

Locus of Control, Subjective Well-being and Self Efficacy among College Students



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Abstract

Subjective well-being is defined as a person's cognitive and affective evaluation of his life. Among different psychological correlates of subjective well-being, the present study focuses upon the locus of control and self-efficacy. The objective of the study is to find out the relationship between Subjective well-being and Locus of Control and Self-Efficacy among College students. The tools used for the purpose are **Satisfaction with Life Scale (SWLS)** by Diner (1985) was used to assess subjective well-being, The **Self efficacy Scale** by Schwarzer and Jerusalem (1993) was used to assess self efficacy and The **Levenson's scale for Locus of Control** by Vohra (1992) was used to assess locus of control. Purposive sampling has been used to choose the sample of the study. A total sample of 60 girls was taken from a well-established college of Jaipur city- ICG belonging to the age group 19 – 23 years. The data was analyzed using Pearson's Product Moment Correlation. The hypothesis of the study was that Subjective well-being will be found significantly correlated with Locus of Control (Powerful others, Chance control and Individual control) and Subjective well-being will be found significantly correlated with Self- Efficacy among college students. The result of the study reveals that Subjective well-being is found to be positively correlated with Self- efficacy (.219), powerful others (.019), Chance control (.037), and significantly correlated with Individual control at 0.05 level.

Keywords: Locus of Control, Self-Efficacy, Subjective Well-Being

Introduction

Subjective Well-Being

SWB refers to how people experience the quality of their lives and includes both emotional reactions and cognitive judgments. Psychologists have defined happiness as a combination of life satisfaction and the relative frequency of positive and negative affect. Subjective well-being therefore encompasses moods and emotions as well as evaluations of one's satisfaction with general and specific areas of one's life. Concepts encompassed by Subjective well-being include positive and negative affect, happiness, and satisfaction. Positive is particularly concerned with the study of Subjective well-being. Subjective well-being ends to be stable over time and is strongly related to personality. There is evidence that health and Subjective well-being may mutually influence each other, as good health tends to be associated with greater happiness, and a number of studies have found that positive emotions and optimism can have a beneficial influence on health.

Life satisfaction (global judgments of one's life) and satisfaction with specific life domains are considered cognitive components of SWB. The term "happiness" defined variously as "satisfaction of desires and goals", as a "preponderance of positive over negative affect", and as a "consistent, optimistic mood state" and may imply an affective evaluation of one's life as a whole. Life satisfaction can also be known as the "stable" component in one's life. Subjective well-being is defined as the individual's current evaluation of his happiness and satisfaction with life.

Locus of Control

Locus of control is a theory in personality psychology referring to the extent to which individuals believe that they can control events that affect them. Understanding of the concept was developed by Julian B. Rotter in 1954, and has since become an aspect of personality studies. A person's "locus" (Latin for "place" or "location") is conceptualized as either internal (the person believes they can control their life) or external

(meaning they believe that their decisions and life are controlled by environmental factors which they cannot influence).

Individuals with a high internal locus of control believe that events in their life derive primarily from their own actions; for example, if a person with an internal locus of control does not perform as well as they wanted to on a test, they would blame it on lack of preparedness on their part. If they performed well on a test, they would attribute this to ability to study. The importance of locus of control as a topic in psychology is likely to remain quite central for many years.

Locus of control refers to whether or not individuals believe that the events of their lives are related to their own behavior. It means the effects of reward or reinforcement on preceding behavior depend in part on whether the person perceives the reward as contingent on his own behavior or independent of it" (Rotter, 1966).

An individual who believes that an outcome or reinforcement is a function of fate or chance, under the control of others, or unpredictable may be described as having an external locus of control. The person who expects an outcome or reinforcement to be contingent upon his or her own behavior may be described as embodying an internal locus of control.

Self- Efficacy

Self- efficacy is the measure of one's own competence to complete tasks and reach goals. Self- efficacy affects every area of human endeavor, by determining the beliefs a person holds regarding his or her power to affect situations, thus strongly influencing both the power a person actually has to face challenges competently and the choices a person is most likely to make.

