Role of Self-esteem, Locus of control and Coping in predicting the Psychological well being of Adolescents

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Abstract

The present study it is intended to understand the role of self esteem and locus of control in predicting the psychological wellbeing of the adolescents. The participants of the study were 146 PU college students from Bangalore, India. Four research instruments were used and they were e Brief self esteem inventory, Locus of control scale, Psychological well being scale, Brief COPE scale along with personal data sheet. The data was analyzed using Pearson correlation and regression analysis. The study revealed that self esteem and locus of control are the significant predictors of psychological wellbeing of adolescents. There is no significant sex difference, hence both the gender shows almost same amount of psychological wellbeing

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Adolescence is an unstable stage of development in which they undergo continuous changes like mental, physical and psychological changes (Santrock, 2004). This stage of adolescence can be considered as difficult stage consists of lot of problems and turmoil than childhood. Adolescence wants their own identity and need to find meaning in their life (Erickson, 1968). If an individual is able to find meaning and purpose in their life, they are able to solve the identity crisis during this period. During this stage they understand more about real world, wants to be independent from their parents and try to expand their life to social group (Santrock & Yussen, 1984). Adolescents want to be considered as adults themselves at the same time they are dependent on their parents for decision making. During this period individual personality is influenced by the involvement of different people like parents, teachers, peers etc. Thus, this stage is considered as important for personality development. To develop a good personality the psychological well being of the individual is very important. This in turn helps in the development of self esteem, locus of control of the individual.

Psychological wellbeing has an important role in the development of personality of an individual. Wellbeing is multidimensional concept, which includes physical, mental and social components. Wellbeing is a state of feeling good and functioning healthy in one's life. Wellbeing can be considered as absence of psychological distress and can measured by different psychological indicators like, satisfaction, depression, anxiety, self esteem etc (Varga, Piko, & Fitzpatrick, 2014). Bar-On (1998) defined self regard, interpersonal relationships, independence, problem solving, assertiveness, reality testing, stress tolerance, self actualization and happiness are the integral part of psychological wellbeing of adolescents. The key elements of wellbeing are considered as autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self acceptance. Thus, adolescents who display strength in these areas will be in a good state of psychological well being. Other factors like parental involvement (Shek, 1997; Sastre & Ferriere, 2000; Van Wel, Linssen, & Abma, 2000), stress (Siddique & D'Arcy, 1984), physical health (Mechanic & Hansell, 1987) and popularity and close association with peers and their interpersonal relationship will affect the psychological well being of an adolescent (Townsend, McCracken, & Wilton, 1998). Huppert (2009) defined "psychological wellbeing is about how life going well. It is a combination of feeling good and functioning effectively". This shows the psychologically healthy person will be happy, capable of doing

things, cope with the difficult situation and have satisfaction in life will have good support system.

Adolescents' psychological wellbeing and self esteem can be considered as important factors for an adaptive emotional control which is very crucial in the process of adolescence development. Self esteem helps in developing positive self concept, identity and assertiveness in adolescents. These factors help in emotional regulation. Self esteem can be considered as overall sense of worthiness as a person and it is the most largely studied factor in personality (Rosenberg, 1979; Schmitt & Allik, 2005). Studies shows that high self esteem has many positive results like, having good peer relationships (Goldstein, Davis-Kean, & Eccles, 2005) positive socialization and subjective wellbeing (Murray, Holmes, & Griffin, 2000; Neyer & Asendorpf, 2001; Trzensniewski, Donnellan, & Robins, 2003). On the other hand low self esteem associated with antisocial behavior like bullying, depression and other physical health issues (Ma, 2002; Veselska, Madarasova, Geckova, Orosova, Gajdosova, Van Dijik, & Reijneveld, 2009). Thus, developing self esteem in a positive direction is very important for adolescents' development. Giving right direction and proper intervention programs can boost the self esteem of adolescents.

