



A STUDY ON LOCUS OF CONTROL, FEELING OF HAPPINESS AND SELF-ESTEEM

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ABSTRACT:

Numerous studies have been conducted on the interrelationships between positive psychology's fundamental constructs and personality traits, social norms, business practises, and technological advancement in response to the growing interest in this field. It is acknowledged that the relationship between self-esteem, happiness, and locus of control is complex: internal LOC contributes to happiness, but is not directly related to it; self-esteem is a powerful and important psychological factor for mental health and well-being; feelings of being worthy and empowered are associated with significant achievements and high self-esteem; strong and appropriate self-esteem (when the discrepancy between "ideal" and "real" self is small) is associated with significant achievements and high self-esteem (when the individual tends to believe that personal achievements depend on possessed features, vigour and persistence). Despite the unique attention dedicated to happiness, locus of control, and self-esteem separately, theoretical and empirical ambiguities within each literature preclude many apparent predictions on the nature of their empirical difference. Regarding the theoretical framework, no model has attained acceptance as the definitive theoretical foundation for any of the stated constructions. This research aims to evaluate the mediating function of self-esteem by examining the links between self-esteem and happiness, as well as self-esteem and locus of control (LOC). Self-esteem is hypothesised to be a predictor of happiness and a mediator in the creation of locus of control. In order to collect data for this theoretical study, a large number of results from a variety of empirical studies have been analysed, and some of these results can be viewed as disputable or incoherent.

Key words: *self-esteem, happiness, locus of control, interrelation*

INTRODUCTION:

In recent years, positive psychology has garnered increasing interest (Seligman & Csikszentmihaly, 2000; Snyder & Lopez, 2002). To comprehend the positive features of psychological accomplishments, researchers have investigated individual differences by studying such constructs as self-esteem, happiness, self-efficacy, hope, optimism, life satisfaction, positive affect, etc. These scientific concepts are examined independently by researchers within a specific field, with comparative studies of their connections occurring only rarely. Consequently, there exist assumptions asserting that these concepts are theoretically and empirically separate. Some theoretical models and definitions of happiness are unquestionably unique from those of self-esteem, and the numerous models of locus of control are separate from the diverse definitions of happiness and self-esteem. However, the empirical distinctions between the constructs are less distinct, making combinative analysis more difficult. To what extent do happiness, locus of control, and self-esteem overlap, are connected, or have cause-and-effect linkages, and do they have substantially distinct sets of correlates? Few research have studied this overlap, but they reveal conclusively that several positive psychology traits are substantially intercorrelated.

The primary purpose of this research is to analyse the theoretical and empirical relationships between the three notions of happiness, locus of control, and self-esteem. This study specifically covers the following general research questions:

- ✚ May happiness be possible without a healthy self-esteem?
- ✚ To what extent does self-esteem influence on the level of happiness?
- ✚ Is self-esteem is a strong predictor of internal locus of control?

UNDERSTANDING THE BASIC CONSTRUCTS:

Good psychology investigates the sources of human pleasure by focusing on positive emotions, positive qualities, and positive institutions. Since its inception, positive psychology has amassed empirical evidence in areas such as self-esteem, happiness, optimism, mindfulness, and positive thinking. The collected data allowed for the development of a theoretical foundation and practical treatments to enhance well-being and happiness.

Numerous extant theories and methods seek to investigate the fundamental constructions and their relationship with personality characteristics, social environment, and societal change. The presented theories and empirical data provide the opportunity to define and comprehend the fundamental concepts of positive psychology, such as self-esteem, happiness, and locus of control.

UNDERSTANDING THE CONSTRUCT OF SELF ESTEEM:

Self-esteem is often seen as a self-evaluation, or an assessment of one's self-worth or self-acceptance (Rosenberg, 1979). It is a combination of attitudes

and ideas that people display in their interactions with their environment (Luszczynska & Schwarzer 2005).

Campbell (1990) noted that self-esteem is one of the greatest indicators of happiness, while Diener's (1999) analysis of 11 studies' well-being data demonstrated a positive association between self-esteem and happiness. Moreover, self-esteem is formed throughout the early stages of development, is generally stable over time, and is resistant to change (Campbell, 1990).

