



Psychological Well-being, Locus of Control and Self-Efficacy of Youth

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Abstract : Youth play a fundamental role in the prosperity, welfare and upliftment of any nation. Thus, the overall contribution of youth is really vital. The Psychological Well-being, Locus of Control and Self Efficacy of youth matter enormously to be at full service of the society, nation and the world. So youth should have a healthy body and mind. The objective of the present research was to find out the Psychological well-being, Locus of control and self efficacy among youth. Six hypotheses were formulated- (1) Psychological Well-being and Internal Locus of Control of youth would be positively correlated.(2)There would be a positive correlation between Psychological Well-being and

Self-efficacy. (3)Internal Locus of Control and Self-efficacy would be positively correlated.(4)There would be significant gender difference in terms of Psychological well-being of youth. (5) There would be significant gender difference in internal locus of control of youth. (6) There would be significant gender difference in self-efficacy of youth. A sample of 100 youth (50 boys and 50 girls) was selected through Incidental-cum-Purposive Sampling method. The data was collected from St. Xavier's College of Management and Technology and Birla Institute of Technology. Psychological Well-being Scale, Locus of Control Scale and Self efficacy Scale were used for data collection. The Mean, SD, t-ratio and the coefficient of correlation were computed for result interpretation. The obtained results revealed that: There was positive correlation between Psychological Well-being and Internal Locus of Control. The obtained 'r' value was 0.33, which was significant at both levels. There was positive correlation between Psychological Well-being and Self-efficacy. It was significant at both levels, this showed that higher the Psychological Well-being, better the Self-Efficacy. The obtained 'r' value is 0.316. Internal Locus of Control and Self-Efficacy was not positively correlated. The obtained 'r' value was 0.03 which was not significant at both levels. No significant gender difference was found in Psychological Well-being and Self-efficacy of youth. The obtained t- value was 1.23 and 0.06, respectively. Significant gender difference was found in internal locus of control of youth. The obtained t- value is 2.41, which showed that it was significant at 0.05 level.

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Introduction:

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a state of balance affected by both challenging and rewarding life events (Jain, 2000). Psychological well-being is a very subjective term but in all the research that has been carried out, the term is used throughout the health industry as kind of a 'catch-all phrase' meaning contentment, satisfaction with all elements of life, self-actualization (a feeling of having achieved something in one's life), peace and happiness (Synder et.al (2011).

Locus of control is the extent to which people believe they have power over events in their lives. In the words of Rotter (1966) "people who assume that their own actions and decisions directly affect the consequences they experience, are said to be internal in locus of control." A person with an **internal locus of control** believes that he or she can influence events and their outcomes, while someone with an **external locus of control** blames outside forces for everything.

Self-efficacy is the belief one has in his own abilities, specifically the ability to meet challenges ahead and complete a task successfully. Learners who possess high level of self-efficacy are not intimidated and challenged by complex assignments and projects, which they see as an opportunity for growth and mastery rather than threats to be avoided. They heighten and sustain their efforts in the face of failure (Bandura, 1997).

Self-efficacy affects every aspect of human endeavour. It holds inordinate power over the life of human beings as it strongly impacts the well-being of individuals throughout lifetime. A strong sense of efficacy enhances human accomplishment and personal well-being in many ways (Baron, 2005).

Purpose:

1. To explore the relationship between Psychological Well-being and Locus of Control.
2. To investigate the relationship between Self-Efficacy and Locus of Control.
3. To prospect the relationship between Psychological Well-being and Self-Efficacy.

4. To study gender difference in terms of Psychological Well-being, Locus of Control and Self-Efficacy.

Hypotheses:

1. Psychological Well-being and Internal Locus of Control of youth would be positively correlated.
2. There would be a positive correlation between Psychological Well-being and Self-efficacy.
3. Internal Locus of Control and Self-efficacy would be positively correlated.
4. There would be significant gender difference in psychological well-being of youth.
5. There would be significant gender difference in internal locus of Control of youth.
6. There would be significant gender difference in self-efficacy of youth.

Method of the Study:

Sample: 100 youth (50 boys and 50 girls) from different colleges of Patna, age ranging from 18-21 years served as sample in the present study. The sample was selected by incidental-cum-purposive sampling method.

Research tools: The following research tools were used for data collection:

1. Psychological Well-Being Scale developed by Sisodia and Choudhary (2012).
2. Locus of Control Scale developed by Nongtadu and Bhutia (2018).
3. Self-Efficacy Scale developed by Singh and Narain (2014).

Psychological Well-being Scale consists of 50 items and can be administered on any age group. Locus of control Scale consists of 40 items and is available for college/university going students. Self efficacy Scale can be conducted on an age group of 12+.