Self-efficacy is distinct both from efficacy and from self-esteem, confidence, and self-concept. Understanding how to foster the development of self-efficacy is important for policymakers, educators, and others in leadership positions, and to anyone seeking to build a happier, more productive life.

Conversely, people with low self-efficacy may believe that things are tougher than they really are, a belief that fosters stress, depression, and a narrow vision of how best to solve a problem.

Self efficacy refers to the individuals' belief in his capabilities to extend control over different aspects of their life. The concept of self efficacy has been studied in two perspectives- 1) specific self efficacy (Bandura, 1971) and, 2) General self efficacy (Sherer et.al. 1982). For Bandura, self efficacy refers to the confidence in one's ability to behave in such a way as to produce a desirable outcome. He conceived self efficacy as situation specific, not a global concept generalizing between domains (Bandura, 1977).

People with a Strong Sense of Self-Efficacy

1. View challenging problems as tasks to be mastered
2. Develop deeper interest in the activities in which they participate
3. Form a stronger sense of commitment to their interests and activities
4. Recover quickly from setbacks and disappointments.

People with a Weak Sense of Self-Efficacy

1. Avoid challenging tasks
2. Believe that difficult tasks and situations are beyond their capabilities
3. Focus on personal failings and negative outcomes
4. Quickly lose confidence in personal abilities

Review of Literature

Subjective well- being and Locus of control

Stocks A., April K., Lynton N. (2012) conducted a study on one hundred and eleven professionals across Southern Africa and China and the hypothesis that the different regions would yield different locus of control and subjective well-being profiles was supported, with different demographic variables affecting each region differently.

Karatas Z. & Tagay O. (October 12, 2012) conducted a study on Self Esteem, Locus of Control and Multidimensional Perfectionism as the Predictors of Subjective Well Being and found that subjective well-being exhibits a positive relationship with self-esteem, and a negative relationship with locus of control and perfectionism. In addition, it was observed that the variables of self-esteem, locus of control and multi-dimensional perfectionism predicted the level of subjective well-being.

Sayon (2000) stated that internal controlled individuals are creative, more effective in reaching their goals, more successful in terms of academically and interpersonal relations. Pannells and Claxton (2008) indicate that individuals who have the locus of internal control has high scores in different events that go to the happiness, that is to say that there can be a relation between being internal controlled and happiness.

Kirkpatrick, M.A., Stant, K., & Downes, S. (2008). Perceived locus of control and academic performance: broadening the construct's applicability. *Journal of College Student Development*, Vol. 49 (5), 486-496. Data was collected and it was determined that students with an internal locus of control performed significantly better than those with an external locus of control.

Subjective well- being and Self- Efficacy

Yuehna and Shanggui (2004) conducted a study and found out that general self efficacy and subjective well being to be positively correlated among chinese college students.

Carpara et al (2005) report self efficacy to be linked to satisfaction with family life. Subjective well being is also found to fosters good outcomes in many domains of life, e.g. in work life, relationships and mental health.

Strobel M, Tumasjan A, Spörrle M (2011) conducted a study on self-efficacy as a mediator between personality factors and subjective well-being. The results demonstrate the mediating role of self-efficacy in linking personality factors and SWB. Consistent with our expectations, the influence of neuroticism, extraversion, openness, and conscientiousness on life satisfaction was mediated by self-efficacy.

Objective

1. To study the relationship between Subjective well-being and Locus of Control among College Students.
2. To study the relationship between Subjective well-being and Self-Efficacy among College students.

Hypothesis

1. Subjective well-being will be found significantly correlated with Locus of Control (Internal LOC, External LOC and Chance control) among college students.
2. Subjective well-being will be found significantly correlated with Self- Efficacy among college students

Sample

Sample was drawn using purposive sampling method. A total sample of 60 girls was taken from a well-established college of Jaipur city- ICG.