Another factor which controls psychological well being of adolescents is considered to the locus of control if the person. It is an ability of an individual to attribute the success and failure to internal or external sources (Rotter, 1966). Locus of control was considered to be associated with adolescent's psychological wellbeing and mental health, because researches show that an internal locus of control is associated with better mental health (Karbalaei, Abdollahi, Abu Talib, Nor, & Ismail, 2013). It is also noted that individuals with better internal locus of control has been better in adjusting to daily life problems (Karbalai, Abdollahi, Momtaz, & Abu Talib, 2014). Studies show that indicators of good psychological wellbeing are related to individual's lower index of stress and depression which in turn shows presence of high internal locus of control (Garber, 1980). Presence of stress is indicates lower psychological wellbeing. Stress indicates feeling powerless in a social situation this is linked with external locus of control (Grob, 2000). According to Emmons and Diener (1989), self esteem also plays a role in having positive locus of control. Low self esteemed people have a tendency to believe that the outcomes are not in their control. Different cultural factors have shown relationship between high subjective wellbeing and high internal locus of control. Thus, studies show that internal and external locus of control has a unique role in the development of psychological wellbeing of an individual.

Coping mechanisms that is used by the adolescents have a major impact on psychological wellbeing. Studies have done on the capability of adolescents to use the behavioral and cognitive coping methods during stressful situation and this shows that coping has the prospective to maintain the psychological wellbeing. Lazarus and Folkman (1984) defined coping as response pattern that involve behavioral and cognitive patterns to overcome specific demands of daily life or in particular situation. They explained two types of coping. One of them focused on problem based solving which give importance to reduce the cause of stress. On the other hand, the other one focuses on emotional based coping, which gives importance to reduce the negative emotional responses to stress. Adolescents use different variation of coping mechanism. Studies reported that adolescents who use aggressive coping strategies face depressive symptoms and anger and acting out coping causes perceived stress and drug abuse (Muberg & Bru, 2005; Galaif, Sussman, Chou, & Wills, 2003). Maladaptive coping like acting out and rumination has a negative influence on psychological wellbeing of adolescents. These coping strategies leads depression, while adaptive and approach coping like, using optimism seems to have positive results (Rosario, Schrimshaw, & Hunter, 2011).

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Adolescence is a stage in which many psychological factors influence their psychological health. In the current generation they are exposed to many situations where they have to face positive and negative incidents. To cope with these abundant stimulations they need to have a well balanced psychological health. Different psychosocial aspects like self esteem, locus of control may predict the development of psychological wellbeing of adolescents. If adolescents can develop a positive way psycho social factors which in turn help in having a positive wellbeing that helps them to cope with different situations. By boosting the psychological factors like self esteem and locus of control of adolescents in a positive way will help them to deal with difficult situations. In the current study, an attempt has made to understand the role of self esteem, locus of control and coping strategies in predicting the psychological wellbeing of adolescents.

Objective

1. To explore the role of self esteem, locus of control and coping in predicting the psychological well being of adolescents.

Method

Participants

The present study consists of 146 PU college students from Bangalore, Karnataka, India. Their age range from 17 – 18. Respondent were selected using simple random sampling method. Among the total sample 68 (46.6%) were boys and 78 (53.4%) were girls. Out of 146 sample 71 (48.6%) from commerce group and 75 (51.4%) from science group. The total sample consists of students from different religion, as the students participants were represented from different parts of India. Out of 146 sample 95 (65.1%) from Hindu religion, 11(7.5%) from Muslim religion, 37 (25.3%) from Christian religion and 3 (2.1%) from other religion.

Instruments

1. Brief Self Esteem Inventory: Brief Self Esteem originally developed by Williams (2000), and re-standardized by Uma and Manikandan (2013) in Indian population. It is used to measure the self esteem of the subjects, which consists of 20 items that measure 10 areas of self esteem. Participants were asked to go through the statements and respond in given 4 options, viz, "if you feel definitely yes or almost always, if you feel probably yes or often, if you feel probably not or seldom and if you feel definitely not or almost never". The reliability coefficient Cronback Alpha of the inventory was found to be .78.

2. Locus of control Scale: This scale developed by Uma and Manikandan (2013) to measure locus of control of students, which consists of 22 items indicating external and internal locus of control. This scale was developed based on the theoretical frame work proposed by Rotter. Here the respondents were asked to make yes or no options to the given statements. Since it is based on pure theory, this scale said to be valid and the reliability coefficient Chronback Alphs was found to be .67.

