

A STUDY OF LOCUS OF CONTROL AND SELF ESTEEM AMONG CHRISTIAN WOMEN RELIGIOUS

Introduction

This research aims to study the relationship between Locus of Control and Self- esteem of the Christian women religious. The concept Locus of Control refers to the belief of the individuals, that they can control events affecting them. Understanding of the concept was developed by Julian B. Rotter in 1954 and has since become an aspect of personality studies. Later research studies about Locus of Control mentions about an Internal and External Locus of Control with regard to individuals beliefs. According to Gardner and Warren (1978) people who believe that they have control over what happens in their life and such belief is the outcome of the internal Locus of Control and there are people who believe that they have no control over what happens and external variables are to blame; such belief is known as an External locus of control. In this research it is our aim to study Locus of control and its components and how locus of control relates to one's evaluation of self-worth, with particular reference to the Christian women religious. The scope of this research involves the following aspects:

- To help the Women religious to be aware of their strength and weakness.
- To realize their inner abilities and to assert them in situation that challenges their own personality.
- To motivate them for a self actualized dedicated religious life.

➤ **Background of the Study**

Today we live in an ever-changing technologically advanced and competitive environment. In this competent world, we see people who are extremely successful in their lives even when they face challenges and difficulties and we also see people who experience failures and say we are powerless. In such contexts, one would ask oneself “how can it be like this”. Do things happen because of those people’s actions or are they at the mercy of fate or chance? Various Psychologists through their research studies on Locus of control tried to give us an answer to the above mentioned problem. We would also like to study about Locus of control by studying a specific group of Christian religious women who like other people encounter different challenges but lead a successful and happy life. At the same time we also see religious moving on the other direction saying: “we are at the mercy of the environment”. So our aim is to enquire the cause behind this phenomenon. This research with a focus on studying the Locus of control and Self- esteem of the Christian women religious has appraised two types of locus of control namely: Internal locus of control and external locus of control.

Locus of control and Self-esteem are constructs which describe a portion of an individual's internal process. Various scientific researches testify that all Self-esteem components have a positive and meaningful relationship with internal locus of control, although this relationship becomes negative while talking about external locus of control. Hence, the reliability of this study has to be found out. Keeping all these aspects in mind we made up our mind for a study of the relation between Locus of control and Self-esteem with particular reference to the religious women of Bethany-Trivandrum Province.

The English word 'locus' is derived from the Latin word '*Locus*' meaning 'location or place. Locus of control (LOC) refers to an individual's belief that the events which occur in life are either a result of personal control and effort, or outside forces such as fate and luck. Within psychology, Locus of control is considered to be an important aspect of personality.

Individuals are between two poles; internal control and external control (Sahin, 2008). We see people who are on a constant move to shape their own future. They choose to be happy, joyful, and are determinant of their own future. They live with full of energy and life. Such people say: "there is power inside me" and such people are of the conviction that 'it is they who determine their fate' and nobody is responsible other than them for the failures.

There are also people who live their life as if they say, "I am powerless; I cannot do anything of my own". For such people friends, economy, govt.

business, sickness, disaster, economic fall-really matters their fate. Their lives are dominated not by themselves but by their environment. Hence we see perceptions of positive and negative events as being consequences of one's own personal control and perceptions of positive or negative events being unrelated to one's own behaviour and thereby beyond personal control. The first category of personality construct is known as internal locus of control and the later is called the external Locus of Control. Rotter (1966) defined the concept of internal external locus of control as follows: "When a reinforcement is perceived by the subject as following some action of his own but not being entirely contingent upon his action, then in our culture it is perceived as the result of luck, chance, fate, as under the control of the powerful other, or as unpredictable because of the great complexity of the forces surrounding him. When the individual interprets the events in this way, we label this belief in external control. If the person perceives that the event is contingent upon his own behaviour or his own relatively permanent characteristics, we have termed this belief in internal control" (Rotter, 1966, p,1).