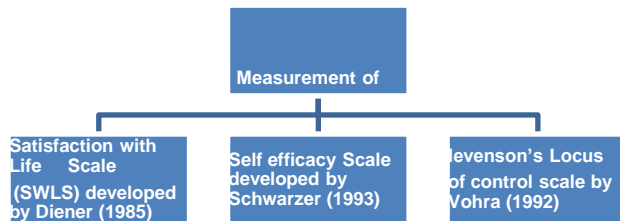
Criteria of Inclusion and Exclusion

1. Age range – 19- 23 yrs.
2. Only unmarried girls.

Research Design

N=60

Correlational Design Unmarried College Girls



Order of Administration was Random

Tools

1. Satisfaction with Life Scale (SWLS) by Diener 1985
2. Generalized self – efficacy scale by Schwarzer and Jerusalem, 1993
3. The Levenson's scale for Locus of control by Vohra 1992

Procedure

The scales and tests were distributed individually to the college girls of age group of 19- 23 years from the Jaipur city. Rapport was established with the participants and was assured that the results would be kept confidential. The participants were asked to read the instructions written on the scales. All the scales used in this research were administered one by one in a random order. It was carefully seen that the participants completed all the items of all the scales. For the current study, the **Satisfaction with Life Scale (SWLS)** by Diener, (1985) was used to assess subjective well-being, The **Self efficacy Scale** by Schwarzer and Jerusalem (1993) was used to assess self efficacy and The **Levenson's scale for Locus of Control** by Vohra (1992) were used.

Statistics

Pearson's Product Moment Correlation was used for statistical analysis

Analysis of Result

Table 1: List of Abbreviations

S. No.	Name of the variable	Abbreviation
1.	Subjective well-being	SWB
2.	Self- efficacy	SE
3.	Locus of control	LOC
4.	Powerful others	PO
5.	Chance control	CC
6.	Individual control	IC

Table 2: showing Mean and Std Deviation of SWB, SE, PO, CC, IC.

	N	Mean	Std. Deviation
SWB	60	24.23	5.92
SE	60	30.11	4.53
PO	60	23.13	4.59
CC	60	23.83	4.73
IC	60	30.23	4.06

Table 3: Showing Correlations between SWB and SE , SWB and LOC (PO,CC, IC)

	SWB
SE	.219
PO	.019
CC	.037
IC	.308*

*. Correlation is significant at the 0.05 level

SWB is found to be positively correlated with SE (.219), PO (.019), CC (.037) and significantly correlated with IC (.308).

Discussion

The field of subjective well being comprises the scientific analysis of how people evaluate their lives both at the moment and for longer period such as for the past year. These evaluations include people's emotional reaction to events, their mood and judgment they form about their life satisfaction, fulfillment and satisfaction with domain such as marriage and work (Diener, Oshi & Lucas, 2003).

A locus of control is a person's belief about how much power one has over the events in one's life. An internal locus of control is the belief that the course of one's life is largely up to oneself. Those with an external locus of control regard the events in their lives as occurring regardless of their own efforts. People who have an internal locus of control tend to be less influenced by others, more politically active, and more motivated to achieve. Many researchers believe an internal locus of control is more healthful than an external one.

According to theory and research (Bandura, 1995), self-efficacy makes a difference in how people feel, think and act. In terms of feeling, a low sense of self-efficacy is associated with depression, anxiety, and helplessness. Such individuals also have low self-esteem and harbor pessimistic thoughts about their accomplishments and personal development. In terms of thinking, a strong sense of competence facilitates cognitive processes and performance in a variety of settings, including quality of decision-making and academic achievement. The major purpose of the study was to investigate the relationship between Subjective well-being and locus of control and

Subjective well-being and self- efficacy among college girls.

It was hypothesized that Subjective well-being will be found significantly correlated with Locus of Control (Internal LOC, External LOC and Chance control) and Subjective well-being will be found significantly correlated with Self- Efficacy among college girls.

