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GRT SUBJECTIVE WELL-BEING AND LOCUS OF CONTROL: A STUDY AMONG COLLEGE STUDENTS



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Abstract: Subjective Well-being (SWB) is defined as 'a person's cognitive and affective evaluations of his or her life' (Diener, Lucas & Oishi, 2002). The present study examines the Subjective Well-being and Locus of Control among College Students. The Objectives of the study were to find out the difference between different groups for the variables under study, and how these variables are correlated. The sample comprised of 200 college students, (95 male, and 105 female) belong to the age group of 17 to 20 years. Stratified random sampling was used for selection of sample. The tools used in the study were Subjective Well-being Inventory (Suhany & Sananda Raj, 2002) and Locus of Control Scale (Rotter, 1966). The study revealed that there was no relationship between Subjective well-being, and Locus of Control among college students. The study also revealed that male and female college students were similar in their Subjective Well-being and Locus of Control.

Key words: Subjective Well-being, and Locus of Control

1. INTRODUCTION:

A person who has a high level of satisfaction with their life, and who experiences a greater positive affect and little or less negative effect, would be deemed to have a high level of Subjective Well-being. This perspective places focus on meaning in life and Self-realization and the extent to which a person fully integrates this into his or her life. When psychologists measure Subjective Well-being, they are measuring how people think and feel about their lives. The three components of SWB viz, life satisfaction, positive affect and negative effect, are independent factors that should be measured and studied separately (Lucas, Diener & Suh, 1996). Thus, the presence of positive affect does not mean the absence of negative affect and vice versa.

The term Subjective Well-being is defined as the individual's current evaluation of his happiness and satisfaction with life. It's a broad concept that includes individual's emotional responses, domain satisfaction and global judgment of life satisfaction (Diener, Suh, Lucas & Smith, 1999).

Subjective Well-being consist of two distinct components i) an affective part which refers to both the presence of positive affects and the absence of negative affects and; ii) a cognitive part which consists of evaluation of life satisfaction. The cognitive part is an information based appraisal of one's life for which he judges the extent to which his life has fulfilled the expectations and is closer to his ideal. There are a number of demographic variables that influence Subjective Well-being, such as income (Diener & Oshini, 2000), age (Diener & Suh, 1998), marriage (Diener, Suh, Lucas & Smith, 1999), culture (Diener & Eunkook, 2005), and religion (Mayers & Diener, 1995). Among personality

variables extraversion is found to be positively correlated with pleasant affects and neuroticism is negatively related to it (Lucas & Fujita, 2000).

Rotter (1966), classified generalized beliefs concerning who or what influences things along a bipolar dimension from internal to external control: "Internal Control" is the term used to describe the belief that control of future outcomes resides primarily in oneself while "External Control" refers to the expectancy that control is outside of oneself, either in the hands of powerful other people or due to fate or chance.

Levenson (1973) offered an alternative model. Whereas Rotter's conceptualization viewed locus of control as one dimensional (Internal to External), Levenson's model asserts that there are three independent dimensions: Internality, Chance, and powerful others. According to Levenson's model, one can endorse each of these dimensions of Locus of Control independently and at the same time. For example, A person might simultaneously believe that both oneself and powerful others influence outcomes, but that chance does not.

Levenson (1972) used the concept of Locus of Control to develop Loco Inventory (Locus of Control in Organization Inventory). He distinguished between two types of External Locus of Control: significant others and chance or luck. (Rotter, 1954) says that people with an internal Locus of Control are more likely to be attentive to opportunities in the environment to improve the attainment of their goals, engage in actions to improve their environment, place a greater emphasis on striving for achievement, and be more inclined to develop their own skills.

Dost (2006) studied Subjective Well-being among University students. The study demonstrated no significant gender difference in the subjective well-being levels of the students. There were significant differences in the Subjective Well-being levels of the students according to their perceived economic level, perceived attitude of parents, and satisfaction with physical appearance, religious belief, and Locus of Control. In the study of Subjective Well-being, Locus of Control and General Self-Efficacy among University Students with the sample of 36 University students (both males and females) revealed that Internal Locus of Control and high level of general self-efficacy are associated with high scores on Subjective Well-being (Tripathi & Udainiya, 2011). 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.