Procedure of Data Collection: The data was collected within a week. The tests were administered during regular class hours. The data was collected from St. Xavier College of Management and Technology and Birla Institute of Technology.

Results and Interpretation: The mean, SD, t-ratio, Co-efficient of correlation were computed and graphic representation was also done for analysis of data.

Hypothesis No. 1. Psychological well-being and internal locus of control of youth would be positively correlated.

Table No. 1.

Coefficient of Correlation between Psychological Well-Being and Internal Locus of Control scores in youth

Variables	Scores	N	r	df	Level of Significance
Psychological Well-Being	17414	100	0.335	98	p < 0.01**
Internal Locus of Control	7778	100			

**Significant at 0.01 level (0.260)

From the Table that has been mentioned above (Table no.1), it can be seen that the coefficient of correlation between psychological well-being and internal locus of control is 0.335. This obtained value of 'r' shows moderate degree of correlation and is significant at 0.01 level of significance. The results drawn from the above table show positive correlation between Psychological Well-being and Internal Locus of Control of youth.

In support of it, Stocks. (2012), conducted a study on "Locus of control and subjective well-being A cross cultural study" concluded that higher well-being is positively related to internal locus of control as higher well-being is attributed to higher internal locus of control. Without disputing Stock's conclusion, it still remains that the results cannot fully explain well-being with the exclusion of the external locus of control. Therefore, it supports the present finding.

Hypothesis No-2 : There would be a positive correlation between Psychological Well-being and Self-efficacy.

Table No. 2

Coefficient of Correlation between Psychological Well-Being and Self-Efficacy scores in youth

Variables	Scores	N	r	df	Level of Significance
Psychological Well-Being	17414	100	0.316	98	p < 0.01**
Self-Efficacy	7724	100			

**Significant at 0.01 level (0.260)

Table No.2 portrays the coefficient of correlation between the scores of psychological well-being and self-efficacy of youth. The obtained 'r' value is 0.316, depicts moderate degree of correlation which is significant at 0.01 level of significance. The result Table that has been mentioned above recounts that psychological well-being and self-efficacy is positively correlated.

In line with the present findings, Moeini., (2008) conducted a study on "Perceived Self-Efficacy and its relations to Psychological Well-being status in Iranian Male High School Students." Sample consisted of 148 male adolescents from midtown high school in Tehran who studied in 12 grade. A significant positive relationship was found between self-efficacy and Psychological Well-being among these students.

Hypothesis No. 3. Internal locus of control and self- efficacy would be positively correlated.

Table No. 3

Coefficient of Correlation between Internal Locus of Control and Self-Efficacy scores in youth

Variables	Scores	N	r	df	Level of Significance
Internal Locus of Control	7778	100	0.003	98	p > 0.05*
Self-Efficacy	7724	100			

*Not Significant at .05 level (0.200)

Table No.3 shows the co-efficient of correlation between the scores of internal Locus of Control and Self-Efficacy. The obtained 'r' value is 0.003, which falls below +/- .10 to .25. It is almost 0 correlation which means complete independence or no correlation. In other words, it can be said that there is no significant relationship between the two variables

In contrast to the findings, the studies have shown the positive correlation between the internal locus of control and self-efficacy of youth. In the study conducted by Phillips et.al., (1997) the results showed positive correlation between internal locus of control and self-efficacy. The findings of the present study do not support the framed hypothesis. There is a possibility that the respondents were not able to respond to the questionnaires wholeheartedly due to influence of external variables, such as, high temperature, fatigue and boredom.

Thus the hypothesis that “The Internal Locus of Control and Self-Efficacy would be positively correlated” has not been proved.

To support the present findings, Moeini (2008) conducted a study on “Perceived Self-Efficacy and its relation to Psychological Well-being status in Iranian Male High School Students.” The Sample consisted of 148 male adolescents from midtown high school in Tehran who studied in 12 grade. A significant positive relationship was found between Self-Efficacy and Psychological Well-being among these students.

Hypothesis No. 4. There would be a significant gender difference in psychological well-being of youth.

