

LOCUS OF CONTROL

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ABSTRACT

Locus of control subject has been examined curiously in most scientific area. Especially in Rotter's Social Learning Theory it is seen that this variance is dealt in a systematic organization and is the main point of theory. Locus of control notion, which evaluates the personality factor from a different perspective, has been examined by researchers for years in aspects of their relationship with different variances. Locus of control notion deals with humans under two group; inner controlled and external controlled, also evaluates their attitudes, habits, relationships, success and failures in this context. In this research locus of control was overviewed with using of related literature.

Key Words: Locus of Control, inner control, external control

Locus of control is one of the notions that is used in psychology. This notion was first suggested by Phares in 1950s but as a personality structure in today's meaning it was first explained in Rotter's article in 1966. Locus of control's theoretical frame is consisted of `Social Learning Theory` that was studied long years by Rotter. In the continuing periods Social Learning Theory was developed by Rotter, Chance and Phares (1972). In the basis of the theory it is thought that there is an attitude production which is suitable or deviant with same learning process. According to theory both presents about after the desired attitude and environmental factors redirect person's attitude. Content and variance of this manipulation is consisted of a set of cognitive elements (Rotter, 1982).

According to Rotter in result of individual's attitudes rewards and punishments will lead to development of some expectations about his/her future attitudes. According to this happening of an attitude depends on existence of

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reinforcement. Three notions in the theory are explained like this: It is an attitude potential that happens firstly in a situation and calculated according to appendixes of reinforcements. Second thing is the expectation that happens in a situation or situations and in a specific reinforcement's occurring possibility, and is the expected function of a specific attitude which is accepted by the individual. Lastly the reinforcement value; when any external reinforcement's reinforcing value is ideally going to be equal with the possibilities and occurring of reinforcement types then it can be said that it is the preference of any reinforcement (Sayiner, 2003).

Individual, in the process of social development, beginning from childhood grows quite reasonable expectations about which attitude bring what kind of result and which result is derived from his attitudes, which of them are derived independently from his attitudes. Rotter suggests that these expectations are generalized depend on one of the tendencies. When we qualify the positive events as reward that a person anticipate and the negative ones punishment, first of these tendencies is; rewards and punishments which are applied, managed or controlled by other power holders are the general expectation that means to reach to big rewards and avoid from punishments is not enough in the aspect of personal efforts. The other is person who is the reason for rewards and punishments and thus it is the general expectation that in occurring of these things. Rotter named these expectations as a belief to inner or external control resource, also the place that powers which determines the positive and negative things that are happening in life (rewards and punishments) (Yeşilyaprak, 2004). Locus of control is a structure which is more than reinforcement by itself it is a structure that expresses the individual's attitude's frequency, also beliefs and expectations that reinforcements lead (Akin, 2007).

Locus of control notion includes the ability that perceives the individuals' attitudes. In social psychology Locus of control is one of the most popular structures that conceptually draws a frame that if events happen in life depend on person's attitudes or not (Bastounis, Leiser & Roland-Lévy 2004). Locus of control

a person's positive or negative expectations about his/her attitudes' results. Thus, these expectations are important determiners of people's attitude patterns (Rossier, Dahourou & McCrae 2005).

Locus of control always related to the perception pattern of an individual for the things that happen around him. People have different thinking patterns about how much they can control the happenings they coincide with. While inner control expresses that on the experiences there may be a personal control existed but on the other hand external control expresses that except from individual variances such as; chance, other people, creator, destiny have an impact on experiences. On the inner controlled individuals there is a belief and expectation dominant in the result of experiences their own attitudes are effective (Wong-McDonald & Gorsuch, 2004).

Experimental and correlative researches indicated that along life span from birth to old age their control perceptions' are about many variances such as physical and spiritual health, success, self value, personal adaptation, dealing skills and it has an important impact on these things (Gümüs, 1999). Locus of control perception not only processes as a cognitive intervening variable but also is a predictor variable for health attitudes (Rotter, 1966).

According to Rotter (1966) individuals show differences in the aspect of perceiving of the reasons of situations or things they experience. In this respect; while some individuals' locus of control emotion is high, some of them cannot make a connection between the events that they experience and their attitudes.

INNER CONTROL

If individual is in the tendency of considering a relationship between his attitudes and the result that he acquired then it is named inner controlled. Inner control; failures and reasons of negative events that individual seeks out for himself. Inner controlled individuals generally get along with working and effort notions. They can quest their success or failures (Lamont, Richard & James, 2003).