Stocks, April and Lynton (2012) explored the differences in Locus of Control and Subjective Well-being in China and South Africa, including how these variables relate to each region and how demographic variables relate to both Subjective Well-being and locus of control. One hundred and eleven professionals were studied across South Africa and China. The results revealed that Locus of Control and Subjective Well-being were differently correlated to one another, the study in China showed significant negative correlation between Subjective Well-being and Locus of Control and study in South Africa showed significant correlation.

Kulshresth and Chandrani (2006) found, people having Internal Locus of Control are significantly high on Subjective Well-being than people having External Locus of Control.

OBJECTIVES OF THE STUDY

To find out the relationship between subjective well-being and locus of control among college students.

To find out whether there are gender difference in subjective well-being and locus of control among college students.

Hypotheses

- 1) There will not be any significant difference between male and female college students in their Subjective Well-being.
- 2) There will not be any significant difference between male and female college students in their Locus of Control.
- 3) There will not be any significant correlation between Subjective Well-being and Locus of Control.

METHOD

Sample:

Stratified Random sampling was used for selecting the sample. The sample consisted of 200 College Students belonging to the age group 17 to 20 years collected from Pune city. Equal numbers of students were taken from different Departments in the various colleges under the Pune University. All participants were taken from regular classes. Adequate representation was given to factor like sex (95 male and 105 female). Details of the sample are presented in Table 1.

TOOLS USED FOR THE INVESTIGATION

The tools used for the present study are given below:

1) Subjective Well-being Scale

Subjective well-being Scale was developed and standardized by Suhany and Sananda Raj (2002). The original scale was a self report questionnaire consisting of 40 items from eleven factors, designed to measure feeling of well-being or lack of it as experienced in various day to day concerns where as the modified version include only ten factors. One factor (transcendence) was rejected during item analysis. The ten factors were generally divided into two categories, positive congruence and negative congruence. In the final scale, 25 items remained after the item analysis using item difficulty test and item discrimination, from the original 40 items. All the items of transcendence and some from other factors were excluded. The final scale, self report or interview-administered test, consisting of 25 items from the above mentioned factor, measures the feeling of well-being or lack of it, as experienced by an individual in various day-to-day concerns.

Ratability:

The split half and alpha reliability of the test (using spearman formula) estimated using a sample of 158 subjects were found to be 70 to 84 respectively.

Validity:

Concurrent validity with quality of life scale, WHOQOL, 100 (Malayalam adaptation was found to be 71.

2) Locus of Control Scale

The present scale (Sony & Sananda Raj, 1997) was designed to measure the locus of control. The term Locus of Control was coined by Julian (Rotter, 1954). According to him locus of control is a prevalent expectancy or cognitive strategy by which people evaluate situation. It is the degree to which individual accepts personal responsibility for what happens to him or her. Some people have an internal Locus of Control. They believe that they can control their own fate. The draft scale thus consisted of 32 items.

Reliability:

The reliability of the test was determined using Split Half reliability method. The test was split into two equal halves on the basis of odd items and even items and even items (Odd-Even reliability method). A correlation between the two halves was found using Pearson-Product Moment formula half test reliability was found to be 0.64 (N=30). The reliability of the whole test was estimated using Spearman-Brown formula and which was found to be 0.78. The test has high reliability.

Validity:

To find the validity of the Locus of Control Scale, it was correlated with an external criterion: I.E Scale (a revised scale adapted scale of (Rotter & Valecha, 1980). For this the scale was administered to the fresh sample of 31 college students. The correlation found using Pearson-Product Moment formula was found to be 0.76 (which is significant at .01 Percent level). This shows the test has concurrent

validity.

3) Personal data Schedule

Personal data schedule was used to collect data information about the demographic variables sex alone.