Table No. 4

Mean, SD and t-value of Psychological Well-Being scores of youth

Variable	Gender	N	Mean	SD	t-ratio	Level of Significance
Psychological Well-Being	Male	50	179.34	49.31	1.23	p > 0.05*
	Female	50	168.94	33.59		

*Not Significant at 0.05 level (0.1.987)

Table No. 4 presents the Mean, SD and t-ratio of psychological well-being of scores of youth. The mean of Male is 179.34 and of Female is 168.94, Standard Deviation is 49.31 and 33.59 respectively. Critical Value is 1.23 which is not significant at 0.005 level. During the period of youth, gender comes up as an important factor in the intensity and types of emotional and psychological problems faced and very specifically where the psychological well-being is concerned. Even though in the present study, significant gender difference is not found in the psychological well-being, the obtained result shows that males have better Psychological Well-being than females (youth). However it can be concluded that male and female (youth) enjoy an equal amount of Psychological Well-being. Therefore, the hypothesis, “There would be significant gender difference in psychological well-being of youth” has not been proved. In aid of the present finding, Kantariya, Ashok. (2017) conducted a study on “Impact of Gender on Psychological Well-Being among Post-Graduate Students.” The random sampling method was used in this study with a sample that consisted of 60 post-

graduate students from various departments of Saurashtra University. The findings of this study showed that there was no significant difference in psychological well-being among male and female students. Thus the result of hypothesis no. 4 is supported by the result of the study of Kantariya Ashok.

In contrast to the present findings, Akhter. (2015) conducted a study on “Psychological Well-Being in Students of Gender Difference” on the sample of 100 students (50 male and 50 female) from the Jamshedpur city. The value of ‘t’ was 5.68 which is significant at 0.01. There was significant gender difference in psychological well-being of students. It means male and female students are different in terms of psychological well-being.

The same is presented graphically.

Graphical representation of Mean, SD and t-Value of Male and Female (youth) on Psychological Well-being Scores

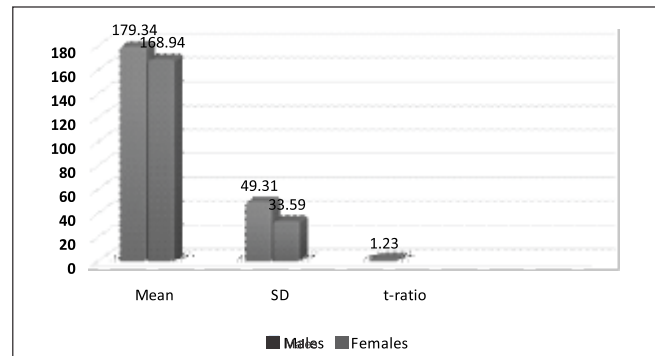


Fig. 1.

Hypothesis No. 5. There would be significant gender difference in internal locus of control of youth.

Table No. 5

Mean, SD and t-value of Internal Locus of Control scores of youth

Variable	Gender	N	Mean	SD	t-ratio	Level of Significance
Internal Locus of Control	Male	50	76.3	9.80	2.41	p < 0.05**
	Female	50	77.6	14.15		

**Significant at 0.05 level (1.987)

Table No. 5 provides Mean, SD and t-value of male and female (youth) of Internal Locus of Control. The obtained Mean value for male is 76.3 and for female is 77.6. The difference between the Mean value of male and female is 1.3.

The standard deviation of male and female is 9.80 and 14.15, respectively while there is variation in the response of the respondents. However, the standard deviation of males and females are less as compared to their mean, indicating less variation in responses.

The critical value between the Mean of male and female is 2.41 (df=98), which is significant at 0.05 level of significance. The table value at 0.05 level is 1.98. The **t value** shows that there is significant gender difference in internal locus of control of youth. Besides it can be said that female youth is better in comparison to male youth where Internal Locus of control is concerned. Hence, the hypothesis, "There would be significant gender difference in Internal Locus of Control of Youth" has been proved.

In line with the present findings, Zaidi; Mohsin.(2017) conducted a study on "Locus of control in Graduation students." The sample consisted of 200 individuals from different academic institutes of Faisalabad division Punjab, Pakistan. The findings of this study concluded that men have internal locus of control and women scored high in external locus of control. So, the gender difference is significant on locus of control.

Additionally, Sherman; Higgs; Williams. (2007) investigated "Gender differences in the locus of control construct". The findings of the study concluded that there are gender differences in perceptions of control across behavioural domains. Factor analysis of locus of control measures indicates that males and females are relatively similar in primary factors but may differ in secondary factors. Two areas in which males and females appear to differ are perception of control over interpersonal relationships and perception of control over essentially uncontrollable life events. Therefore, there are significant gender differences in the locus of control.

Thus the results of the hypothesis no. 5 of the present study is supported by the results of the studies of Zaidi, Mohsin and Sherman ; Higgs ; Williams.

The same is presented graphically.

