LOCUS OF CONTROL

Manishaa & Dayaanand
1.

• **a.)** Children get into trouble because their parents punish them too much.

• **b.)** The trouble with most children nowadays is that their parents are too easy with them.
• **a.** Many of the unhappy things in people's lives are partly due to bad luck.

• **b.** People's misfortunes result from the mistakes they make.
3.

• **a.)** One of the major reasons why we have wars is because people don't take enough interest in politics.

• **b.)** There will always be wars, no matter how hard people try to prevent them.
4.

• **a.** In the long run people get the respect they deserve in this world

• **b.** Unfortunately, an individual's worth often passes unrecognized no matter how hard he tries
5.

• **a.** The idea that teachers are unfair to students is nonsense.

• **b.** Most students don't realize the extent to which their grades are influenced by accidental happenings.
6.

• **a.** Without the right breaks one cannot be an effective leader.

• **b.** Capable people who fail to become leaders hive not taken advantage of their opportunities.
7.

- **a.** No matter how hard you try some people just don't like you.

- **b.** People who can't get others to like them don't understand how to get along with others.
8.

• **a.** Heredity plays the major role in determining one's personality

• **b.** It is one's experiences in life which determine what they're like.
9.

• **a.)** I have often found that what is going to happen will happen.

• **b.)** Trusting to fate has never turned out as well for me as making a decision to take a definite course of action.
10.

• **a.** In the case of the well prepared student there is rarely if ever such a thing as an unfair test.

• **b.** Many times exam questions tend to be so unrelated to course work that studying in really useless.
11.

• **a.** Becoming a success is a matter of hard work, luck has little or nothing to do with it.

• **b.** Getting a good job depends mainly on being in the right place at the right time.
12.

• a.) The average citizen can have an influence in government decisions.

• b.) This world is run by the few people in power, and there is not much the little guy can do about it.
13.

• **a.** When I make plans, I am almost certain that I can make them work.

• **b.** It is not always wise to plan too far ahead because many things turn out to be a matter of good or bad fortune anyhow.
14.

• **a.** There are certain people who are just no good.

• **b.** There is some good in everybody.
15.

• **a.** In my case getting what I want has little or nothing to do with luck.

• **b.** Many times we might just as well decide what to do by flipping a coin.
Who gets to be the boss often depends on who was lucky enough to be in the right place first.

Getting people to do the right thing depends upon ability. Luck has little or nothing to do with it.
17.

• **a.** As far as world affairs are concerned, most of us are the victims of forces we can neither understand, nor control.

• **b.** By taking an active part in political and social affairs the people can control world events.
• **a.** Most people don't realize the extent to which their lives are controlled by accidental happenings.

• **b.** There really is no such thing as "luck."
19.

• **a.** One should always be willing to admit mistakes.

• **b.** It is usually best to cover up one's mistakes.
20.

• **a.)** It is hard to know whether or not a person really likes you.

• **b.)** How many friends you have depends upon how nice a person you are.
21.

• **a.** In the long run the bad things that happen to us are balanced by the good ones.

• **b.** Most misfortunes are the result of lack of ability, ignorance, laziness, or all three.
22.

- **a.** With enough effort we can wipe out political corruption.

- **b.** It is difficult for people to have much control over the things politicians do in office.
23.

• **a.)** Sometimes I can't understand how teachers arrive at the grades they give.

• **b.)** There is a direct connection between how hard I study and the grades I get.
24.

- **a.** A good leader expects people to decide for themselves what they should do.

- **b.** A good leader makes it clear to everybody what their jobs are.
25.

• a.) Many times I feel that I have little influence over the things that happen to me.

• b.) It is impossible for me to believe that chance or luck plays an important role in my life.
• **a.** People are lonely because they don't try to be friendly.

• **b.** There's not much use in trying too hard to please people, if they like you, they like you.
27.

• **a.** There is too much emphasis on athletics in high school.

• **b.** Team sports are an excellent way to build character.
• **a.** What happens to me is my own doing.

• **b.** Sometimes I feel that I don't have enough control over the direction my life is taking.
29.

• **a.** Most of the time I can't understand why politicians behave the way they do.

• **b.** In the long run the people are responsible for bad government on a national as well as on a local level.
Score one point for each of the following:

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Total possible score range - 0 to 23

• A high score = External Locus of Control

• A low score = Internal Locus of Control
External Locus of Control
Individual believes that his/her behaviour is guided by fate, luck, or other external circumstances

Internal Locus of Control
Individual believes that his/her behaviour is guided by his/her personal decisions and efforts.

Figure 1: Locus of Control

Outcomes outside your control – determined by “fate” and independent of your hard work or decisions

Outcomes within your control – determined by your hard work, attributes or decisions
• Locus of control is a psychological term first coined by Julian B. Rotter in 1954
• It refers to how much individuals believe they can control events that affect them.
• Psychologists believe it's an essential element of all of our personalities.
If you have a primarily external locus of control, you're more likely to:

• Believe luck, chance and/or fate decides what happens to you.

• Be negative and give up more easily when setbacks.

• Not reach out to create new relationships or try to repair old ones.

• Feel more helpless when faced with stress or illness
An internal locus of control, on the other hand, causes you to be:

• Think you're responsible for your success and failure

• Less prone to anxiety and depression

• More independent and achievement-oriented

• More health-conscious
Locus of Control – largely learned
Develop Internal Locus of Control
Tips for Developing an Internal Locus of Control

• Recognize the basic fact that you always have a choice. Making no choice is actually a choice in and of itself, and it's your choice to allow other people or events decide for you.

• Set goals for yourself and note how, by working towards these and achieving these, you are controlling what happens in your life. As you do this, you'll find that your self-confidence quickly builds.
• Develop your **decision making** and **problem solving** skills so that you can feel more confident, and in control of what happens. With these tools, you'll find that you can understand and navigate through situations that would otherwise damage you.

• Pay attention to your **self-talk**. When you hear yourself saying things like, "I have no choice" or "There's nothing I can do", step back and remind yourself that you do, in fact, have some degree of control. It's your choice whether you exercise it or not.
Thank YOU !