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**Relationship Between Resilience and Locus of Control in Young Adulthood**

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**Abstract**

This study investigates the-relationship between -resilience and locus of control among young adults aged 18-25 years. It measures whether people who has internal locus of control are high on resilience or people who has external locus of control. Participants are gathered from a variety of sources using a correlational research design to provide a varied sample that is reflective of the intended audience. Before any person is involved in the study, their informed consent will be sought. Two self-report measures will be completed by participants: Locus of Control Scale given by Rotter and the BRS, in order of presentation counterbalanced to account for any possible order effects. To assess the direction and degree of the-association between resilience and locus of-control, data analysis will require calculating Pearson correlation coefficients. The study finds a strong correlation between young adults' locus of control and resilience (18–25 years old). Individuals who possess an internal locus of control are more likely to exhibit resilience compared to those who have an external locus of control. . The results illustrate the positive relationship between resilience and locus of control, both external and internal, emphasizing how crucial it is to consider both when trying to understand resilience.

## Introduction

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### Resilience

Resilience is the ability to effectively adjust to adversity or challenge in life, as well as the manner in which of doing so. Psychological investigations have demonstrated that resilience-related capacities and assets can be developed and used. The capacity to handle and recover from adversity is the definition of resilience. Adversity does not overwhelm a resilient person. A formidable person Resilience is the capacity to deal with failures and bounce back from them. When faced with difficulty, resilient people maintain their composure.

Resilient people can find ways to deal with their current situation by gathering their resources, seeking assistance when necessary, and coming up with creative solutions. A loved one's death, divorce, financial worries etc are just a few of the problems that people with psychological resilience can respond to with their abilities and talents. It is not the case that resilient individuals experience less pain, loss, or worry than others. Rather, individuals deal with such obstacles by using healthy coping mechanisms that foster development and resilience, and they often come out stronger than they were before.

The causes, traits, and manifestations of resilience are discussed in this piece. Additionally, several strategies for building resilience are covered.

### *Signs Of Resilience*

People who are resilient often have a range of qualities that help them overcome challenges in life. Signs of resilience include:

**The survivor's viewpoint.** People who are resilient regard themselves as having survived. They are aware of how they can persevere through difficulties till they succeed.

**Effective emotional regulation.** The ability to maintain emotional control in the face of adversity is a hallmark of resilience. This is not to say that resilient people do not experience intense emotions like terror, grief, or fury. It demonstrates their understanding that emotions are fleeting and can be managed until they pass. Resilient individuals often possess a strong sense of internal control and believe that how they act have the potential to influence the outcome.

**Problem-solving skills.** When faced with difficulties, resilient people attempt to rationally assess the circumstances and devise workable solutions.

### *Types Of Resilience*

Resilience is a general measure of flexibility and the capacity to overcome adversity in life. That stated, resilience comes in a variety of forms, and each one may affect an individual's ability to cope with particular types of stress.

**Physical Resilience.** It is the body's capacity to adapt to change and bounce back from ailments, injuries, and barriers. This type of resilience is good for your health, according to study. It affects not only how people age but also how they handle physical stress and medical issues and bounce back from them. A healthy lifestyle can help people increase their physical resistance to some extent. The following are some strategies to improve this type of immunity: enough sleep, maintaining and having a healthy diet, and engage regular exercise.

**Mental Resilience.** It pertains to the capacity of an individual to manage transitions and uncertainties. This kind of resilience makes a person flexible and composed under pressure. During difficult times, they rely on their mental strength to persevere, overcome barriers, and maintain hope.

**Emotional Resilience.** Emotional regulation under pressure is a necessary component of emotional resilience. Resilient people are conscious of their feelings and connected to their inner selves. As a result, they are also able to calm down and control their emotions when faced with unpleasant situations. People who possess this type of resilience are also better able to stay upbeat in the face of harsh conditions. Adversity and unpleasant emotions are understood by them due to their strong emotional foundation.

### ***Why Is Resilience Important***

Resilience is important for many reasons, and it affects many facets of both societal functioning and personal well-being. Resilience is important for the following main reasons:

**Managing Misfortune.** The ability to bounce back from difficult life experiences, disappointments, and adversity is known as resilience. It gives the psychological fortitude to get through trying circumstances without feeling overpowered.

**Psychological Health.** By encouraging healthy coping mechanisms and emotional control, resilience enhances emotional well-being. It aids people in properly managing stress, anxiety, and other unpleasant feelings.

