



## The relationship of locus of control with life satisfaction of five district of Tehran's girl high school students

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### ABSTRACT

The main purpose of the study was to investigate the relationship between the locus of control and life satisfaction of girl high school students of 5<sup>th</sup> district of Tehran. The research sample included 450 high school students of 5<sup>th</sup> district of Tehran studying in 2012-2013 educational years. They were also selected by target-based sampling method and then about 408 questionnaires were analyzed after eliminating the unused data in this case. The used instrument of the study was subjected to the application of Lonson control questionnaires and multi scale life satisfaction of students (MSLSS). This research is a correlation based type of study regarding to an applied type of research in terms of its target. Pearson correlation coefficient and multi regression coefficient tests were also applied in order to analyze the related data in this study. The results showed that there is a relationship between the internal control elements and people having powerful locus of control resource and life satisfaction. It should be mentioned that the relationship of internal locus of control is considered as positive with life satisfaction but the relationship of powerful people locus of control and chance is reverse with the life satisfaction.

**Key words:** life satisfaction, locus of control, student

### INTRODUCTION

Our country is one of the youngest and developing countries in the world composing of students particularly in high school students spending their sensitive young times in this regard. the adolescences are feeling the highest pressure of their lifetimes due to some reasons such as physical and sexual growth, exaggerating sensations, identity, fear of responsibility, scare of entering the college, fear of selecting an occupation and other mental problems being susceptible to the psychological events drastically. If the same era of adolescence is spent without any problems, the adolescent will be considered as a health person in this regard. However the existence of problems happening in this era could devastate the path of health among adolescents awfully destroying the mental health of adolescents in this case [7]. Among the studies of findings, the main emphasis is based on the sexual and gender differences and the degree of mental disorders occurrence among women according to psychological theories in this pavement. The commonality of the occurrence among girls than boys can be originated from the biological, gender and environmental stresses as well as satisfaction locus of control and girls social partnership limitation in a community [14]. Hence the high potential attention to the girls and their problems can clarify their future times clearly. The necessity of achieving this process is subjected to the establishment of more researches. The carried out studies among adolescents in the field of life satisfaction have shown that the positive satisfaction of the life is completely different between the adolescents and adults and any research requires the consideration of its elements in this field. The life satisfaction of adolescents from their life can lead to the development of their economical, social, political and cultural affairs in this regard. The increase of tensions and behavioral problems, disappointment, anxiety, depression are the main negative symptoms regarding to the life satisfaction. This also reduces the temperament of cooperation socially destroying the social honesty [6]. How the life satisfaction is getting higher, the mental health of people will become increased in this path [3]. In one hand, the difference between the perceptions of people has been paid attention by psychologists for many years. The locus of control is a variable that has pointed to the result of an action due to a person's perception [9,13]. The locus of control can be considered as internal or external. People with internal control believe that they are the main constructor of their life issues but people having external resource believe that when an event happening on them is mainly based

on the chance or result of something [12]. It should be mentioned that locus of control of people is based on the personal experiences and learning during the growth process. The most important issue is that the control resource of people is roughly based on their perception of the life. Thus, it can be revised or changed [10,13]. The main question is whether the control feeling of events on life has a relationship with girls' life satisfaction due to the limitations in compare to boys?

The concept of the locus of control is subjected to those concepts that have been firstly represented in social learning theory [10,20, 17]. This concept points to the causality. A person with internal locus of control believes that the result of social interaction with individuals and events can be determined by his or her own personal reactions. However a person with external locus of control considers his or her events reasons out of the happened actions; as a result, their control is imagined beyond the struggles and strives that the same person considers in this regard [22, 9, 2]. Biabanghard (1991) showed that the third grade high school students of Tehran with external locus of control have higher self esteem and educational progression and vice versa[4]. The researches of Songross et al (2009) indicated that the mental health of people with internal control is higher than people with external locus of control [9,5]. Lazarus concluded that people with external locus of control are more disable feeling higher anxiety and stress in compare to people with internal locus of control[8]. Researchers have found out that the educational progression of students depends on the internal locus of control and there is a positive relationship between the internal locus of control and students' educational progression [19]. The research of Tompson, Sobolew et al (1993) showed that the process of controlling on life has the greatest consequences making higher psychological adaptation reducing the physical, mental and behavioral problems in this regard[23]. Kelly (2000) believes that the locus of control is a strong predictor in relation to the public health and adolescence life satisfaction [24].