Various research studies are made by Psychologists on Locus of control and Self-esteem; it is made clear that there exists a relation between the variables of Locus of control and Self- esteem. Hence, to find whether there exists a meaningful relationship between Locus of control and Self- esteem also includes in our study.

Self- esteem is a broadly defined variable referring to the degree to which an individual values and accepts him or herself. It can be defined as the positivity of the person's evaluation of self (Baumeister, 1998; 694). It represents the global value judgement about the self. A motive to achieve and maintain high self- esteem is one of the strongest motives of personality. How Self- esteem has been associated with a host of positive life outcomes and negative life outcomes also will be highlighted in this study.

➤ **Review of Literature**

A review of research studies related to Locus of control and Self-esteem include a careful review of some of the research journals, books, dissertations, theses and other sources of information on the topic of our specific area. Hence, we discuss few of the relevant literature concerning this study.

Slobodanka (2006) and colleagues made a study on the General Self-esteem and Locus of Control of young sportsmen. The main research question of this study was to whether there is , and if so to which extent, a relationship exists between variables of going in for sports and variables of self- esteem and locus of control in Belgrade adolescents. The research study was investigated in a sample of 300 adolescent boys and girls. Modification of the Rosenberg's General self esteem scale and Benzino-savcic's Scale of Externality were used to measure variables of self concept. For statistical calculation, the t-test for

equality of means for independent samples and One-way ANOVA, as well as Pearson' linear correlation coefficient, and point-biserial correlation were used. As the results of the study, relationship between self-esteem and sport activity was found out. Further, statistically significant correlations, t-and F-coefficients show that there was substantial interaction between general self-esteem and going in for sport in adolescents. Statistically significant simple Pearson's and point-biserial correlations between the variables of going in for sport and general self-esteem were found in the whole sample of subjects.

Nerguz Bulut and Collegues (2010) made a study on the Factors affecting Locus of Control of University Students. The research was based on the randomly selected students numbered 380 from Cyprus International University, The research was done among male and female students to know whether the students' scores of Locus of control according to the gender, income level, and type of accommodation. In order to gather data Rotter's Internal-External Locus of Control Scale was used. Validity and reliability work of the scale was done by Dag (1991). Data collection tools are applied to the students in the class hours. In analysis of data, One way Analysis of Variance (ANOVA), t and Scheffe Meaningfulness Test were applied. The outcome of the research shows that there is a statistically meaningful differentiation among the candidate teachers scores of control according to gender, socio-economic level, and accommodation place. That is to say students with high income level

have more inner locus of control than students with low and middle income level. Also they have found that students staying with their families and students with 4 or more siblings have more inner control than those who staying in other residence, and with less number of siblings.

Bulus (2011) conducted a study on Goal Orientation, Locus of control and Academic Achievement in prospective teachers in an individual Difference perspective. The aim of the study was to investigate the role of the prospective teachers' Locus of Control in goal orientations and of avoidant orientation in academic achievement. The participants were 270 undergraduate students studying in different majors at the faculty of Education in Pamukkale University. Goal orientations and Locus of Control Scales were used to gather the data. Pearson Correlation and regression analyses were used to analyse the data. Results showed that the mastery goal orientation was positively and avoidant goal orientation was negatively related with Locus of Control and academic achievement. A positive relationship was found between Locus of Control and academic achievement.

Maryam Saddal and Colleagues (2011) has taken up a research on the relationship between Self-Esteem and Locus of Control in Iranian University Students. This research aims to study the relationship between self- esteem and Locus of control of 370 university students. The present research is a typically analytic and descriptive one. In this research, firstly, the students of a number

of three faculties have been picked in random, cluster and class types. Then they were handed questionnaire to fill up. Finally questionnaire data and demographic information have been used for analysis. The Five Scale test of Self-Esteem (SET) and the Levenson Internal Powerful others and Chance Scale (IPC) were used as tools. Data Collection tools are applied to the students in the class hours. In analysis of data, Pearson's Correlation and Fisher's Z test are applied. The result indicates that there is a significant relationship at the meaningful level of $p < 0.01$ between general self-esteem and internal, chance and external locus of control respectively with $r = 0.43$ $r = 0.41$ and $r = 0.47$. Regarding internal locus of control this relationship is positive and of chance and external types this relationship is a negative and indirect one.

