

Locus of Control and Its Role in Adolescent Life

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Abstract: Various forms of individual activity are increasingly becoming the subject of psychological analysis. One of these forms is locus of control, which is characterized as a stable personal trait reflecting the individual's tendency to explain the causes of events by external or internal factors. The problem of determining locus of control is considered, the concept of locus of control itself is considered and its features are analyzed.

Keywords: Locus of control, internal factor, external factor, internal, external.

Introduction: The psychological perspective of locus control defines how individuals determine their ability to direct what happens in their life. People who believe success and failure come from inside themselves because of their abilities and effort have an internal locus of control while those who rely on external influences of luck or outside circumstances have an external locus of control. Julian Rotter first introduced locus of control theory during 1954 thus transforming it into a vital aspect of personality formation and motivation alongside mental health. The study analyzes locus of control characteristics together with their effects on adolescent behaviors, their role in decision making along with responsibility formation and the development of resilience. Analysis of personal development and psychological adjustment requires an understanding of factors which drive locus of control.

Locus of control and its psychological significance is a very common concept in psychology. Locus of control (Latin locus - place, address and French controle - control, control) is the attribution of the results of one's own activities and responsibility to external factors (external locus of control) or to internal factors and abilities (internal locus of control). This concept was introduced by the social psychologist Julian Rotter in 1954. It characterizes the ability of a person to attribute his successes or failures to internal or external factors. The tendency to attribute the results of performance to external factors is called the "external locus of control" (external), and to internal factors - the "internal locus of control" (internal). In psychology, the problem of

studying locus of control in its theoretical and practical areas has been presented many times.

The task of systematizing theoretical concepts and the main theoretical constructs in the field of studying locus of control at present remains relevant. The concept of locus of control in the modern sense has been included in the psychological thesaurus. J. Rotter [3] defined locus of control as a quality that characterizes the tendency of a person to take responsibility for the results of his activities. It refers to actions directed at external and internal forces. From the methodology of grounded behaviorism, J. Rotter can also consider locus of control as a certain generalized expectation of the individual to strengthen the reactions of his behavior, that is, "the degree of understanding of the cause-effect relationship between a person and the achievement of his own behavior and what he wants." According to J. Rotter, subjective control is a stable personal property, and individual differences in the localization of control are associated with the learning process, including, first of all, the role of the family.

Thus, locus of control arises and is formed in the process of socialization of the individual, gradually becoming a stable property that determines some features and is manifested in aspects of the individual's behavior.

In the "Dictionary of the Practical Psychologist" S.Yu. Golovin considers the locus of control from the position of responsibility for the results of one's own activities. The external locus of control corresponds to the search

for the causes of behavior outside oneself, in one's environment" [2]. Such people show self-doubt, self-doubt, tend to postpone everything for an indefinite period. The interval locus of control is characterized by the search for the causes of one's behavior in oneself. These people "become more confident, consistent and persistent in achieving their goals." Goals, prone to introspection, balanced, sociable and independent" [1]. In the psychological encyclopedia, the term "locus of control" serves to designate a group of subjective The beliefs or opinions about the relationship between behavior and its consequences are expressed in the form of rewards or punishments" [2]. The Oxford Dictionary of Psychology defines locus of control as "the perceived source of control over one's own behavior" [5].

The following characteristics of internals can be mentioned: optimism, self-confidence, benevolence, sociability, determination. External locus of control has the opposite characteristics: lack of independence, distrust, suspicion. After considering these characteristics, one might think that external locus of control has only negative characteristics, while internal locus of control covers positive aspects.

All of the above advantages of internals are based on the subject's opinion that everything and events in life depend on him. This responsibility applies not only to the sphere of successes, but also to the sphere of failures.

A person's ability to overcome life's difficulties also depends on his locus of control. Internal locus of control has a protective mechanism against the development of a depressive state, which is positively affected by the treatment of somatic diseases in the body. Internals are able to resist external social influences. Internals' decisions are independent of the opinions of people around them.

