

Studying locus of control and role of psycho-education, breathing exercise and mindfulness in changing the direction of locus of control among medical students

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ABSTRACT: *Locus of Control is considered as an important aspect of personality. Locus of Control in people can be inward or outward. With internal control people believe that over their successes or failure the control resides within them on the other hand people with external control refers to the expectations and their successes and failures controlled from outside of oneself, either in the hands of powerful other people or due to fate which is an unhealthy part of personality. Thus the study has focused on assessing the locus of control among medical students and to develop an awareness internal and external locus of control and its effect on personality. Thus students were motivated to participate in this study, among the 100 students who gave consent and showed interest 30 males and 30 females were randomly selected. The sample group is 100 medical Students of UniSZA Kuala Terengganu Malaysia. Study design was cross sectional. The assessment was done individually using Levenson's Locus of Control scale. Their demographic data collected on personal data sheet. The data collected were tabulated in the by variable tables and examined the property movement of variables and the relationship between the variables. The resultant analysis positively corroborated with the objective described in the study. This study paves the way for gaining awareness about locus of control which is an important aspect of personality to become healthy professional. Also incorporating or taking some measures to improve locus of control that who are lower in the scale.*

KEYWORDS: *Locus of Control, breathing exercise and mindfulness*

I. INTRODUCTION

In this century people are towards higher end in their technological achievements walking through the age of anxiety. The widely expanding medical competence involved in the field, people here are roll with the punches seem too crumbled with the forces we ourselves have created. Never before have had the fruits of our labour threatened our very existence: this is also the age of nuclear disasters, global warming, and the arms race. For the first time in history we can produce enough to satisfy the needs of everyone on the planet In present century people are extensively using their capabilities to control over their environment.

The world stirred in enigmatic ways which has made people deal with the powerful forces thereby gets crumbled with their lives. In many culture people are superstitions as a means which paves them a way to make sense of lives which is trying to exert control over their external world. With scientific evidences psychologists have recognized two sources of perceived control, the first one is an internal locus of control, where the individual believes he or she has control over life events, the second one is an external locus of control, where the individual believes that some outside force such as fate, destiny, other people, and random circumstances control life events.

Researches have evidenced that the presence or absence of perceived control has significant consequences in people's lives. This gives credence to the familiar adage. Perhaps people may believe that they can or they cannot. People with high degree of perceived locus of control inwardly are into seeking knowledge and information about the events that affect their lives. This becomes self-fulfillment divination; indeed these people who in control on themselves to take actions that actually make them gain better control of their lives. There Is also a strong positive relationship between perceived control and personal adjustment which improves your coping skill. Thus people with an internal locus of control strategically advanced in coping with stress which paves a way in enhancing their overall health and well-being.

One of the research evidenced that the industries was able to isolate the socio-technical characteristics that contribute to alienation namely technology and the division of labor had evidenced the significance of internal control. Here the study has found alienation in its most extreme form in the assembly line production of automobile industry owing to standardized, routine, repetitive and highly fragmented work. Automation in the process chemical industry was seen as contributing less to alienation where skill was replaced by responsibility. One of the evidential studies observed introspective reports of the software professionals revealed that their external control and high alienation were gained better self-control and moved towards internal control after they had provided with meditation training.

Current study has found that the professionals have internal or external control; the professionals have external control and high level of alienation which affect the progress in their profession. Practice of breathing exercise and being mindfulness to bring possible changes from external to internal control is focused in the present study.

Objectives

1. To find out the level of Locus of Control of medical students
2. To find out the impact mindfulness in changing the direction of locus of control outward to inward among medical students

II. METHODOLOGY

The study has adopted random sampling approach and the cross sectional research design. The sample consists of 60 medical Students of UniSZA Kuala Terengganu Malaysia.

There were 100 Students voluntarily involved in the survey out of them 30 male and 30 female were randomly selected for the study. Because of time consumption sample size was limited to 60.

Hypothesis

Educating students regarding locus of control, practicing breathing exercise and mindfulness training can help the locus of control from external to internal direction

Instrument used and data Collection

Levenson's Locus of Control Scale by Sanjay Vohra was used to measure Locus of Control among the study sample. Personal data Sheet is used for collecting demographic data.

Personal data Sheet is given to each of this subject who is selected on random base and they were asked to fill this sheet to collect the information on demographic data. Levenson's Locus of Control Scale administered individually with their consent to assess locus of control and the subjects were instructed to fill their response sheet.

III. RESULTS AND DISCUSSION

Results of the study have been tabulated in the tables below. Variable movements in the table before and after the training have proven that the external locus of control can be moved internally for the benefits of the students.

Since the internal Control led by the belief that control of future outcomes resides primarily in oneself this belief in self-paves the way for to work with better confidence.

Locus of control before training in breathing exercise and mindfulness

Gender	Powerful Others	%	Internal control	%	External control	%	Total
Male	14	46.67	11	36.67	5	16.67	30
Female	15	50.00	9	15.00	6	20.00	30
Total	29	48.33	20	33.33	11	18.33	60

Table shows the internal control 11 (36.67%) and 9 (15.00%) in male and female respectively. The External control is 5 (16.67%) and 6 (20.00%) in male and female respectively. This shows the better internal control over external. Though the control by powerful others is more than these dimensions. Which is 14 (46.67%) and 15 (50.00%) in male and female respectively.

Locus of control after training in breathing exercise and mindfulness

Gender	Powerful Others	%	Internal control	%	External control	%	Total
Male	11	36.67	13	43.33	6	20.00	30
Female	13	43.33	12	40.00	5	16.67	30
Total	24	40.00	25	41.00	11	18.33	60

Table shows the internal control 13 (43.33%) and 12(40.00%) in male and female respectively. The External control is 6 (20.00%) and 5 (16.67%) in male and female respectively. This shows the better internal control over external. Here the control by powerful others is lowered after more the training in breathing exercise and mindfulness depicted as 11 (36.67%) and 13 (43.33%) in male and female respectively.

Researchers have found that the professionals have internal or external control; the professionals have external control and high level of alienation which affect the progress in their profession. Educating about their locus of control, practice of breathing exercise and being mindfulness to bring possible changes from external to internal control is focused in the present study.

IV. CONCLUSION

Our study result reveals that the locus of control is a part of personality has two directions, awareness about the direction and taking responsibility regarding the same help one to live happier. The impact of educating about the locus of control, practicing breathing exercise and mindfulness help the students to live with the healthier part of them. These changes can pave a way to the enrichment of personality of budding medical professionals.

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