One of the most important indices of the mental health is subjected to the degree of life satisfaction. The main aim of the life satisfaction is related to the personal attitude and public evaluation towards the life and some other life aspects and educational experience [9]. In the carried out studies regarding to the psychological structure and mental happiness feeling during two decades and three dimensional model of mental happiness including the positive and negative sensations as well as life satisfaction have been paid attention. The mental imagination is subjected to two dimensions of the life satisfaction differently. The life satisfaction is roughly subjected to a kind of psychological process while the negative and positive processes are considered as sensory and emotional cases [15,7,13]. The feeling of happiness and life satisfaction are considered as the elements of positive attitude people towards the universe living into it. The life satisfaction has a close and complex relationship with values; it is different in relation to criteria of people evaluating the mental perception. Kohoulat and Jokar (2011) showed that the life satisfaction is very effective as a happiness-cognitive element in increasing the educational progression [11]. Abolghasemi (2011) showed that the variables of resilience, self efficacy and life satisfaction of students can increase the educational progression in compare to students with having higher stressful issues[1]. Also in a research led by Shirmohammadi et al showed that there is a significant positive relationship between the variables of hardworking, hope and mid-elements of commitment and hardworking control with the elements of hope. In addition, there is a significant positive relationship between the hardworking and life satisfaction as well as hope and life satisfaction. Also, the life satisfaction is only predictor for representing the educational function. The researches of Shaul (2006) and Kuppens et al (2008) showed that there is a relationship between the stress and life satisfaction of students [22, 21]. Extremera et al (2009) in a research found out that students having higher stress levels had obtained the same higher life satisfaction scores; also, there is no found a significant difference between the life satisfaction of students having higher and lower behavior particularly in receiving lower stress [16].

## **MATERIALS AND METHODS**

The present study is a correlation type of study in terms of data gathering case and it is an applied study purposefully. In the present study titling the relationship of locus of control and life satisfaction of girl high school students of 5<sup>th</sup> district of Tehran, the statistical population of the study includes the whole girl students of Tehran 5<sup>th</sup> district during 2012-2013 educational years. Due to the population of girls and referring to the Gerjesi and Morgan Tables, a sample with 450 students using a simple accidental sampling method was applied in this regard.

### **Measuring instruments:**

Test of Lonson Control Location:

This questionnaire is based on paper-pencil type of test including three minor scales with 24 articles focusing on the different roots of control location being effective on the consequences in this case; these three scales are as following:

1. **Internal scale (I)**

2. **Powerful people scale (P)**
3. **Chance scale (C)**

**Reliability and validity:**

Farahani (1994, 1996) has scaled the IPC (Lonson) in three research-based phases of norm-seeking and validity-seeking cases in this regard. In the first phase, the application of the main elements analysis after translating of the scale being carried out on a group of students in post graduation higher education in Australia, three main factors of I (internality), P (powerful people) and C (chance) are appeared and due to the overlapping of some questions, the second form of the questionnaire was carried out on Iranian students studying in Australia post graduation higher education. It is shown that the validity of the test is 0.76, 0.56 and 0.67 for three scales, respectively [2].

**Multi-dimensional students' life satisfaction scale (MSLSS):**

This scale has been designed by Huebner et al in 1994. The life satisfaction is psychologically subjected to the general evaluation of people in their life attitudes. Due to the importance of this feature in people's mental welfare, some scales were prepared for evaluating the degree of life satisfaction of adults. However, there is no observed a scale for assessing the degree of life satisfaction. This test scale has been designed for the following reasons:

- a- Representing a half glance of children and adolescence life satisfaction from their important life aspects
- b- General evaluation of the life
- c- Preparing an instrument or a tool with suitable psychological measurement
- d- Use of children this scale in different ages

This test is a self reporting tool including 40 statements that the subject has to specify his or her own comment in a 6 degree likert-based scale from I agree to I disagree. The related scale measures the subjects' satisfaction from different point of views including five sub-scales as following:

Family (7 statements)

Friends (9 statements)

School (8 statements)

Life environment (9 statements)

Self (7 statements)

Zaki (2007) evaluated the validity of the multi dimensional scale of life satisfaction 0.863. the reported validity coefficient is considered in the studies of Greffen and Huebner (2000) 0.75, Gillman and Huebner (2000) 0.91, Gillman et al (2005) 0.87 and 0.88 and Huebner et al (1998) 0.91 [7,9,5].