3. Brief COPE Inventory: The Brief COPE Inventory originally developed by Carver (1997). The inventory consists of both positive and negative coping styles. For the study purpose, the positive coping styles were chosen and the test was re-standardized for Indian population by Uma and Manikandan (2013). The respondents were asked to respond in 4 point likert scale like, "I haven't been doing this at all, I have been doing this a bit, I have been doing this a medium amount and I have been doing this a lot". The reliability of the scale Chronback Alpha was found to be .67. Since the Brief COPE scale has developed on theoretical basis and experts in the fields has commented it has the capacity to measure coping styles of individuals. Hence, the brief COPE scale is having face validity.

4. Psychological Wellbeing Scale: Psychological wellbeing of the participants was measured using Psychological well-being scale by Manikandan and Mary Antony

(2015). This is a 13 item instrument based on the concept of positive functioning of the individual. Reliability of the scale was established by calculating the Cronbach Alpha and it was found to be .86. The scale also has face validity.

5. Personal data Sheet: Personal information like sex, religion, family type, education, birth order of the participants was collected through the personal data sheet.

Procedure

Investigator personally contacted the head of the institution and explained the aim of the study. A written approval from the Head of the Institution was collected before the study. Through the help of the mentors of the class the investigator approached different classes. Participants were explained about the aim of the study and the procedure prior to collecting the data. They also had given a consent form, agreeing to participate in the study. After completion the research instruments were collected back and checked for incompletion. Scoring was done as per the manual and it was entered in the spread sheet for further analysis.

Result and Discussion

To know the role of self esteem, locus of control and coping in predicting the psychological well being among adolescents, descriptive statistics, Pearson correlation coefficeient and regression analysis was calculated. The results are presented in the following tables.

Table 1
Descriptive statistics of variables under study

Variables	Mean	Median	Mode	SD	Kurtosis	Skewness
Self esteem	61.02	60.00	59	7.737	.122	-.164
Locus of control	11.99	12.00	12.00	2.714	1.302	-.063
Psychological wellbeing	47.14	48.00	49[a]	7.120	-.053	-.423
Coping	46.02	46.00	44	6.424	.872	-.288

Table 1 shows the descriptive statistical analysis of the variable. It can be seen that the values of major central tendencies viz, arithmetic mean, median and mode of self esteem are 61.02, 60 and 59 respectively. The standard deviation, kurtosis and skewness of self esteem are 7.737, .122, -.164 respectively. This shows negatively skewed distribution. The mean, median and mode of locus of control were found to be 11.99, 12 and 12 respectively. The SD, kurtosis and skewness was found to be 2.714, 1.302 and -.063. The mean, median mode of psychological wellbeing can be seen as 47.14, 48, 49 respectively. The SD, kurtosis and skewness of psychological wellbeing was found as 7.120, -.o53, -.423. The mean, median and mode of coping style was found to be 46, 46 and 44 respectively. The SD, kurtosis and skewness of coping style was 6.424, .872 and -.288 respectively. The table shows that all the values are negatively skewed. The When looking to the mean score of psychological wellbeing of the participants, it can be seen that the experience of psychological wellbeing of participants is more than 1 standard deviation from the mean score. Hence it can be said that participants are experiencing better psychological wellbeing.

To know the relationship between self esteem, locus of control, coping and psychological wellbeing correlation analysis has been used. Table 2 explains the correlation analysis of the variables.

