

Research Article

Impact of LOC, Conservation and Social Support on Mental Health

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A B S T R A C T

This abstract deals with the impact of LOC [Locus of Control], conservatism and social support on mental health. For this a study was done. The study was conducted on 160 respondents to examine the effect of locus of control, conservatism and social support on mental health. It was hypothesized that locus of control, conservatism and social support would have significant influence on mental health. For the purpose, MMHSI by Thakur and Kumar, Hindi version of Rotter's Locus of Control Scale by Hasnayan and Joshi, Mohsin's C-Scale, Social Support Scale by Asthana and Verma along with PDS were used to measure mental status of the respondents respectively. The obtained data were analysed using t-test.

Keywords: Impact, Locus of Control, Conservatism, Social Support, Mental Health, Respondents, Examine, Effect, Significant Influence, etc

There are four major components of this study, which need elaboration. The first component is mental health, which is greatly concerned to psychologists. Many people, when they hear the mental health think of mental illness, but it is not so. In general, mental health refers to the ability to balance feelings, desires and ideals in one's daily life. To quote Oxford Dictionary and W.H.O. report respectively to clarify its definition:

*"A person's condition with regard to their psychological and emotional well-being is called mental health."*¹

*"Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."*²

The second component of the present study is locus of control. It refers to how strongly people believe they have control over the situations and experiences, that affect their life. To clarify its meaning, we may quote from 'The Dispositional Cause of Job Satisfaction : A Core Evaluation Approach', and 'Dictionary of Psychology' respectively:

*"Locus of control is one of the four dimensions of care self-evaluations— one's fundamental appraisal of oneself— along with neuroticism, self-efficacy and self-esteem."*³

*"A cognitive style of personality trait characterized by a generalized expectancy about the relationships between behaviour and the subsequent occurrences of reinforcement is called Locus of control."*⁴

The third component of the present study is conservatism, which is a personality trait associated with personal values emphasising tradition, duty, moral standards etc. To clarify it, we may quote 'Wikipedia of Conservation' [belief revision] and 'Psychology Glossory' respectively:

*"In psychology, conservatism refers to an inability or refusal to seriously reform one's views in response to convincing contemporary evidence."*⁵

*"In cognitive psychology and decision science, conservatism is a bias in human information processing, which refers to the tendency to revise one's belief insufficiently when presented with new evidence."*⁶

The last component of the present study is social support, which is the physical and emotional comfort given to us by our family, friends, co-worker and others. To quote from 'Wikipedia of Social Support', and 'I Research Net of Social Support' respectively to clarify its meaning:

*"Social support is a perception and actuality that one is cared for has assistance available from other people, and most popularly, that one is a part of supportive social work."*⁷

*"In general, social support refers to various ways in which individuals aid others."*⁸

Objective

One objective of the present study was to examine the effect of locus control on mental health status, conservatism and social support of the respondents.

Hypothesis

Locus of control, conservatism and social support would have significant influence on mental health status of the respondents.

Methodology

Sample– The study was conducted on incidental-cum-purposive sample of 120 respondents belonging to Patna town equal in respect of H.C. ELC, conservation liberal, high and low social support groups respectively. Other than the conditions required for research, they were matched so far as practicable

Tools Used

- MMHSI by Thakur and Kumar was used to measure the mental health status of the respondents.
- Hindi Adaptation of Rotter's Locus of Control Scale by Hasnayan and Joshi was employed on the respondents to measure locus of control of the respondents.

- Mohsin's Conservatism Scale was employed to identify conservatism and liberal groups of respondents.
- Asthana and Verma's Social Support Scale was used to measure social support of the respondents.
- A Personal Data Sheet was used to get the necessary information relating to the respondents.

Administration of Scales

The Scales were administered and the data were obtained on the basis of the manuals of the tests employed. The respondents were grouped using median cuts. The analysis of data was done using t-test.

The results displayed in table showed significant effect of locus of control on mental health status of the respondents. The external locus of control (ELC) group of respondents showed superiority over internal locus of control (ILC) group of respondents in respect of mental health status ($t=8, 04$; $df = 126$; $P < .01$). Thus, the first hypothesis is retained. The finding might be interpreted in terms of more involvement in daily hassles with the external world on the part of the internal locus of control group of respondents. Further, conservative respondents were found having poor mental health status than their liberal counterparts ($t = 8, 16$ $df = 126$; $P < .01$). Thus, the second hypothesis is also confirmed. The finding might be interpreted in terms of more narrow mindedness, rigid thinking and more adherence to old values on the part of the conservative respondents as compared to the liberal respondents. Further, respondents belonging to low social support group of respondents showed poor mental health status than their counterparts belonging to high social support group ($t = 10.24$; $df = 126$; $P < .01$). The finding might be interpreted on the ground of less personal independence and high need structure on the part of respondents of high social support group.

Table I. t-ratio showing the effect of locus of control conservatism and social support on mental health status of the respondents.

Variable	pGroup	N	Mean	SD	t-ratio	df	p
Locus of Control	ELC	64	53.42	6.41	8.04	126	<.01
	ILC	64	62.43	6.27			
Conservatism	Conservative	64	65.17	6.52	8.16	126	<.01
	Liberal	64	55.95	6.26			
Social Support	Low	64	63.49	6.39	10.24	126	<.01
	pHigh	64	51.92	6.45			

Conclusion

People belonging to external locus of control group manifested sound mental health status than persons belonging to internal locus of control group. Conservative people have manifested poor mental health status than liberal counterparts. Low Social Support group of respondents manifested poor mental health status than their counterparts belonging to high social support group of respondents.

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