**Mental Wellness.** Improved outcomes for mental health are associated with resilience. Resilient people are less likely to struggle with mental health conditions like anxiety and depression. It serves as a barrier that prevents the emergence of psychiatric problems.

**Adaptability and Flexibility.** When faced with change, resilient people show flexibility and adaptability. They can modify their objectives and plans, which will make it simpler to deal with life's unforeseen obstacles and uncertainties.

## **Locus Of Control**

When faced with a crisis in your life, do you think you can influence how it turns out or do you think other forces have the last say? Your locus of control is indicated by the way you respond to this question. Both our motivation to act and our response to life's circumstances are influenced by our locus of control. You'll be more motivated to alter your situation if you believe that you are in charge of your own fate. On the other hand, when you think that the outcome is beyond of your control, you could be less motivated to work toward change.

Your loci refer to how much you think you can influence the events that impact your life. Put another way, Philip Zimbardo a psychologist characterized it as "a belief about whether the outcomes of our actions are contingent on what we do (internal control orientation) or on events outside our personal control (external control orientation)." In 1945 it was argued by psychologist Julian Rotter that human conduct regulated incentives, penalties. Our past activities' consequences influenced our thoughts of what could be predicted from our future behavior.

### ***Types Of LOC***

**Internal Locus Of Control.** Psychological term "internal locus of control" describes a person's belief in their own power to direct or affect the course of events and consequences in their lives. It falls under the larger category of locus of control, which was defined in the 1950s by psychologist Julian B. Rotter. Locus of control is a continuum that shows how much people believe they have influence over their life. It runs from internal to external.

***Traits.*** People who possess an internal loci often experience a sense of empowerment and mastery over their own fate. They think a great deal of what happens in their lives is a result of the decisions and deeds they take. People who possess an internal loc are inclined for making judgments with confidence, having faith in their own discernment and capabilities.

***Approach.*** When looking for answers to problems, these people are frequently proactive. There is a higher probability of their assuming the lead and actively tackling issues. Motivation and Effort: people who possess an internal center of control are typically driven to accomplish their objectives because they think their efforts will pay off.

***Adaptability*** The utilization of adaptive coping mechanisms is more common among those who possess an internal loc when confronted with stress or adversity. They think that by taking certain acts, they may affect or alter the circumstance.

**External LOC.** An individual's conviction that circumstances, luck, or outside forces have more influence over their life's events and results than their own efforts or activities is known as the external locus of control. Developed by psychologist Julian B. Rotter in the 1950s, the locus of control theory encompasses this concept. An internal locus of control and an external

locus of control are located on opposite ends of a continuum that is known as the locus of control. External loc characteristics include:

***Crediting External Factors.*** Individuals who have a strong external loc frequently blame external causes for their triumphs or misfortunes. This can involve fate, chance, luck, or the impact of strong people.

***Feeling Powerless.*** Individuals that exhibit a strong external locus of control could feel as though they have little agency or are powerless in their life. They could think that there isn't much they can do to change their fate.

***Depending on Outside Approval.*** When someone has an external locus of control, they could look to others for affirmation or acceptance of their behavior. They could feel safe or make decisions based on the assessments and opinions of others.

***Aversion to Risk.*** Individual who has an external loc could be more risk averse since they think that outside forces govern most events. They could be less inclined to exercise initiative or make choices that call for accountability.

***Effect on Drive.*** An external loc may have a detrimental effect on motivation. People may lack the motivation to create and achieve lofty goals if they think that their activities have little bearing on the results.

***Acquired Helplessness.*** In severe circumstances, a strong external loc be a factor in learned helplessness, a state in which people feel powerless to change their circumstances, which results in inactivity and resignation.

## **Popular Theories Related To The Idea**

The connection between locus of control and other psychological theories is next examined. The two theories of attribution style and self-efficacy are close not quite the same.

### ***Self- Efficacy Theory***

According to Albert Bandura (2010), is a concept that measures a person's belief in their capacity to accomplish their goals. Social psychologist Bandura has demonstrated that, independent of ability level, a person's conviction in oneself has a significant impact on their potential to achieve Self-efficacy and loci are related, notwithstanding their differences. People who have an internal locus of control may think that their actions are the cause of their health results, even if they don't feel capable of achieving their goals.