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Table 2

Correlation of the variables under study

Variables	Self esteem	Locus of control	Psychological Wellbeing	Coping
Self esteem	-			
Locus of control	.066	-		
Psychological wellbeing	.541**	-.176*	-	
Coping	.357**	.089	.220**	-

*p< .05. **p< .01

From the table 2, it can be seen that Psychological well being has a positive correlation with self esteem (r=.541, p<.01). This shows that the higher the self esteem the better will be the psychological wellbeing. This is in accordance with the study that self esteem has an importance influence on psychological well being of adolescents (Kristin, 2011). The table shows that there is a negative correlation with psychological wellbeing and locus of control (r=-.176, p<.05). This shows that there is a negative correlation between psychological and external locus of control. That in turn shows that there is a relationship between internal locus of control and psychological wellbeing. This is supported by the study that internal locus of control has positively associated with psychological well being (Mohammad, Rumaya, Siti, & Ma rof, 2015). There is a positive correlation between coping and self esteem (r= .357, p<.01). This shows that with high self esteem individuals show better coping styles. Studies show that self esteem has an important role in the usage of better coping styles among adolescents (Catarina & Paula, 2013). There is a positive correlation between coping styles and psychological wellbeing (r=.220, p<.01). This is in accordance with others study that coping style influences the psychological well being of the individual. Especially positive coping style like optimism gives a better psychological well being (Farzana, Shahina, & Shah, 2016).

To understand the role of self esteem, locus of control and coping in predicting the psychological well being of adolescents, regression analysis has done. Table 3 shows the details about regression analysis.

Table 3

Statistical Characteristics of Regression

Index	R	R^2
Regression	0.502	0.252

In table 3, R square give an idea about the explanatory power of the regression model on psychological wellbeing. What comprises a good R square differs depending on the setting and type of data used. R square is the percentage of variance in the dependent variable (Psychological wellbeing) explained by the collection of independent variables (Self esteem, locus of control and coping In the current study, the percentage of variance in psychological wellbeing is accounted for by other variables were about 25%. That is, about 25% (R^2 = 0.252) changes in psychological wellbeing by other psychological variables are predictable.

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Table 4

Summary of the ANOVA

Source	Sum of Squares	DF	Mean Square	F
Regression	1853.416	3	617.805	
Residual	5496.564	142	38.708	15.961**
Total	7349.979	145		

**p<.01

        To test the linear relationship between the independent and dependent variables regression ANOVA was done and the results showed that at 1% error level, there is a linear relationship between self esteem, locus of control, coping style and Psychological wellbeing.

Table 5

Simultaneous regression between variables and Psychological wellbeing

Variables	B	Std. Error	Beta	t
Self Esteem	.401	.072	.435	5.600**
Locus of control	-.556	.191	-.212	-2.906**
Coping	.093	.086	.084	1.073

**p< .01

        From the table 5, it can be seen that self esteem and locus of control were the significant predictors of psychological wellbeing. Table shows that self esteem (t= 5.60, p< .01) and locus of control (t= -2.906, p<.01) are the predictors of psychological wellbeing. Studies show that high self esteem influences the psychological wellbeing of the individual (Kristin, 2011). Researchers reported that locus of control channelizes the psychological wellbeing. Internal locus of control supports an individual to develop better psychological wellbeing (Karbalaei, Abdollahi, Abu Talib, Nor, & Ismail, 2013).

Table 6

Mean,S.d. and 't' value of P*sychological wellbeing by Sex*

Variable	Sex	N	Mean	SD	't' value
Psychological Wellbeing	Male	68	47.43	7.208	0.45
	Female	78	46.90	7.079	

        Means score of the psychological wellbeing of boys and girls were compared and results were shown in the table 6. From the table it can be seen that psychological wellbeing of boys and girls are almost same. In the current study there is no significant sex difference in psychological wellbeing between boys and girls.

Conclusion

        In the present study it has been noted that, there is an influence of self esteem and locus of control on psychological wellbeing of adolescents. When the individual possess high self esteem there is high chance of better psychological wellbeing (Chimezie, Benard, & Prince, 2015). Adolescents with high psychological wellbeing adopt a method of mastery and performance. Individual with external locus of control tend to choose performance avoidance (Gordon, 1997). Individuals with internal locus of control will be more likely to have better living (Moshki & Ashtarian, 2010). From the study it is clear that adolescents who have high self esteem and internal locus of control will have better psychological wellbeing. This in turn influences the level of adjustment the individual has and the coping strategies adopted in different situations. Thus, it is necessary to equip the adolescents to develop appropriate

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abilities and skills which help them to improve their self esteem and locus of control, and then they can have a better adjustment with the society at large.

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