

**H. S. Yaroshevich, Zhang Shiwen**  
Francisk Skorina Gomel State University,  
Gomel, Republic of Belarus

## **THE CORRELATION BETWEEN LOCUS CONTROL AND THE STRESS LEVELS OF YOUTH**

*The article presents the results of an empirical study of the correlation between stress levels and the locus of control in young people. The study revealed a statistically significant correlation between the external locus of control and stress levels. Giving recommendations for reducing stress levels.*

*Keywords: stress, locus control, stress reduction.*

**А. С. Ярошевич, Zhang Shiwen**  
Гомельский государственный университет имени Ф. Скорины,  
г. Гомель, Республика Беларусь

## **ВЗАИМОСВЯЗЬ МЕЖДУ ЛОКУСОМ КОНТРОЛЯ И УРОВНЕМ СТРЕССА У МОЛОДЫХ ЛЮДЕЙ**

*В статье приводятся результаты эмпирического исследования взаимосвязи уровня стресса с локусом контроля у молодых людей. В результате исследования была выявлена статистически значимая взаимосвязь между экстернальным локусом контроля и уровнем стресса. Даны рекомендации для снижения уровня стресса.*

*Ключевые слова: стресс, локус-контроль, снижение уровня стресса.*

Psychological stress is one of the most complex interdisciplinary problems at the intersection of psychology, psychophysiology and physiology. It is difficult to imagine a person who would not be exposed to factors that provoke stress. Moreover, people face stressful situations all the time. On the one hand, stress stimulates human activity, allows you to use your potential more intensively, on the other hand, it can have a huge destructive force, lead to serious inner feelings and neurotic states.

The locus of control refers to an individual's perception regarding the source of control over events in their life. It was first proposed by Julian Rotter in the 1950s and 1960s. People with an internal locus of control believe that they have significant influence and responsibility for their own outcomes and experiences. They think that their actions, decisions, and abilities play a major role in determining what happens to them. At the same time, extroverts are expected to be engaging, and gregarious. This can engender an overwhelming pressure to perform and fulfill the lofty standards set by others. The apprehension of failing to meet this role can precipitate anxiety and self-doubt [1]. Extroverted adults may be compelled to engage in extensive networking activities and after-work social functions, and cultivate relationships with clients and colleagues. While these undertakings may initially seem consonant with their natural inclinations, the pressure to make a favorable impression, consummate business deals, and advance their careers can metamorphose them into sources of stress.

**The purpose** of the empirical study was find the correlation between stress levels and the locus control of youth, to explore whether individuals with an internal locus of control experience less stress compared to those with an external locus of control.

The study involved 100 participants, including 50 males and 50 females. The participants were Chinese adults aged between 18 to 26 years. This age group was chosen because adults often face significant stressors related to changes in their work, social and personal lives.

## Research Methods:

1 Rotter's Internal-External Locus of Control Scale (IELCS). This scale measures the degree to which individuals believe they have control over their lives (internal locus of control) versus the degree to which they believe external forces (such as luck, fate, or powerful others) control their lives (external locus of control). The scale consists of 29 items, with each item presenting a pair of statements. Participants choose the statement that best reflects their beliefs. Higher scores indicate a stronger external locus of control, while lower scores indicate a stronger internal locus of control.

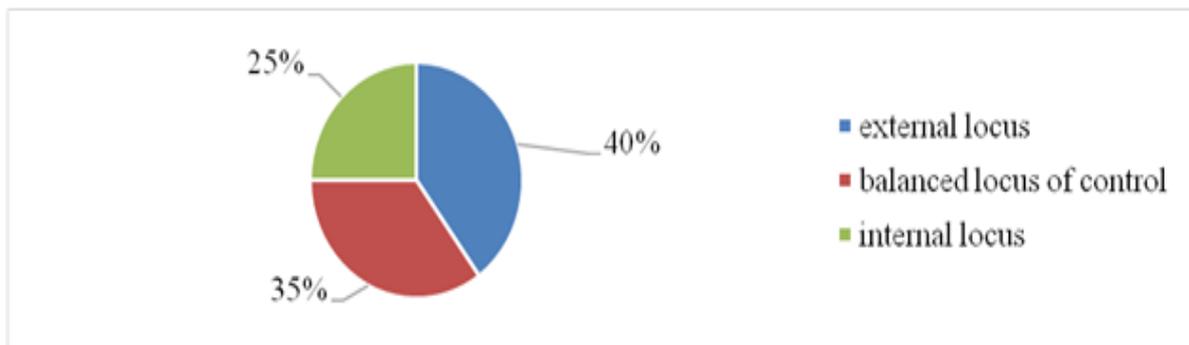
2 Perceived Stress Scale (PSS) is a widely used self-report questionnaire that measures the degree to which individuals perceive their lives as stressful. It consists of 10 items that assess how unpredictable, uncontrollable, and overloaded respondents find their lives. Participants rate their experiences on a 5-point Likert scale, ranging from “never” to “very often”. Higher scores indicate higher levels of perceived stress.