The significance comes in its implication that the behavior in question—whether it studying for a test or following an exercise routine—will be either encouraged or discouraged based on the perceived loci. One of three potential sources of attributional style, another behavioral explanation, is locus of control, according to Weiner (1986). The attribution theory takes several forms, some of which are specific or global, stable or unstable, and how much control an individual feels they have over the cause.

### ***Locus of control & personality theories***

Spector & O'Connell, 1994; Stauber, Ketz, & Keim, 2002; Work satisfaction and health outcomes have been the focus of a large portion of research on loci and its relationship to personality. Emotional stability, formerly referred to as neuroticism, and conscientiousness are often strongly positively correlated with internal locus of control. Hard work will automatically result from believing that one's actions directly affect the outcome of a problem, provided that one possesses the necessary desire.

## Literature review

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Priya et. al (2023) studied the impact of the Indian covid lockdown on mental health: the significance of internal loci and psychological capital. The impacts of psychological capital (PsyCap) and internal loci on the mental health of Indian people during the initial COVID-19 lockdown are examined in this study using data from 667 individuals. Through the mediation of affect balance, it finds that both components function as buffers against psychological discomfort, with PsyCap having a stronger effect than internal locus of control.

Chayan and Krishna (2021), studies on how gender affects young adolescents' resilience, LOC, and self-esteem. This study, comprised 250 teens from West Bengal, it was shown that males had a stronger internal loci and resilience while females had lower self-esteem. Remarkably, it was shown that there was a positive correlation between resilience and self-esteem and a negative relationship between loci and both resilience and self-esteem. These findings suggest that locus of control and resilience are significant predictors of teenage self-esteem.

Henning et.al(2021) examined Results of a cross-sectional survey conducted in German and Norwegian indicate that loc moderates the relationship between general mental anguish and COVID-19 stress. This study investigates the role that LOC plays in mediating the relationship between general mental discomfort and covid stress in populations that speak German and Norwegian. Those having an external locus of control (LoC E) seemed to have a higher link between covid stress and mental distress than did those with an internal loc I. The findings highlight how important it is to develop a sense of control in order to reduce emotional pain throughout the pandemic.

Igor (2020) examined Resilience was investigated as a mediating factor in the relationship between childhood trauma and mood disorders in a population sample of young people. This cross-sectional study explores the role that resilience plays as a mediator in the relationship that young adults have between childhood trauma and mood disorders, specifically major depressive disorder and bipolar disorder. The findings demonstrate that various trauma subtypes are associated with major depressive disorder and borderline personality disorder, and that resilience functions as a mediator in the connection between mood disorders, traumatic experiences as a child, and the severity of depressive symptoms. The results show that resilience can protect mood disorders from the long-term effects of early life trauma.

Sefa et. al (2020) examined the differences between genders in locus of control and mental health. This study examines how (LoC) explain sex disparities in mental health using longitudinal data from the Household, Income, and Labour Dynamics in Australia (HILDA) survey. The results show that gender disparities in LoC have a major role in the established gender gap in mental health that favors men. According to the study, gender differences in mental health may be addressed and narrowed by resilience education programs that strengthen positive control views, especially in girls.

Yiwei and Zhihao (2020) used a conditional process analysis to look into the psychological health, locus of oversight, social integration, and felt stress of Chinese rising adult migrants.. The relationship between the psychological well-being and social integration of Chinese rising adult migrants is examined in this study. Social integration had a significant impact on mental illness, life satisfaction, and self-rated health, according to examination of data from 6,084 individuals. The impact of social integration on perceived stress and its subsequent impact on mental illness is mediated by locus of control, whereas felt stress mediates this association. The study highlights the complicated interactions between multiple variables that determine psychological wellbeing.

Türk et. al (2020) investigated Psychological resilience is predicted by childhood trauma, emotional self-efficacy, and internal-external locus of control. The primary variables investigated as predictors of psychological resilience in 291 college students in this study were internal-external locus of control, emotional self-efficacy, and childhood traumas. When measured with instruments like the Psychological Resilience Scale and the Childhood Trauma Questionnaire, emotional self-efficacy, locus of control, and resilience show substantial positive associations, whereas resilience and childhood traumas reveal a negative link. The study emphasizes the complexity of psychological resilience and the significance of considering a range of protective factors.