Self-esteem is essentially the evaluative component of the self-concept that correlates to an overall perception of the self as worthy or unworthy (Baumeister, 1998). The presence of a good self-evaluation in an individual's performance may boost self-esteem, whereas the presence of a negative self-evaluation might diminish it (Lawrence et al., 2006). Studies indicating a favourable and substantial association between healthy locus of control and self-esteem must be mentioned (Ozolins & Stenstrom, 2003).

In addition, other theories seek to determine the origin of self-esteem. For example, William James (1890, as cited in Heatherton, 1991) said that self-esteem grew as a result of the accumulation of situations in which an individual's results surpassed their expectations in some significant way. Numerous prominent theories of self-esteem are founded on Cooley's (1902 in Heatherton, 1991) concept of the looking-glass self, in which self-evaluations are considered as inseparable from social surroundings.

DIMENSIONS OF SELF-ESTEEM:

It must be emphasised, while discussing the dimensions of self-esteem, that self-esteem may relate to the whole self or to certain components of the self. According to the global perspective, self-esteem is a global self-attitude that permeates all parts of a person's life. Accordingly, Robins, Hendin, and Trzesniewski (2001) devised a one-item measure of global self-esteem, in which a single item is related to a comparable degree. This is the most extensively used scale that includes a number of measures, such as personality traits, domain-specific assessments, and psychological well-being. In addition, self-esteem may be described as a hierarchical construct with three key components: social self-esteem, performance self-esteem, and physical self-esteem (Heatherton & Polivy, 1991). Admittedly, William James (1892 as cited in Heatherton, 1991) stated that global self-esteem is the combination of particular components of self-esteem, each of which is evaluated based on its significance to the self-concept. Determining whether self-esteem must be regarded as a stable personality characteristic or as a context-specific condition is, thus, an additional crucial challenge in defining and measuring self-esteem. According to successive perspectives, self-esteem may be considered both as a "state" and a quality (Heatherton & Polivy, 1991). From the standpoint of stable trait theories, self-esteem is stable since it develops gradually over time via personal experiences,

such as often excelling at a variety of activities or being frequently praised by important persons. Nevertheless, a lot of research suggest that self-esteem is a dependent variable rather than an independent or classifying variable (Wells & Marwell, 1976). Therefore, it is assumed in these research that self-esteem might be momentarily altered. Thus, changes in state self-esteem are associated with dependence on social judgements, heightened sensitivity and worry about how others see the self, and even animosity and fury (Kernis, 1993). Those with a low sense of self-worth react overwhelmingly positively to positive input and defensively to negative criticism.

UNDERSTANDING THE CONSTRUCT OF HAPPINESS:

Recently, psychologists have focused on the definitions, determinants, and correlations of happiness (also known as psychological well-being, subjective well-being, and mental well-being) (Argyle, 1987; Eysenck, 1990). In addition, happiness has been viewed as both a thought and an outcome. The first model relates to an individual's present mood, which tends to be less stable and more transient, while the second model refers to an individual's overall pleasure, which tends to be more stable and durable. Argyle et al. (1989) defined happiness as the average level of pleasure over a given time, the intensity and frequency of positive affect, and the relative absence of negative affect.

Diener and his colleagues proposed using the notion of subjective well-being, describing it as a consolidation of the balance of the predominance of positive and negative affect (i.e., hedonic tone) and life satisfaction (a cognitive judgement) as the most frequently accepted definition of happy (Diener et al., 1999).

In addition, Argyle (2001) and Myers (2002) suggested that characteristics such as self-esteem, personal control, optimism, life-satisfaction, and extraversion were connected with happiness. Argyle suggested that optimism, self-esteem, control, and life-satisfaction are four characteristics that are so strongly connected with happiness that they are often regarded as components of happiness.

UNDERSTANDING THE CONSTRUCT OF LOCUS OF CONTROL:

The concept of locus of control was first taken from Rotter's theory of social learning, which relates to reinforcement-based learning by which people build their particular and general expectations. Fundamentally, the individual believes that external (powerful people, luck, chance) and/or internal (own personality, knowledge, attitude, status) influences are accountable for what has occurred, been accomplished, or been unsuccessful in his or her life.