People who have inner control they believe that their own attitudes and manners affect the events that develop in their life. Inner controlled people linking

their attitudes to their skills and talents and burden responsibilities of their attitudes (Demirkol, 2006).

Inner controlled people perceive an event directly the result of their attitudes or their permanent characteristics and they do not allow anybody to impact them. Even they can do the contrary of the initiative of impact (Efilti, 2006).

Since inner controlled individuals link an event that they experience to their own effort and skill they think that they can control these events so they also think that they have the power to change results of these events (Lamont, Richard & James, 2003).

This show that inner controlled individuals participate into intellectual and academic events, their school success is high, they show high performance especially in competition areas and in social events they are more effective (Loosemore & Lam 2004). Again inner controlled individuals perceive themselves as more resisting people to negative impacts, strongly show reaction to the restriction of their freedom, feel themselves more effective, reliable and independent. It was suggested that they have a high level self respect and positive self notion, they can burden much more personal responsibility, venturous, entrepreneur, emotionally healthier and balanced, much more social and have free behavior patterns, more objective and more successful in making contact with people (Fazey & Fazey, 2001).

Similarly it is determined that inner locus of control has a relationship with individuals' self perceptions (Loosemore & Lam, 2004, Silvester Gough, Anderson & Mohamed, 2002), dealing skills (Elise, Bryan & Kathleen, 1998) and having higher inner motivations. Moreover, it is observed that these individuals feel themselves healthier (Ozolins & Stenstrom, 2003).

At the same time, according to most of the research finding inner controlled individuals can use the time well, have reasonable attitudes, present more positive reactions against restrictions and behave less problematic (Yeşilyaprak, 2004).

EXTERNAL CONTROL

If individuals do not see a relationship with their behaviors and the acquired result do not think that there are impacts such as fate or another factors on the result then these individuals are defined as external controlled (Küçükbayır, 2000). External controlled individuals keep other people responsible from the things that they experience, they judge other people and criticize them. They always accept themselves right. Since they are not creative they do not open for the generating of new ideas (Solak, 2003).

External controlled individuals link their success or failures to chance, fate expect for their own potential and they think that it is not possible for them to change the results of events (Manger, Eikeland & Asbjornsen, 2002).

People who have external locus of control when they do not success something and while they think that it happens out of their control they believe that they are not lucky or consider themselves unfortunate or contrarily when they success something they think that it happens because of their luck or the simplicity of the work (Lajunen & Rasanen, 2004).

External controlled people have the lesser expectation level, they carry depressive characteristics and these depressive characteristics show a rising movement, they see themselves as external powers' slave or victim of it (Silvester, Gough, Anderson & Mohamed, 2002). External controlled individuals are anxious, suspicious and dogmatic. When they success something they will be more anxious than when they are unsuccessful, they have the belief that they do not have control on environment and also cannot under control the events. They trust less both themselves and other people and they are not complete to recognize themselves. External controlled people use aggression and defense mechanisms so much (Karadeniz, 2005).

RESULT

Consequently, locus of control is a notion that is about what or who people show the events' occurring reasons as a base thing. It mentions the skill to redirect the events that a person coincides with and the beliefs he adopts. It determines that

how much a person has the control in the events that he experiences. For the social psychology locus of control has a very big importance, even it was thought as inner and external control with a general expression almost all of the people live between these two characteristics. Inner control and external control always stands on a line's both points. Individual may be moth of this line as a nature of their development they may be at the middle of this line (Garcia, 2005; Furnham & Steele, 1993).

In the situations that individuals are successful they will be inner controlled but when they are unsuccessful then they will prefer to be external controlled and they will be in tendency of providing emotional balance and taking place in the judiciary things that service to self-respect (Akın, 2007).

A person who has external locus of control they might behave as inner controlled. It is because learning processes taught people not what are their own controls it taught them in some specific situations how they may suitably behave. Reason of this is; it plays a role in presenting of environmental and historical process, attitudes. Locus of control of an individual is affected by the environmental factors that are included in the perception of belief from inner or external area, and generally education level of environment, religious beliefs, fatalism and similar other social environment variances are effective on being inner or external controlled (Yağışan, Sünbül & Yücalan, 2007). Following of a stable method is not possible enough with various human patterns. It is just possible with the measuring of tendency and making a decision in this way.

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