Mehmet et. al (2018) examined In undergraduate students, academic stress and life satisfaction are mediated by achievement drive and locus of control. This study examines the connection between life satisfaction and academic stress among 307 undergraduate students from a South Texas institution that serves the Hispanic community. It examines the effects of achievement incentive and LOC on this connection. Despite the fact that academic stress negatively affects life satisfaction, the study, which uses the PROCESS Procedure for SPSS, indicates that locus of control significantly mediators this link and helps to explain additional variance in life pleasure. This highlights the importance of personal belief systems for reducing stress in the classroom and enhancing life satisfaction.

Maria et. al (2018) examined A prospective study of offspring of alcoholics and controls found that resilience in early adulthood was predicted by sleep and behavioral control in earlier childhood. A long-term study including 715 children examined the relationship between behavioral control, resilience, and sleep rhythmicity in children of alcoholics (COAs). Childhood sleep rhythmicity predicted teenage behavioral control, which in turn influenced adult resilience outcomes. Regardless of their parents' drinking habits, young adults found that getting enough sleep and developing better self-control were vital resources. The COAs and the controls did not differ significantly in any of the groups. Structural equation modeling shed light on the behavioral control's mediating role in the association between resilience and childhood sleep rhythmicity. All things considered, the study highlights the importance of sleep and self-regulation for young adults.



## Methodology

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### **Aim**

To examine-the relationship between-resilience and locus of-control in young

### **Objective**

To examine how young adults' locus of-control and resilience relate-to one another.

### **Variables**

#### ***Independent Variable***

Locus of Control

#### ***Dependent Variable.***

Resilience

### **Hypotheses**

There-is a significant relationship-between resilience and locus-of control.

### **Sample**

A total of 147 individuals between the ages of 18 and 25 who were chosen from the Delhi and NCR (Noida and Gurgaon) districts of India make up the selected sample.

### **Research Tools**

Two Research Tools were used in the study:

#### ***Brief Resilience-Scale***

The psychological evaluation tool, Brief Resilience Scale (BRS) is used to gauge a person's resilience—their capacity to overcome stress and hardship. To provide a clear and trustworthy tool for evaluating resilience in a variety of populations, Smith et al. developed the scale in 2008. The BRS is a quick and simple-to-administer measure because it just has six elements. On a scale of 1 to 5, respondents indicate how much they agree or disagree with statements about their capacity to bounce back from setbacks and stressful situations. The measures encompass elements of constructive adjustment, managing hardship, and preserving equilibrium when confronted with challenges.

Utilized in research across a range of demographics and circumstances, the BRS has proven to have strong validity and reliability in numerous investigations. Because of its short form, it can be used in clinical and research contexts as a useful tool for rapidly determining an individual's level of resilience.

### ***Rotter's-Locus Of-Control-Scale***

Julian B. Rotter created the Rotter's-Locus of influence Scale, a psychological tool that assesses a person's perception of their own influence over life events. The measure was first presented in the 1960s and is-based-on Rotter's social-learning theory.

Respondents indicate how much they agree or disagree with a sequence of statements that make up the scale. The locus of control orientation of the individual is then ascertained by scoring the responses. The study of motivation and personality has been impacted by the widespread use of Rotter's Locus of Control Scale in research. It has been used in a variety of domains, including psychology, education, and business, to comprehend how people view and react to life's a coping mechanisms and has helped to clarify individual behavioural variances.

### **Procedure**

Participants in this study will be drawn from a variety of sources, and following the acquisition of informed consent, they will be asked to complete the Brief Resilience Scale (BRS) and Rotter's Locus-of Control Scale, two widely used self-report measures. The six-item Behaviour Rating Scale (BRS) measures people's resilience by gauging their capacity to overcome hardship. In parallel, participants' feelings of control over their life are measured by a series of statements on Rotter's Locus of Control Scale. Previous research has proven both scales' validity and reliability. We will present the scores in a counterbalanced order and investigate any possible relationship between resilience and locus of control using statistical methods such as Pearson correlation coefficients. The research will provide significant understanding to the understanding of the relationships between these psychological dimensions and complies with ethical standards, guaranteeing participant confidentiality and voluntary involvement.

### **Statistical Analysis**

The research study's statistical analysis mainly uses correlational analyses to look at how resilience and locus of control are related. To measure the degree and direction of the relationship between these variables, Pearson correlation coefficients have been specifically calculated.