In addition, Rotter (1990) argued that this notion of personal control is best defined as the degree to which an individual develops the expectation that his or her action is related with external or internal stimuli. Therefore, he

suggested that those with an internal locus of control were more likely to assume that they had control or influence over the majority of events and their own behavioural outcomes. In contrast, according to Rotter, those with an external locus of control tend to feel that other influences govern circumstances.

In contrast, high self-esteem exhibits a significant correlation with internal locus of control, or the perception that one's own results are influenced by one's own activities (Whisman, Kwon, 1993). In addition, high confidence and internal locus of control are associated with the ability to adapt to repeated psychosocial stress, whereas low confidence and external locus of control are associated with sustained high cortisol stress responses (Kirschbaum, Bartussek, Strasburger, 1992).

RELATION BETWEEN HAPPINESS AND SELF-ESTEEM:

Researchers intuitively related pleasure with self-esteem, perceiving them to be intrinsically linked via life experience, personal successes or failures, social support, etc. In daily life, those who lack self-respect or self-worth tend to see themselves as dissatisfied, while those who have a healthy sense of self-respect and self-worth view themselves as powerful. Numerous empirical investigations have shown moderate to strong connections between happiness and self-esteem indicators (Campbell, 1990; Diener and Diener, 1999; Lyubomirsky and Lepper, 1999; Schimmack et al., 2004). Few academics would argue that happiness and self-esteem are synonymous, although self-esteem is often employed as a proxy for psychological health or global pleasure (Ryff, 1989).

Nonetheless, happiness and self-esteem are so fundamentally intertwined that it is almost impossible to separate them. In reality, neither happiness nor its attainment is possible without a healthy amount of self-acceptance and self-confidence. Furthermore, Ryff (1989) concluded that the individual's sense of self-esteem or self-acceptance is the most recurrent criterion for good well-being (Myers, 2002; Diener, 1999).

Despite the specific focus dedicated to happiness and self-esteem in recent research, only a small number of studies examine self-esteem as a relevant mediator in connection to happiness. In this regard, the research by Baron and Kenny (1986), in which self-esteem and self-criticism are studied as mediator variables between parenting style and happiness, is particularly intriguing. In a current literature review, there are very few research.

RELATION BETWEEN HAPPINESS, LOCUS OF CONTROL AND SELF-ESTEEM:

Judge and his partners (2001, 2002) researched the experimental cross-over among self-esteem, locus of control, self-adequacy, and close to home steadiness, and that's what they reason "these characteristics are undefined proportions of a similar center quality," which they allude to as center self-

assessments (Judge and Bono, 2001; p. 108; Judge, Erez, Bono, and Thoreson, 2002). Likewise, Furr and Funder (1998) demonstrated that proportions of bliss, life fulfillment, gloom, and confidence are essentially related with one another and loaded on a solitary component.

Subsequently, recognizing the meaning of observational cross-over among the different builds connected with positive brain science, specialists have as of late conceded the need to investigate the distinctions among those develops. Consequently, in a hypothetical survey of individual contrasts in satisfaction, Lyubomirsky (2001) proclaimed that a significant inquiry for specialists to consider is whether the experimental discoveries in the bliss writing "mirror the job of ongoing joy, as opposed to that of confidence, idealism, extraversion, sensation of control, aversion to remunerate, or other individual distinction develops connected with joy" (p. 244).

CONCLUSION:

This study was an endeavor to look at the broadest presently research regions - joy research, confidence exploration and locus of control research - and to track down the conceivable response to the subject of the intercession or assurance of self-esteem in connection with bliss and locus of control. It was normal that there is areas of strength for a between each of the three examined ideas with crediting an exceptional interceding job to self-esteem. Notwithstanding the absence of agreement understanding overall model of bliss, it is regularly conceptualized as far as wonderful full of feeling experience that can show up as a generally steady individual contrast or as a close to home state. Likewise, no single model of confidence has been acknowledged, and none happens to coordinate confidence with satisfaction. For example, as per various leveled model (Shavelson, Hubner, and Stanton, 1976), the worldwide confidence is characterized as a component of components, for example, social self-esteem, moral confidence and physical self-esteem.

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