



**ORIGINAL RESEARCH PAPER**

**Psychology**

**RELATIONSHIP BETWEEN SELF-ESTEEM AND LOCUS OF CONTROL AMONG ADOLESCENTS**

**KEY WORDS:** : Self Esteem, Locus Of Control, Adolescents, Relationship.

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**ABSTRACT**

Self- esteem reflects a person’s overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude towards the self. Locus of control is an individual’s perceptions about the underlying main causes of events in his/her life. Objective of the study was to understand the relationship between self-esteem and locus of control among adolescents. The sample of the study involved 60 participants from different reputed institutions in Kozhikode district, Kerala. Self esteem inventory and locus of control scale were used to obtain data. Statistical technique used was correlation. Present study revealed that there is no significant relationship between self-esteem and locus of control among adolescents.

**INTRODUCTION**

Our society has been experiencing dramatic changes in every facet of life and development (terms of politics, economic, psychological and social). These changes has bought some stressful situation that affect people especially the adolescence, it has been described as a phase of life beginning and ending in society (Peterson,1998).For them this period is a dramatic challenge, one require adjustment in the self, in the family and in the peer group. Based on their life situation and personality type they may have high or low self-esteem and internal or external locus of control. In the development of self-esteem family and peer group have an important role. It is important to have a self-esteem that we naturally try to gain and maintain. When people have high self-esteem they are successful in creating positive live.

Adolescence is a time of change for individuals, as they deal with physical, cognitive and social changes that occur during this development period (Harter, 1985). Adolescence can be considered as the period of developmental transition between childhood and adulthood involving multiple physical, intellectual, personality and social developmental changes that requires special attention and protection. The onset of puberty signals the beginning of adolescence.

Self- esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude towards the self. Self- esteem composes beliefs about oneself as well as triumph, despair, pride and shame. Self includes the individual's self- perception, his perceptions related to relationship with the other individuals and the value given to this perception as a whole. Self- esteem expresses personal and holistic emotions of self- value, self- reliance or self- acceptance. Self-esteem is the way individuals think and feel about themselves and how well they do things that are important to themselves.

Abraham Maslow states that psychological health is not possible unless the essential core of the person is fundamentally accepted by his/herself. Self-esteem allows people to face life with more confidence, benevolence and optimism and thus easily reach their goals and self-actualize. Self-esteem may make people convinced that they deserve happiness.

For Erik Fromm, love of others and love of us are not alternatives, on the contrary, an attitude of love towards themselves will be found in all those who are capable of loving others. Jose Vincent Bonnet claims that the importance of self-esteem is obvious as a lack of self-esteem is not a loss of esteem from others but self-rejection and this corresponds to major depressive disorder. The American psychologist Albert Ellis critiqued the philosophy of self-esteem as unrealistic, illogical and socially destructive often doing more harm than good.

According to Harter two factors play an important role in development and the maintenance of self-esteem in children and adolescents

1. Perceived competence in areas of importance
2. The experience of social support

Domains of perceived competence not only have a direct impact on self-esteem, but also influence approval and support of parents and peers.

In personality psychology “ Locus of control” is the degree to which people believe that they have control over the outcome of events in their lives, as opposed to external forces beyond their control. Understanding the concept developed by Julian B Rotter (1954), and has since become an aspect of personality studies. A person “loci” are conceptualized as internal or external. The word ‘control’ becomes more interesting when it contain the word “locus” before it. Locus is defined as the position, point or place or more specifically a location where something occurs. It can be internal or external.” Control” can be defined as the power to determine outcomes by directly influencing actions, people and events. People who base their success or failure on their own work and belief will control their life, tend to have an internal locus of control and those people who base their success or failure to outside influences tend to have an external locus of control. Individuals with a strong internal locus of control believe events in their life derive primarily from their own actions: for example receiving exam results, people with internal locus of control praise or blame external factors like teachers .They tend to make more responsibility for their actions, whether those actions or the end results are good or bad. They don't accept the outside influences for the outcomes, no matter whatever it is.

Locus of control is the framework of Rotter's social learning theory of personality. Locus of control was developed by Julian Rotter, who devised the internal-external locus of control scale (I-E) to assess the dimensions of personality. It was held that maladjustment should be associated with either extreme of personality dimension. One could be maladjusted by assuming total helplessness or lack of responsibility or believing that he is totally in control of life's events. Locus of control is one of the four dimensions of the core self-evaluations-ones fundamental appraisal of oneself –along with neuroticism, self-efficacy and self-esteem.

A study was conducted by Maryam saadt, et al (1999) from university of al-Zahra Iran. This study aims to study relationship between self-esteem and locus of control of university students. According to the result obtained from a study on 370 students, all self-esteem components have a positive and meaningful relationship with internal locus of control and all grades of self-esteem components can be predicted by internal locus of control.

**OBJECTIVES**

- To understand the relationship between self-esteem and locus of control among adolescents.

**HYPOTHESIS**

- There is no significant relationship between self-esteem and locus of control among adolescents.

**METHOD**

**PARTICIPANTS**

The sample of the study involved 60 participants from different reputed institutions in Kozhikode district, Kerala. This study contained 60 participants in which 30 were boys and 30 were girls.

**MEASURES USED**

1. Self-esteem rating scale: This inventory was developed by Immanuel Thomas and Dr. H. Sam Sananda Raj in 1985. A self-esteem inventory was developed by making use of the direct self-report method. It is a 20 item instrument that provides a clinical measure on self-esteem.
2. Rotter's internal-external scale: J. B. Rotter's internal-External locus of control scale (1959) is a measure of personal belief. It consisted of 29 items. Locus of control was administered to assess the locus of control of football, basketball and hockey players.

**STATISTICAL TECHNIQUE USED**

This study analyzed by using Pearson's Product moment correlation.

**RESULTS AND DISCUSSION**

To know how the variable self esteem is related to locus of control of the subjects, Pearson product moment correlation was calculated and the results are presented in table 1.

**HYPOTHESIS :** There is no significant relation between self-esteem and locus of control.

**TABLE 1**

**Correlation between self-esteem and locus of control**

	Self-esteem	Locus of control
Self-esteem Pearson correlation	1	-0.128
Sig. (2-tailed)		0.329
N	60	60
Locus of control Pearson correlation	-0.128	1
Sig. (2 tailed)	0.329	
N	60	60

When analysing the table, we can see that the correlation between self-esteem and locus of control is -0,128 which is close to zero in the number line indicating that there is a low negative correlation between self-esteem and locus of control and the corresponding two-tailed significance is 0.329 which is greater than 0.05 (p value>0.05). Therefore we accept the null hypothesis that there is no significant relationship between self-esteem and locus of control among adolescents.

**MAJOR FINDINGS**

- There is no correlation between self-esteem and locus of control.
- Majority of adolescents shows high self-esteem and internal locus of control
- Self-esteem has no influence on locus of control and vice versa.

**CONCLUSION**

Our society has been experiencing dramatic changes in every facet of life and development (terms of politics, economic, psychological and social). These changes have brought some stressful situation that affect people especially the adolescence, it has been described as a phase of life beginning and ending in society. Self-esteem is a judgment of oneself as well as an attitude towards the self. Locus of control is an individual's perceptions about the underlying main causes of events in his/her life. The result of correlation among the components of self-esteem and locus of control were negatively correlated.

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