**Data analysis method:**

Pearson correlation coefficient and multi regression variable were applied in order to analyze the related obtained data in the study.

**RESULTS**

**Table1. Pearson correlation matrix results in relation to the locus of control elements and life satisfaction**

			1	2	3	4
1	Life satisfaction	R	1			
2	Internal locus of control	R	0.521**	1		
3	Powerful people locus of control	R	-0.436**	-0.143**	1	
4	Chance locus of control	R	-0.398**	-0.143**	0.694**	1

\*\* Significance level is 0.01

\*Significance level is 0.05

According to the above mentioned data and due to the degree of R is 0.521 in relationship between the locus of control in the sub element of internal locus of control and the same degree is -0.436 in the sub-scale of chance with -0.398, it is a significant degree in 0.05 level; hence, the zero hypothesis (lack of relationship between two variables) is rejected and research hypothesis (existence of relationship between two variables) is confirmed in the study. In other words, there is a relationship between the internal locus of control elements and life satisfaction. It should be mentioned that the relationship of internal control with life satisfaction is considered as positive and the relationship of powerful people locus of control and chance with life satisfaction is reverse in this case.

**Representation of life satisfaction from the locus of control:**

**Table 2. Multi regression analysis results of life satisfaction from the locus of control**

Model	Index / change locus of control	Total squares	DF	Mean squares	F	Sig level
1	Regression	73.151	1	73.151	137.784	0.000a
	Left	201.215	379	0.531		
	Total	274.366	380			
2	Regression	111.408	2	55.704	129.211	0.000b
	Left	162.959	378	0.431		
	Total	274.366	380			

The obtained results of the regression analysis showed that the regression of life satisfaction element from the locus of control is significant statistically and these elements represent the life satisfaction variance; in other words, this result shows that the regression coefficient is significant and there is enough observation for the confirmation of the hypothesis. In other words, there is a significant relationship between the locus of control and life satisfaction statistically.

**Table 3. Multi regression coefficients of life satisfaction from the locus of control**

Criteria variable	Predictor	Non-standard coefficients		Beta standard coefficients	T	Sig
		B	Error of non-standard coefficients			
Life satisfaction	Fixed impact	1.834	0.219		8.382	0.000
	Internal locus of control	0.071	0.006	0.516	11.738	0.000
2	Fixed impact	2.985	0.232		12.869	0.000
	Internal locus of control and powerful people	0.065	0.006	0.470	11.761	0.000
		-0.047	0.005	-0.376	-9.420	0.000
1	R	0.516a		R <sup>2</sup>	0.267	
2	R	0.637b		R <sup>2</sup>	0.406	

Due to the degree of R<sup>2</sup> in above mentioned table, it is concluded that the internal locus of control is entered into the equation in the first phase representing about 26.7% of the life satisfaction variance in the given model. The degree of beta in the model represents the degree of the predicting variables variance. Based on these standard beta coefficients, the highest role is subjected to the internal locus of control element so that any change in the variance of the internal locus of control that will be changed by 0.516 in the life satisfaction score variance. The internal locus of control is entered into the second phase of the equation representing about 40.6% of the life satisfaction variable variance in the given model.

## DISCUSSION AND CONCLUSION

According to the obtained information, there is a significant relationship between the locus of control and life satisfaction statistically. The relationship of internal locus of control is positive with the life satisfaction and the same relationship is reverse with the relationship of locus of control of people with powerful and chance. The obtained results can be represented that the researches of Songross et al showed that the mental health of people having internal control is higher than people with external locus of control [5]. Also Lazarus concluded that having control on life has some beneficial consequences leading to the psychological adaptation reducing their physical, mental and behavioral problems. Kelly (2000) believes that the locus of control is a strong predictor in relation to the public health and adolescence life satisfaction [24]. Hence, based on the carried out studies it can be concluded that when the degree of self evaluation of a person is getting higher in relation to their fluency on the life and environmental issues, the life satisfaction will also become better potentially in this case. In the other hand, people having external locus of control feel that they do not have enough fluency on their environment experiencing stressful issues. These people consider others powers, fate or chance effective on their own life and when they face with a problem, they cannot solve their problems easily trying to resign the problem. These people are

more nervous, full of obsession, without self confidence, stimulatory having symptoms of reluctance and slack [13].

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