The results from previous studies support our result. Consistent with previous findings in the literature Subjective well- being is found to be positively correlated with Self- efficacy, Powerful others (PO), Chance control (CC) and significantly correlated with Individual control (IC) at 0.05 level.

The result related to subjective well- being and locus of control shows that subjective well being is positively correlated with Powerful others (.019), Chance control (.037) and significantly correlated with Individual control (IC) at 0.05 level. Similar findings were obtained by Kulshreath and Sen (2006) , who obtained that people with internal locus of control are significantly high on subjective well being than people with external locus of control. The reason behind such relationship is probably the fact that the internals locus of control is generally found to be related with positive feelings. There are empirical evidences suggesting that people with internal locus of control have greater will power, confidence, self esteem and have greater ego and super ego strength; people with external locus of control on the other hand tend to be low achievers, more frustrated, more anxious, neurotic and more conservative in their attitudes (Pal, 1991; Shukla and kothary, 1990; William and Stout, 1985).

The present research reveals that people with internal locus of control show positive relation with well being. High internally people have better control of their behavior, more active in seeking information and knowledge concerning their situation than do externals. Externals are less willing to take risks, to work on self-improvement and to better themselves through remedial work than internals. Internals derive greater benefits from social supports. Internals make better mental health recovery in the long-term adjustment to physical disability than external.

The result related to subjective well- being and self efficacy shows that there is a positive correlation between subjective well being and self efficacy (.219). Similar findings were obtained by Yuehna and Shanggui (2004) , who observed general self efficacy and subjective well- being to be positively correlated among Chinese college students. Carpara et al. (2005) report self efficacy to be linked to satisfaction with family life. Subjective well- being is also found to fosters good outcomes in many domains of life, e.g. in work life relationships and health. Since self efficacy is associated with a person's confidence in producing desired effects, it could easily be conceptualized as leading to positive feelings and psychological well- being. This is so, as the subjective well being is an important determinant of the level of motivation, course of action and emotional arousal. There are evidences suggesting that the way we approach to our goals influence our subjective well

being (Carter and Sanderson 1991; Scheier and Carver 1993).

The present research has continued to confirm the relationship of subjective well- being & self efficacy and depicts that people with high self efficacy report better well being. They are more confident, assertive, have high aspirations and strong commitment to the goals they choose to pursue. High self efficacious people manage & cope with their threat experience than inefficacious people who distress themselves and impair their level of functioning in stressful situations. Individuals with stronger general self-efficacy reported higher level of subjective well being (Tong, Song, Shanggui, 2004). Self-efficacy beliefs to manage positive and negative emotions and interpersonal relationships contribute to promote positive expectations about the future, to maintain a high self concept, to perceive a sense of satisfaction for the life and to experience more positive emotions. (Vittorio & Steca, 2006).

Conclusion

The objective of the present study was designed to investigate the relationship between Subjective well-being and locus of control and Subjective well-being and self- efficacy among college girls. A sample of 60 college girls has been taken under study. A detailed comparison has been done with the help of statistical analysis.

The recent literature on subjective well being shows that internal locus of control and high level of general self efficacy are associated with high scores on subjective well being. This implies that a shift in locus of control towards internal dimension and an improvement in the level of general self efficacy can enhance the subjective well being (Dave R., Tripathi, Singh P., Udainiya R. 2010)

The result of the study indicates that there is positive correlation between subjective well being and self efficacy (.219) which means that people who are high on subjective well being are also high on self efficacy. Subjective well being is significantly correlated with internal locus of control (individual control at .308) people who are high on internal locus of control are also high on subjective well being.

The present research reveals the role of positive attribute in maintaining the well being among youth. Having the positive perception towards the self, situation, and possible outcome is meaningfully linked with the psychological well being of the students. Future researches are required to further strengthen and generalize the findings and also to find out the role of mediating variables.

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