Graphical representation of Mean, SD and t-Value of male and female (youth) on Internal Locus of Control Scores

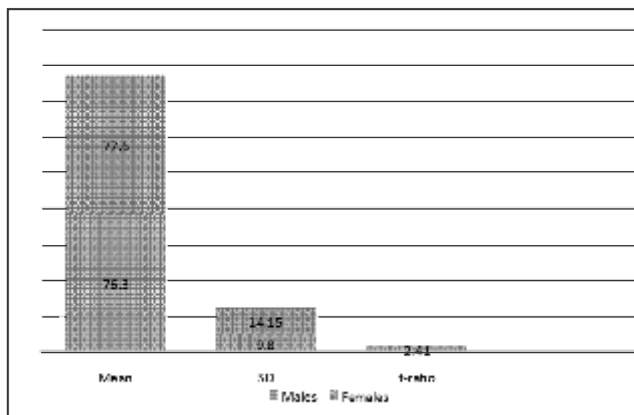


Fig. 2.

Hypothesis No-6 There would be significant gender difference in self-efficacy of youth.

Table No. 6

Mean, SD and t-value of Self-Efficacy scores of youth

Variable	Gender	N	Mean	SD	t-ratio	Level of Significance
Self-Efficacy	Male	50	77.24	10.41	0.06	p > 0.05*
	Female	50	78.32	9.83		

*Not Significant at 0.05 level (1.987)

Table No.6 shows Mean, SD and critical values of male and female (youth) in terms of Self-Efficacy. The obtained Mean value of male is 77.24 and of female is 78.32. The difference between the two is of 1.08. From the obtained Mean values, it can be inferred that females are better than males in Self-Efficacy. The standard deviation for the scores of male and female are 10.41 and 9.83 respectively.

It shows less variation in responses given by the respondents as the obtained SDs values of both are quite less than the obtained mean values.

The **t-ratio** is 0.06 which is not significant even at 0.05 level of significance as the table value at 0.05 is 1.98. The obtained result shows that there is no significant

gender difference in Self-Efficacy of youth. Therefore, the hypothesis, “There would be significant gender difference in self-efficacy of youth” has not been proved.

Kumar; Lal. (2006) conducted a study on “The Role of Self-Efficacy and Gender Difference among Adolescents.” In this study the sample consisted of 200 undergraduates (100 Girls and 100 Boys) from different colleges from Chandigarh city. The findings of this study revealed that there were gender differences in self-efficacy among the students which is going in favour of the results of hypothesis no. 6 of the present study.

Sawari; Mansor. (2013) worked on “A study of students’ general self-efficacy related to gender differences.” A total of 489 students sampled from four schools. The result showed that the majority of students experience a moderate level of general self-efficacy. Regarding the comparison level of generalized self-efficacy between male and female, the findings showed that there were no significant gender differences in self-efficacy of the students which is not going in favour of the hypothesis no. 6 of the present study.

The same is represented graphically.

Graphical representation of Mean, SD and t-ratio of male and female (youth) on Self- Efficacy Scores

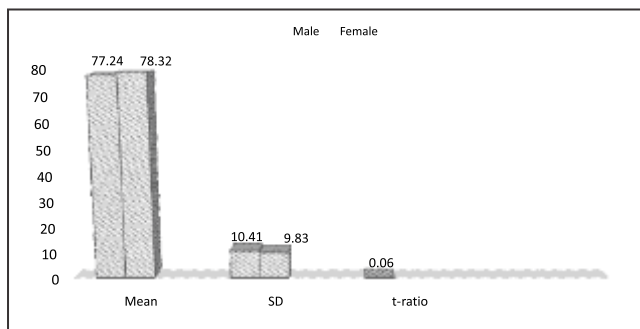


Fig. 3.

Conclusion:

On the basis of the obtained result and its interpretation the following conclusions were drawn:

- The Psychological well-being of the youth is strongly related to internal locus of control of the youth.
- Youth with high self efficacy have better psychological well-being.

- The Self efficacy of youth does not affect the internal locus of control of the youth.
- No significant gender difference was found in psychological well-being of youth.
- It was found that there was significant gender difference in the internal locus of control of youth,
- There was no significant gender difference in Self efficacy of youth.

Suggestions:

- One should be open to connections. Positive social relationships are vital for subjective well-being and recovery. These may come through friends, family, mutual support, peer aids, work. Investments should be done in good relationships.
- The youth need to nurse curiosity within them, catching sight of the beautiful, remarking on the unique, appreciating every moment. Be aware of the surroundings and acknowledge them. Reflecting experiences will help appreciate what matters.
- As it is said, “We cannot direct the wind but control the sail”, the youth should show determination towards their work and should have a firm faith in themselves.
- Youth should believe that they have power to influence their environment, Disappointment is nothing but the brain’s way to readjust to reality after discovering that the things did not go the way one thought.
- In order to succeed in life, one ought to strive for excellence which comes through constant effort to be better rather than the best version of one’s ability to perform tasks.
- One should have unwavering confidence in their ability to work efficiently and make choices which would be a bulwark against the adversities of life.

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