregivers of the elderly population Lou et al., (2015) and Mougias et al., (2014). In the pediatric population, research is more limited. Mothers are most often the caregivers for children. Inappropriate behavior of the child Cadman (2012) and caregiving demands have been identified as predictors of stress Raina et al., (2015). Family circumstances, such as single marital status or the ill child being an only child were also found to predict caregiver burden Sulkers et al., (2015). The majority of studies identified in a recent meta-analysis on parenting stress focused only on predictors related to a single condition, and most studies focused on asthma, diabetes, cancer, or cystic fibrosis Cousino and Hazen (2013).

Doherty (1983) suggests that locus of control can also change in response to very disturbing or disrupting life events. Influence attribution, representing a "chronic way of explaining one's own successes, failure, or other experiences when environmental conditions do not provide any other explanations"(Fiske and Taylor, 1991).

A person's locus of control style influences what type of causal attribution one will make concerning a specific event. (Heider, 1958 and Rotter, 1966). Shapiro, Schwartz and Astin (1996) suggest that one's beliefs about the extent of control they have regarding what happens to them is a core element in their understanding of how they will live in the world. The construct of locus of control have been researched and expanded to help explain behavior across a wide variety of disciplines and environments, including more health and education. (Lefcourt, 1982). Siblings with an internal locus of control tend to take more responsibility for their actions, whether those actions or the end results are good or bad (Singh, 2006).

In view of the above present study is taken up with the following objective and hypothesis:

OBJECTIVE

To study the effect of internal and external locus of control on burden of care among siblings of children with special needs.

HYPOTHESIS

H_{a1}: Siblings of children with special needs with internality locus of

control will be having significantly lower burden of care compared to siblings of children with special needs with externality locus of control

Sample of the study:

In the present study purposive sampling technique is adopted to collect data from the siblings of children with special needs. A total number of 60 samples were selected of which 37 were girls and 23 were boys from different locations such as Shree Gujarati Samaj School for the Deaf and Dumb, Goa, Sanjay center for special education, Goa, Daddy's home school for mentally retarded children, Goa, Institute of Psychiatry and Human Behavior (IPHB), Goa, and the investigators also personally visited various houses in their vicinity and collected data from places such as Varca, Fatorda, Borda, Curtorim, Chandor and Benaulim, Goa.

Instruments Used for Data Collection:

Burden Assessment Schedule (BAS)

by Thara, Padmavati, Kumar and Srinivasan (1998) was used to measure both objective and subjective burden experienced by the primary care givers of chronic mentally ill patients. Burden Assessment Schedule consists of 40 items rated on a 3-point scale, marked 1-3. Criterion validity was established by comparing the new instrument with the family burden schedule (Pai and Kapur, 1981). Correlation between the two instruments was found to be good for most of the items and ranged between .71 and .82.

Rotter's Locus of Control Scale

developed by Rotter (1966) used to assess whether a person has a tendency to think situations and events are under their control or under the control of external influences. Test-retest reliability estimates for Rotter's Locus of Control Scale ranged between 0.49 and 0.83. Correlation with the Marlowe-Crowne Social Desirability Scale ranged between -0.41 and -0.12

Method

In the present study primary data has been collected from 60 siblings of children with special needs. The investigator's personally visited various houses in their vicinity and schools for specially-abled children after obtaining permission for an appointment, and met the teachers of the concerned classes. The purpose and the nature of the visit were made known to them. After completing the test the investigator collected the questionnaire from the sample and thanked them for their participation.

Scrutinizing:

The responses given by each participant are carefully scrutinized for wrong markings, omissions and commissions. And answer sheets, which were complete in all respects, were retained and the rest were rejected.

Data Analysis/Statistic:

The obtained data was analyzed using (SPSS 17th version). t-test is applied to verify H_{a1} and H_{a2} to determine the significance of difference.

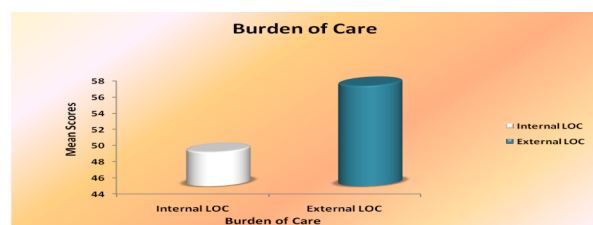
Results and discussions:

Table no 1: Table Showing the Mean Scores, SD's and 't'-Values For Burden of Care among Siblings of Children With Special Needs in relation to their Internal and External Locus of Control.

Variable	Groups				t-value
	Siblings of Children With Internal Locus of Control		Siblings of Children With External Locus of Control		
	Mean	SD	Mean	SD	
Burden of care	48.23	7.77	56.44	5.83	4.62***

*** $p < 0.001$ Very highly significant

Figure 1: Bar Graph Showing The Mean Score Of Burden Of Care For Siblings Of Children With Internal And External Locus Of Control



A glance at table 1 reveals that siblings of children with internality locus of control are below average in burden of care (48.23) compared to siblings with externality locus of control (56.44).

Further, siblings with internality locus of control and externality locus of control differ significantly from each other in their Burden of Care. In other words Burden of care in siblings with externality locus of control are found to be significantly very high ($t=4.62$, $p<0.001$) compared to siblings with internality locus of control.

Siblings with external locus of control showing higher burden of care could be due to the fact that they feel trapped with the responsibilities and they feel insecure about their disabled brother's or sister's future. Early literature on siblings of children with a disability emphasized the struggles and difficulties encountered by the siblings. Some practitioners such as Poznanski (1969), and San Martino and Newman (1974), concluded that a child with a disability always impacted negatively upon the nondisabled sibling and that all non-disabled siblings were at increased risk for psychological and adjustment difficulties.

Siblings with External Locus of Control feel insulted and embarrassed by the unpleasant comments made by the society and therefore exhibit a negative feeling or indifferent attitude. At times they find it difficult or impossible to meet the demands of their disabled brother or sister due to the developmental delays and intellectual disability. This is in line with a study conducted on Burden among Caregivers of Mentally-Ill Patients by Swarrop (2013) who stated that the patient's illness has an Impact on the sibling's relations with others as it leads to disruption of family, and other social relations.

Siblings of special needs children with internality locus of control having lower burden of care could be due to the fact that, the siblings consider it as their responsibility to look after their disabled brother or sister and are of the opinion that adopting a positive approach will help them deal more effectively with life's situations. Past studies have consistently found that locus of control is associated with psychological well-being, but the conclusions were all based upon Rotter's unidimensional definition. Such studies include Garber (1980) who concluded that indicators of good psychological well-being came from participants reporting lower indices of stress and depression, linking it to high internal locus of control. In an interesting divergence theory cross-cultural study, more individualistic cultures were shown to have high subjective well-being, attributing it to high internal locus of control (Stocks, Kurt, and Lynton, 2012). Klonowicz (2001), in trying to measure locus of control as a determinant of well-being made similar conclusions, that high internal locus of control relates to more

positive affect.

Conclusion

Siblings of children with special needs having internal locus of control have shown significantly lower burden of care compared to siblings of children with special needs having external locus of control.

Social Implication

The findings of the study calls for special attention of the researchers to understand the benefits of being internal locus of control to help sibling of children with special needs as well as others to balance their life. The results of the study also indicated the need for proper and timely counseling for the sibling of children with special needs with external locus of control to balance their burden.

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