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Locus of control and psychological well-being in visually and auditorily challenged individuals

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Abstract
Every country has its own unique challenges to manage their problems and develop opportunities. India has approximately 15 million visually impaired individuals who have challenges in reading, socializing, walking, etc. and approximately 63 million auditorily impaired individuals who have challenges in the exchange of communication. The well-being of these two groups is under threat as they struggle to experience a good quality of life and they do not belong to the mainstream of the society. These two challenged groups may have their own beliefs about control—either internal (they control the events) or external (events control them). So the present study attempts to find out whether the visually and auditorily impaired individuals differ in terms of internal and external loci of control. The sample consists of 100 individuals in the age group of 20 to 30 years of which 50 are visually challenged and 50 are auditorily challenged. Purposive sampling technique and Expost facto research design was used. Rotter's Internal–External Locus of Control Scale (Rotter, 1966) and General Health Questionnaire (GHQ-12) (Goldberg, 1972) were used. Independent *t* test (critical ratio) and Pearson's product moment correlation were used to analyse the data.

Keywords: locus of control, psychological well-being, visually and auditorily challenged individuals

Introduction
Citizens perform the proactive role of developing the nation by formally or informally leveraging the available resources from the ecosystem through proactive demonstration of physical, cognitive, emotional and interpersonal competencies. India, despite its vast demographic dividend, has approximately 15 million visually challenged individuals who have challenges in reading, socialising and walking. Blindness limits the range and variety of experiences of physical mobility and interaction of the individual with his environment. It is a major factor that does not allow majority of the people to view the personality make-up of the blind in an objective manner. Besides this, India has approximately 63 million auditorily challenged individuals who have challenges in the exchange of communication. These two challenged groups may have their own beliefs about control—either internal (they control the events) or external (events control them). Both groups tend to leverage their potential by holding their own beliefs about control as normal individuals notwithstanding their limitations.

Locus of Control
Locus of control developed by Julian Rotter (1950), refers to an individual's perception about the main causes of events in his/her life, or one's destiny controlled by oneself (internal orientation) or by eternal forces such as fate, God or powerful others (external orientation). These individuals blame others for their life's outcomes, tend to be more stressed and prone to depression.

Psychological Well-Being
Psychological well-being deals with people's feelings about everyday experiences in life activities (Warr, 1978) [18]. Psychological well-being is the subjective feeling closer to mental health, contentment, happiness, vital energy, satisfaction with life and work, self-actualisation of one's full potential and prosperity (American Heritage Dictionary, 1980).
The visually and auditorily challenged individuals have either internal or external control—this may affect their psychological well-being which is under threat since they do not belong to the mainstream of society. These individuals also may struggle to experience a good and peaceful life.

Need of the study
Visually challenged individuals were found to be depressed when age, gender, marital status, education, and family support were controlled but auditorily challenged did not add to the likelihood of depression (Chou & Chi, 2004) [5]. According to Panda (1997) [15], auditorily challenged subjects feel inferior, helpless, have poor self-concept, poor gross motor coordination, delayed hand preference, short attention span, low IQ, poor language and communication skills. This perchance leads to low psychological well-being. Although some people are disabled in their visual and auditorily senses and face the problem of coming to the mainstream of work and living a happy life, nevertheless they do live a quality life. So the present study attempts to find out whether the visually and auditorily challenged individuals differ in terms of internal and external loci of control and whether that control

(internal or external) would affect their psychological well-being.

Objectives

1. To find out the locus of control of visually and auditorily challenged individuals.
2. To find out the psychological well-being of visually and auditorily challenged individuals.
3. To find the relationship between locus of control and psychological well-being of visually and auditorily challenged individuals.

Research Design

Research design is ex post facto, cross-sectional and bi-variate in nature.

Sample

Purposive sampling was done with 100 challenged individuals in the age group of 20–30 years of which 50 individuals were visually challenged and 50 individuals were auditory challenged in the city of Chennai. The data was collected from the visually challenged by reading out the questions and from the auditorily challenged by sign language demonstrated by their teachers to avoid any ambiguity in responding to the items in the questionnaire.