➤ **Rationale of the Study**

Everyone wants to be successful and be happy in their lives; but most often some people do not know how to interpret the beliefs that control them and the events that happen around them in order to be contented and blissful. The way individuals interpret their beliefs and events has a profound effect on their psychological well-being. If people feel they have no control over future outcomes, they are less likely to seek solutions to their problems. They will also devalue and disregard the fundamental appraisal of themselves. In due course, they adopt maladaptive behaviours that can have serious consequences. By understanding the Locus of control and its different dimension; people can opt

either internal or external; which in fact will better for their well-being and remarkable achievement in life. The Locus of control also enables one to evaluate one's fundamental appraisal of oneself. That means one can evaluate one's worth and value which enables one to be motivated and oriented to have a high Self -esteem, and having it indicates to a positive attitude towards oneself and towards the society.

➤ **Objectives of the Study**

The present study is an attempt to find the relatedness of the Locus of control and Self- esteem among the Christian women religious. The objectives of the study involve:

- To Study of the Locus of Control among Christian women religious
- To Study of Self-esteem among Christian women religious
- To find out the relationship between Locus of control and Self –esteem and its correlation with selected demographic variables.

➤ **Method Adopted for the Study**

This study is being planned to be carried out among 60 Christian women religious from the Congregation of Bethany having different age, education, years of experience and doing different jobs. It is proposed to use a Socio-demographic profile to collect the personal details and for that we would adopt a questionnaire method for getting the facts related to the research study. The

use of a self -report inventory with regard to locus of control and self-esteem has to be answered by each religious.

➤ **Statement of the Problem**

The present study is entitled as ‘A Study of the Relationship between Locus of Control and Self esteem Among the Christian Women Religious.

➤ **Variables Involved**

The variables involved in this study are:

- Locus of Control
- Self-esteem

➤ **Research Design**

Research design is the plan and structure of the research. The main function of a research design is to explain the questions regarding the investigation and to explain its answers. In this study, the researcher would adopt a descriptive and diagnostic research design because the need of descriptive information and an understanding of the causes and effects of the problem comes under the study.

➤ **Hypothesis of the Study**

- There is a significant relationship between Locus of Control and Self-esteem of the Christian Women Religious.
- There is a significant relationship between Internal Locus of Control and Self-esteem of the Christian Women Religious.

➤ **Tools to be Used In this Study**

In this research study the investigator would use the following tools for the data collection.

- Socio-Demographic Data Sheet prepared by the researcher
- The Internal-External Locus of Control Scale (I E Scale) developed by Santhosh Kumar P. B & Immanuel Thomas (1992) with significant reliability and validity.
- The Self-Esteem Inventory (Revised) by Dr. Immanuel Thomas & Dr. H. Sam Sanandathraj. with significant reliability and validity.

➤ **Sample to be Used in the Study**

The researcher would select the sample of 60 Christian Women Religious to participate in this research study. Convenient sampling method is proposed to use for the selection of sample. Participants who are willing to take part in this study will be provided with the Demographic Data Sheet, the Internal-External Locus of Control Scale (I E Scale) and the Self-Esteem Inventory (Revised).

➤ **Statistics to be Used**

In the general process of analysis of research data, statistical methods would contribute a great deal. Hence, in this research the collected data will be analyzed by using Statistical Package of Social Science (SPSS). We would be using statistical measures such as Standard Deviation (S.D), Test of Significance (t-test), and Karl Pearson Product-Moment Correlation.

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