Based on the results of the study using Rotter's IELCS, it was revealed that:

40 % of the respondents scored high, indicating a strong external locus of control. These individuals tend to believe that external forces, such as luck or fate, control their lives. They may feel less empowered to change their circumstances and may experience higher levels of stress due to a perceived lack of control.

35 % of the respondents scored average, indicating a balanced locus of control. These individuals believe that both internal and external factors influence their lives. They may experience moderate levels of stress, depending on the situation.

25 % of the respondents scored low, indicating a strong internal locus of control. These individuals believe that they have significant control over their lives and are more likely to take proactive steps to manage stress. They may experience lower levels of stress due to their belief in their ability to influence outcomes. The data is clearly shown in Figure 1.



**Figure 1 – Distribution of Locus of Control Levels**

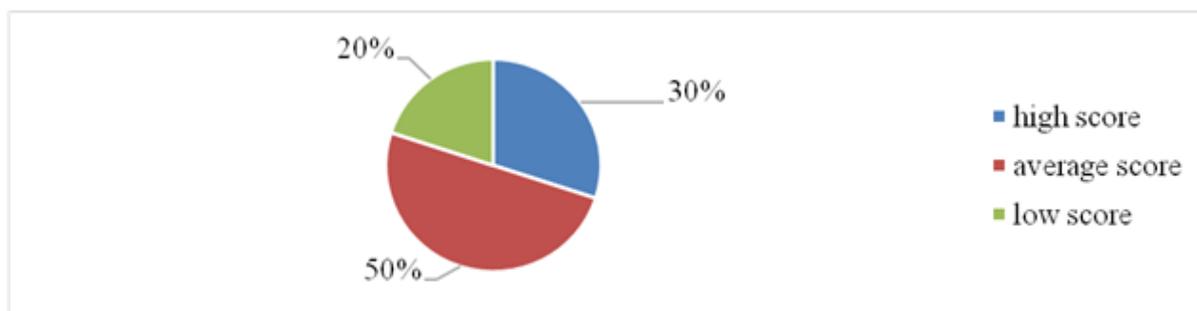
Based on the results of the study using the PSS, it was revealed that:

30 % of the respondents scored high, indicating high levels of perceived stress. These individuals often feel overwhelmed by their responsibilities and find it difficult to manage stress. They may benefit from stress management interventions.

50 % of the respondents scored average, indicating moderate levels of perceived stress. These individuals experience stress but are generally able to cope with it using various strategies.

20 % of the respondents scored low, indicating low levels of perceived stress. These individuals feel in control of their lives and are less likely to experience significant stress.

The data is clearly shown in Figure 2.



**Figure 2 – Distribution of Perceived Stress Levels**

Statistical data processing using Spearman's criterion was carried out to identify the correlation between the locus of control and the stress level. Based on the results of the statistical analysis, it can be said that there is statistically significant correlation between stress level and extraversion. The observed strong direct correlation (Spearman's  $r_s = 0,983$ ) implies that the more extroverted a person is, the more stressed they experience.

The results obtained can be used to develop psychological programs aimed at developing stress coping skills and increasing the stress tolerance of young people with an external locus of control. Identifying the specific stress factors faced by young people and evaluating the effectiveness of various stress management strategies can help develop support systems and interventions tailored to the needs of this population group.

#### **List of sources used**

1 Rotter, J. B. Generalized expectancies for internal versus external control of reinforcement / J. B. Rotter, // Psychological Monographs: General and Applied. – 1966. –№ 80 (1). – PP. 1–28. [Electronic resource]. – Access mode: <https://doi.org/10.1037/h0092976> – Access date: 18.12.2024.