RESULTS AND DISCUSSION

1. Comparison of males and females for the variable Subjective Well-being:

Table 2 shows that Male and Female don't differ significantly in their mean scores (male=56.5, female=56.91) on Subjective Well-being. The t value of subjective well-being is -1.26 and is not statistically significant. The results show that the Subjective Well-being will not be significantly higher among female as compared to the Subjective Well-being to the male. The study has found that there is no significant gender difference in Subjective Well-being so the first hypothesis stated "There will not be any significant difference between male and female college students in their Subjective Well-being" is accepted in the light of above mentioned result. Nowadays both the male and female have the source of somewhat similar social stimulations. Therefore they get well-beingness without any variation. This may be one of the reasons that can state in the context of equality of Subjective Well-being on the basis of gender. The study conducted by Dost (2006), which noted early was supports our present study.

2. Comparison of Males and Females for the Variable Locus of Control:

Table 3 shows that male and female don't differ significantly in their mean scores on Locus of Control. The mean scores of male and female for Locus of control is 72.88 and 73.79 respectively. The t value of Locus of control is -0.82 and is not statistically significant. It doesn't reveal significant gender differences in Locus of Control. On the basis of this obtained result, the second hypothesis stated "There will not be any significant difference between male and female college students in their Locus of Control" is accepted. This can be explained on the basis of technological advancements which have great influence in our educational system. Everyone get educated without the limitation of age, gender, and other demographic variables. Hence both the male and female may have got the sense of self and they feel the confidence of what they are and about their behavioral consequences. Now days both the male and female have the sources of somewhat similar social stimulation. Therefore they get well-beingness without any variation. This may be one of the reasons that can state in the context of quality of subjective well-being on the basis of gender. So the study conducted by Tripathi and Udainiya (2011), which noted early was not supports our present study.

3. Correlation between Subjective Well-being and Locus of Control

Table 4 indicates that the Correlation between Subjective Well-being and Locus of Control ($r=.071$) is not statistically significant. The present study found that there is no significant relationship between Subjective Well-being and Locus of Control. Hence the hypothesis stated "There

will not be any significant correlation between Subjective Well-being and Locus of Control." is accepted on the basis of Correlation result. The study conducted Stocks, April, and Lynton (2012) which noted early was supports our present study, and also in the study conducted by Kulshrestha and Chandrani (2006) showed that there is no relationship between Subjective Well-being and Locus of Control. The findings of which is inconsistent with the present study. In the present study it is clear that there is no such significant relationship between Subjective Well-being and Locus of Control. This may be because of the nature of sample such as their attitude, focus of well-beingness, cultural difference, etc.

Major Findings

The following are the major findings of the present study:

1. There was no significant difference between male and female college students in their Subjective Well-being.
2. There was no significant difference between male and female college students in their Locus of Control.
3. There did not exist any significant correlation between the variables Subjective Well-being and Locus of Control among college students.

CONCLUSION

From the present study it can be concluded that the variables Subjective well-being and Locus of control had no relationship between each other. This means that whether a person is satisfied or not, is not determined by his Locus of control, i.e., either internal or external.

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Table 4: Correlation between the variables Subjective Well-being and Locus of Control

S.I No.	Variable	1	2
1	Subjective Well-being	..	0.71 ^{NS}
2	Locus of Control	()	..

N.S. not significant

Table 1: Sex-wise Distribution of the Sample

SI.No.	Sex	Number
1	Males	95
2	Females	105
Total		200

Table 2: The t-test analysis of Subjective Well-being on the basis of Gender

Variable	Sample	N	Mean	S D	t
Subjective Well-being	Males	95	56.5	5.31	-1.26 ^{NS}
	Females	105	56.91	4.38	

N.S. not significant

Table 3: The t-test analysis of Locus of Control on the basis of Gender

Variable	Sample	N	Mean	S D	t
Locus of Control	Males	95	72.88	8.00	-0.82 ^{NS}
	Females	105	73.79	7.70	

N.S. not significant

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