



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

- Shailabi Gautam • Muskan • Uttara Yadav
- Sister M. Reema A.C.

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Corresponding Author : Sister M. Reema A.C.

**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.

### Shailabi Gautam

B.A. III year, Psychology (Hons.), Session: 2016-2019, Patna Women's College, Patna University, Patna, Bihar, India

### Muskan

B.A. III year, Psychology (Hons.), Session: 2016-2019, Patna Women's College, Patna University, Patna, Bihar, India

### Uttara Yadav

B.A. III year, Psychology (Hons.), Session: 2016-2019, Patna Women's College, Patna University, Patna, Bihar, India

### Sister M. Reema A.C.

Head, Department of Psychology,  
Patna Women's College, Bailey Road,  
Patna-800 001, Bihar, India  
E-mail : reemarosyprecilla@yahoo.com

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