Tools Used

1. **Rotter's Internal–External Locus of Control Scale (Rotter, 1966)** [16]**.**

Rotter's I-E Locus of Control questionnaire helps to identify how certain important events in the society affect different people. It consists of 29 items inclusive of 6 filler items, intended to make more ambiguous, for the purpose of the test. Each item consists of a pair of alternatives, lettered A or B. The individual has to select one statement from each pair, which they strongly believe in or can relate to. The scoring for the scale is in the direction of Externals as per the method given in the manual. A higher score indicates external locus of control and a lower score indicates internal locus of control. The test retest reliability ranged from 0.49 to 0.83 depending on the time period and the particular population, and the validity coefficient with the Marlowe–Crowne Social Desirability Scale ranged between −0.41 and −0.12.

2. **General Health Questionnaire (GHQ-12) (Goldberg, 1972)**

This scale measures the psychological well-being of the individual. It consists of 12 items asking whether the respondent had already experienced a particular symptom rated on a four-point scale. The score ranges from 0 to 36. Higher the score, higher is the psychological well-being. Cronbach's alpha coefficient was found to be 0.87 and the external validity to be −0.56.

Statistics Used

Independent *t* test (critical ratio) was used on locus of control and psychological well-being between individuals. Pearson's product moment correlation was used to find the relationship between locus of control and psychological well-being.

Results and Discussion

Table 1: Mean, standard deviation, '*t*' value (CR) and level of significance on locus of control and psychological well-being between visually and auditorily challenged individuals.

Variable	Nature of sample	N	Mean	Standard deviation	C.R. Value
Locus of Control	Visually challenged	50	7.9	2.12	5.60**
	Auditorily challenged	50	10.18	2.84	
Psychological Well-being	Visually challenged	50	24.66	5.69	2.04*
	Auditorily challenged	50	22.46	4.74	

** Significant at 0.01 level, * Significant at 0.05 level

The above table indicates the difference in locus of control and psychological well-being between visually and auditorily challenged individuals. It is clear that visually challenged and auditorily challenged individuals irrespective of impairment have internal locus of control.

The CR value indicates that visually challenged individuals have higher internal locus of control than auditorily challenged individuals**.** This internal locus of control may be due to their disability in their vision and speech making them to hold on cognitively (analyze, listen and think deeply) to things and work in a very effective manner regardless of their living environment and educational background. It is also clear that the psychological well-being is high for both the sets of individuals because they may assume total responsibility for their livelihood, though the impairment is no fault of theirs. It is found that visually challenged individuals have higher psychological well-being than auditorily challenged individuals because visually challenged individuals perceive objects in their totality and in context but auditorily challenged have skewed perception of the ability to use language.

Table 2: Mean, standard deviation, '*t*' value (CR) and level of significance on demographic factors of locus of control and psychological well-being among visually challenged individuals

Variable	Nature of sample	N	Mean	Standard Deviation	C.R. Value
Locus of Control	Male visually challenged	29	7.66	2.06	0.96^{NS}
	Female visually challenged	21	8.24	2.21	
	Single Degree Visually challenged	31	8.10	2.18	0.84^{NS}
	Double Degree Visually challenged	19	7.58	2.04	
	Visually challenged (Rural)	39	7.92	2.06	0.14^{NS}
	Visually challenged (Urban)	11	7.82	2.44	

Psychological Well-being	Male Visually challenged	29	25.41	5.55	1.10^{NS}
	Female Visually challenged	21	23.62	5.86	
	Single Degree Visually challenged	31	25.45	5.73	1.26^{NS}
	Double Degree Visually challenged	19	23.37	5.53	
	Visually challenged (Rural)	39	25.10	5.47	1.04^{NS}
	Visually challenged (Urban)	11	23.09	6.44	