The flexibility of an external depends on the status of the information source. The higher the status of the source, the more externals change their opinions. The status of information practically does not affect the opinions of internals. Internals do not experience sharp negative emotions over their misfortunes, they quickly restore their overall achievements and standard of living.

Each of the types of subjective control described above has its advantages and disadvantages. People with an external locus of control feel apathy, irresponsibility, infantilism, and helplessness. Increased demands on oneself, as well as the desire to control everything and events, internalists can significantly suffer from depression and other mental illnesses.

Analysis of self-expression behavior revealed the

common features of a personality with an internal locus of control E.V. Krut'kh. This is the ability to make choices in one's favor in personal growth.

These include:

- not being afraid of the risk of finding oneself in an unknown place;
- understanding one's inner world calmly;
- taking responsibility for one's actions;
- the ability to act responsibly in accordance with one's own views;
- the desire for self-improvement, work on oneself;
- the desire for personal freedom;
- the ability to look at life objectively.

Thus, taking into account various theories of locus of control, we conclude that the personality trait is a locus of control, which is displayed through the prism of a person. The expectation that people will control reinforcement from your actions. Also note that locus of control is not a universal trait, since in the same situation a person can behave both from an internal position and from an external one, accordingly, it is impossible to distinguish between an internal and an external personality type of a person.

METHODOLOGY

The research adopts qualitative methodology for conducting theoretical assessment of locus of control and its psychological implications. The present study relies on literature reviews to understand the work of Julian Rotter together with S.Yu. Golovin and E.V. Krut'kh to study locus of control concepts and classifications. The study applies comparative methods to understand the distinctions between internal and external locus of control while studying their psychological features and youth behavior effects. The research analyzes the impact of locus of control on personal development and self-expression and resilience through descriptive analysis. Psychological research on motivation together with studies about self-regulation and personality growth aid understanding of locus of control effects on social interactions and decision-making. The research analysis yields findings which explain the influence that both internal and external locus of control have on adolescent abilities for adaptation along with responsibility taking and overcoming challenges.

RESULTS AND DISCUSSION

The research demonstrates that control beliefs significantly affect adolescent conduct by molding their choices and perceptions as well as their responses to feelings. People who believe in internal causality trigger self-assurance through accepting full responsibility and

they use persistence to pursue their desired results. The internal group shows a higher commitment to personal growth and they effectively solve problems while keeping their emotions balanced. The outlook of people with external control focuses them on external forces such as luck or societal pressures when assessing their performance results. The belief system of external locus of control causes individuals to feel less motivated and more anxious which leads them to run away from duty. External-oriented individuals experience increased self-doubts as well as external pressures which diminishes their ability to make independent choices. This study confirms that locus of control operates as a changeable personality quality which develops from the combination of how individuals were socialized and how their environment impacted their development. Depending on particular situations adolescents will show either internal behaviors or external behaviors. Internal control perspective is commonly linked to constructive personality characteristics yet extreme blaming of self and setting unrealistic goals can generate stress and mental exhaustion. The findings demonstrate why teenagers need proper development of balanced self-control levels. Developing resilience and critical thinking along with adaptive coping skills becomes possible when people learn responsibility but receive acknowledgment of environmental factors. The research should develop new strategies to enhance internal locus of control and minimize harmful outcomes from excessive self-incurred accountability.

CONCLUSION

The research demonstrates how locus of control acts as a fundamental factor in adolescent growth which impacts their way of perceiving themselves while motivating them and building their resilience. People with an internal control perspective display dominance and confidence in facing obstacles while external orientation makes individuals feel unable to control their environment. The concept of locus of control develops as a result of parenting approaches selection of life experiences and educational learning opportunities. A proper combination of interventions should enable adolescent growth by strengthening both personal accountability and confidence alongside consideration of outside environmental factors. Future research needs to investigate effective methods that boost internal locus of control together with strategies to control both self-judgment excess and overambition.

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