## Result

The participants' locus of control and resilience were found to be significantly positively correlated by the Pearson correlation coefficients. More precisely, there was a significant positive correlation between resilience and internal locus of control ( $r = 0.92$ ,  $p < 0.001$ ). Similarly, there was a strong positive correlation ( $r = 0.89$ ,  $p < 0.001$ ) observed between external locus of control and resilience.

**Result Table 1**

RESULTS		
PEARSON CORRELATION COEFFICIENT (r)		STANDARD DEVIATION (SD)
RESILIENCE		
For locI	0.9207	1.3701
For locE	0.8867	1.4405
LOCUS OF CONTROL		
Internal		3.5817
External		5.8735
Note: $p < 0.001$ .		

**Result Table 2**

S.NO	Correlation between resilience and Internal Locus Of Control	Interpretation	
1.	0.92	Strong Correlation	Positive

**Result Table 3**

S. NO	Correlation between resilience and External Locus Of Control	Interpretation	
1.	0.88	Strong Correlation	Positive

Resilience tests showed that persons with an internal locus of control performed better than those with an external locus of control, suggesting that perceived control has an impact

on resilience levels. Compared to internal locus of control, which had a standard deviation of 3.58, exterior locus of control scores showed a far larger degree of score variability, with a 5.87 standard deviation. In addition, the standard deviation of resilience ratings was 1.37 for those with an loc and 1.44 for those with an external locus of control, indicating that the variability in resilience scores was slightly higher for those with an external locus of control.

**Result Table 4**

<b>S.N</b>	<b>DOMAINS</b>	<b>STANDARD DEVIATION</b>
<b>O</b>		
1.	Internal LOC	3.58
2.	External LOC	5.87
3.	Resilience with internal LOC	1.37
4.	Resilience with external LOC	1.44

## Discussion

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Participants in this study were young people (18–25 years old), and they were asked to compare resilience and locus of control. The findings provide substantial backing for the hypotheses formulated throughout this inquiry. First off, there was evidence that individuals with a higher internal LOC than those with a higher external LOC were more resilient. This suggests that those who have a greater sense of control over their lives are also more likely to be resilient because they are able to solve difficulties and take a proactive approach to issues, which makes them more capable of overcoming adversity. Conversely, individuals who attribute outcomes to external factors may feel that they have less control over how successfully they manage life's obstacles, which would lower their Resilience.

Second, People with a higher internal LOC exhibited more resilience in comparison to those with a higher external locus of control, as expected. Since people who feel in control of their life's direction are more likely to utilize adaptive coping methods and persevere in the face of difficulties, this research highlights the importance that perceived control plays in developing resilience. Strong positive connections are shown between resilience and both internal and external LOC, supporting the theory that people's perceptions of their degree of control over their lives influence resilience. Strong relationships between LOC and resilience show that both internal and external factors can impact young people's resilience. The connections between these psychological characteristics are shown by these studies."

In addition, the somewhat wider range of scores for locE than for locI suggests that when people attribute outcomes to outside influences, their beliefs of their own power over their life may fluctuate significantly. Similarly, the somewhat greater variability in resilience ratings between individuals with an internal versus external locus of control may indicate that resilience is influenced by a combination of internal and external influences.

All things considered, the results of this study contribute to our understanding of the psychological processes underlying the resilience and locus of control of young people. The results have important implications for initiatives aimed at supporting psychological health and resilience in this age group. By fostering a sense of personal agency and control over life outcomes, interventions can help people cope with life's challenges and promote resilience in young adults.

## Conclusion

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The results of the study highlight the important connection between resilience and locus of control in young adults, specifically in the 18–25 age range. More specifically, those who have an internal locus of control are more resilient than those who have an external locus of control. This demonstrates how important it is for people to believe that they have the power to affect life events in order to determine how resilient they are. The findings highlight how crucial it is to take into account both internal and external locus of control orientations when analyzing resilience. These results are consistent with previous research, which indicates that people who feel in control of their life's course are more likely to demonstrate resilient coping strategies and adaptive coping strategies when faced with hardship. The study also emphasizes the intricate relationship between locus of control and resilience, indicating that both external and internal factors are important in helping young adults develop resilience. Through a knowledge of the complex relationship between locus of control and resilience, treatments designed to enhance resilience can be customized to target people's control beliefs. The importance of taking people's sense of control into account when creating interventions to improve young adults' resilience, these findings provide a significant contribution to the field of resilience research.

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