NS-Not significant

The above table indicates the difference in the locus of control and psychological well-being with respect to gender, educational qualification and habitat in visually challenged individuals. It is evident that gender, educational qualification and habitat do not play a vital role on locus of control among visually impaired individuals. However, it is found that male visually challenged individuals have higher internal locus of control than females. This may be due to females being more sociable than males. This is in line with the study done by Mamlin, Harris& Case (2001) [12]. Also, visually challenged individuals with a double degree have greater internal locus of control than those with single degree, indicating that their knowledge would have shaped them internally to analyse things in a matured way. However, visually challenged individuals of urban areas have higher internal locus of control than those in rural areas, which may be due to more opportunities and challenges that equips them with the needed skills to compete in the existing environment. This is in line with the study done by Ash *et al*. (1976) [2] who found that experimenting, free-thinking, socially bold and uninhibited persons would have the best chance of adjusting after they become blind. It is also evident that gender, educational qualification and habitat do not play a vital role in psychological well-being among visually challenged individuals. Visually challenged male individuals are found to have higher well-being than females because a secure family attachment throughout childhood contributes to healthy personal development (DeVore and Ginsburg, 2005) [7]. Also a female being born with a disability faces triple jeopardy due to their gender, disability and their birth in a developing nation (Ghai, 2003; Halder, 2009,) [8, 9]. The visually challenged with a single degree have higher psychological well-being than those with double degree, indicating that living environment does not play a role in the well-being of the individuals. Confidence, thoughts and analysis leads a person to effective living. The visually challenged in rural areas having higher well-being than their urban counterparts, indicates that rural people are stronger in their views than urban people who have many opportunities.

Table 3: Mean, standard deviation, '*t*' value and level of significance on demographic factors of locus of control and psychological well-being among auditorily challenged individuals.

Variable	Nature of sample	N	Mean	Standard Deviation	C.R. value
Locusof Control	Male Auditorilychallenged	35	9.83	3.08	1.35^{NS}
	Female Auditorily challenged	15	11.00	2.04	
	School going Auditorily challenged	23	9.17	3.60	2.42*
	Single Degree Auditorily challenged	27	11.04	1.61	
	Auditorily challenged (Rural)	23	9.78	2.83	0.91^{NS}
	Auditorily challenged (Urban)	27	10.52	2.86	
Psychological Well-being	Male Auditorily challenged	35	22.29	4.91	0.39^{NS}
	Female Auditorily challenged	15	22.87	4.47	
	School going Auditorily challenged	23	21.96	5.28	0.69^{NS}
	Degree Auditorily challenged	27	22.89	4.23	
	Auditorily challenged(Rural)	23	21.74	4.04	0.99^{NS}
	Auditorily challenged(Urban)	27	23.07	5.27	

NS-Not significant; *Significant at 0.05 level

The above table indicates the difference in the locus of control and psychological well-being with respect to gender, educational qualification and habitat in visually challenged individuals. It is clear that gender, educational qualification and habitat do not signify a great role. However, auditorily challenged males and rural auditorily challenged individuals were found to have higher internal locus of control. The auditorily challenged individuals were significant at 0.05 level based on education and this indicates that school goers have higher internal locus of control. This may be because school goers have lesser exposure than college goers and this causes them to process information more cognitively thereby leading them to have higher locus of control than college goers. It is also apparent that gender, educational qualification and habitat are not significant at both the levels (0.05and 0.01) indicating less importance of gender, educational qualification and habitat on psychological well-being among auditorily challenged individuals. But female auditorily challenged individuals, single degree auditorily challenged individuals and auditorily challenged individuals living in urban areas have higher well-being than their counterparts indicating thatgender (being female), education and the urban environment would expose individuals to sound environment and help them to compete with the challenges for good life.

Table 4: Relationship between locus of control and psychological well-being among challenged individuals

Variable	Correlation
Locus of control	-0.10^{NS}
Psychological well-being	

NS-Not Significant

The correlation coefficient is not significant at any levels (5% or 1%) but low relationship is found between Locus of Control and Psychological well-being among challenged Individuals. However, negative relationship exists indicating "Internal Locus of Control would lead to high psychological well-being."

Conclusion

1. Visually and auditorily challenged individuals have internal locus of control.
2. Visually challenged individuals did not differ in locus of control and psychological well-being based on gender, educational qualification and habitat (demographic factors).
3. Auditorily challenged individuals did not differ in locus of control and psychological well-being based on gender and habitat (demographic factors).
4. Auditorily challenged individuals differed in locus of control based on educational qualification.
5. Low negative relationship exists between locus of control and psychological well-being among challenged individuals.

Limitations

1. Research was done with only 100 individuals.
2. The study was not done on normal population.
3. The study was focused in the city of Chennai.

Suggestions

1. The study could be done on a larger sample.
2. Many more variables could be used to study.
3. The study could be done with various populations.

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