Summary

Every individual is concerned about his health. It is evident from the studies that health behavior is an important constituent for health and disease. Health behavior can be of two types negative or positive. According to negative view an individual perceive that he is free from disease. On the other hand positive view of health is overall development of individuals’ wellbeing. It includes social, psychological and physical health. All these factors together constitute to complete health. Health is influenced by a number of factors such as social, environmental, individual’s decision making, thinking and ability to adjust in every situation, attributional style, creativity, objectivity, sharp senses and good immune system. There is a vice-versa relationship between these factors and health i.e. health is affected by these factors and health also influenced all these factors of an individual. From the perspective of health it is necessary to know how an individual reacts to a required situation and what judgment he makes in health related issues. For individual remain healthy it is essential to have optimistic attitude towards life. If an individual is optimistic then he will have good health and his ability to execute actions will improve to a large extent. Normally an individual have a lenient view about health, he is not willing to face the reality. Escaping from reality based decisions related to health or any other issue is called unrealistic optimism. It is found in various studies that unrealistic optimism is used as defense mechanism. When an individual is suffering from health related risk and actually have idea that it can affect his health, unrealistic optimistic influence cognition that he will not have any health problem. In this way unrealistic optimism is utilizes as a defense mechanism. So it can be concluded that the effect of unrealistic optimism on health is depended on individual’s thought process, his ability to decide and how he perceives things. Unrealistic optimism helps in understanding preventive behavior of an individual. When optimism is associated with realism it is called as realistic optimism. Realistic optimism has motivational and emotional benefits. It helps individuals in attaining goals, which leads to positive influence on the health. Reality in optimistic outlook also results in reduction of stress. It also has positive effect on physical and mental health. Carver and Scheier (2014) reported a significant association amid “optimism and mental health”. Similarly, Schwarzer et al. (2014) observed that optimism leads to

A change in our surrounding also affects our attribution style. How an individual perceive his success is depends on locus of control. Internal locus of control has positive impact on health of an individual, because this type of individual is emotionally confident and self conscious. He has the ability to handle relations and physical and mental health. Individuals who have external locus of control relied on luck, fate and god. Internal locus of control has positive effect on physical health and also it increased stress of an individual. Paranjpe (2014) observed a moderate positive association amid “locus of control and stress”. Studies evident that person who have internal locus of control will be optimistic and have better health. It is found that locus of control act as a moderator between depression and unrealistic optimism. Several researches conducted recently on optimism and health and concluded that optimistic people are healthier and live longer than pessimistic.

One of the other important factors of health is emotional intelligence. Emotional intelligence is called ability to understand feeling of an individual and ability to understand situations. If emotional intelligence and optimism of an individual is higher, his stress will be reduced and it will ultimately improve health. Martin-Diaz (2015) observed emotional intelligence as predictor of “mental health in comparison to physical health”. In the same manner Fernandez-Abascal and Baghianimoghadam et al. (2015) identified a positive correlation amid “general health and emotional intelligence”. Individuals who have higher levels of emotional intelligence and better health were more successful in interpersonal relations. On reviewing studies it is found that optimism, unrealistic optimism, locus of control and emotional intelligence affects health in several ways. There is no study found between emotional intelligence and unrealistic optimism. All these variables were not collectively investigated on adults. Therefore it was decided to fill up this gap so that the impact of all the variables collectively studied.
Hence the following research problem has been selected: “Unrealistic Optimism, Locus of Control and Emotional Intelligence as Predictors of Health”.

Having research problem in consideration the current study is suggested with the subsequent objectives and hypotheses.

Objectives:

- To examine the prevalence of unrealistic / realistic optimism and unrealistic / realistic pessimism.
- To establish the relationship among optimism, realism, locus of control, emotional intelligence and health.
- To correlate the dimensions of emotional intelligence-self-awareness, managing emotions, motivating oneself, empathy and handling relationship with optimism, realism, locus of control and health.
- To assess the contribution of optimism, realism, locus of control and emotional intelligence in prediction of health.
- To propose a model depicting the paths among unrealistic optimism, emotional intelligence, locus of control and health.

Hypotheses:

- There would be equal probability of prevalence of unrealistic / realistic optimism and unrealistic / realistic pessimism.
- There would be significant correlation among optimism, realism, locus of control, emotional intelligence and health.
- Dimensions of emotional intelligence-self awareness, managing emotions, motivating oneself, empathy and handling relationship would be significantly correlated with optimism, realism, locus of control and health.
- Optimism, realism, locus of control and emotional intelligence would significantly contribute in the prediction of health.
• A path model to be developed on the basis of nature of relationships among all the variables by using structural equation modeling.

Design:

In social science researches, design of the research is the key to success for any research. Research design is important because it communicates about the essential components of a study and is the plan on the basis of which research has to carry out. One of the widely utilized research designs is an ex-post facto research. It has been conducted in the present investigation by using correlation design. The present study was conducted on adults to establish association among unrealistic optimism, locus of control, emotional intelligence and health.

Sample:

The sample for the current research consisted of 300 adults out of which 150 male and 150 female in the age criterion ranges from 22-28. The sample for present investigation has been selected from urban and rural background. Participants for the present study are residents of Bhiwani, Rohtak, Sonipat and Hisar.

Inclusion/ Exclusion criteria

Participants for the present study were selected on the basis of inclusion and exclusion criteria. The selected sample is controlled on the basis of that all the participants were minimum graduate. Initially 400 adults were contacted individually out of which 300 participants were successfully administered on measures and presents genuine responses were finally retained for the analyses on the basis of inclusion / exclusion criterion which was as follows.

Inclusion Criteria

• Age – Within the range of 22-28.
• Education – Participants who have minimum qualification of graduation
• Marital status – Married and un married participants who were living with their families
• Background – Both urban and rural
• Exclusion Criterion
• Age – Less than 22 and above 28 years
• Education – Undergraduates and illiterates
• Marital status – Separated, divorcee, widow and widower

Tools Used:

The following tools were used in the present study

• Life Orientation Test (LOT) by Scheier, Carver and bridges (1994)
• “Realism assessment scale by Liang, Chyi-lyi, Dunn, Paul. (2010)”
• Multidimensional Measure of Emotional Intelligence (MMEI) by Darolia (2003)”
• “Rotter’s Locus of Control Scale by Rotter (1966)”
• “General Health Questionnaire -12 (GHQ-12) by Goldberg (1978)”

Statistical Analyses:

To apply statistical analyses collected raw scores on each assessments tool were converted into standard scores as per the scoring instruction. Using SPSS-21 did the data handling. The statistical analyses of data included the following actions:

Section I:       Descriptive Statistics (Mean & Standard Deviations).
Section II:      Chi square
Section III:     Person Product Movement Coefficient of Correlation was computed
Section IV:      Stepwise Multiple Regression Analysis.
Section V:       Finally, the data was further subjected to propose a model based on Path Analysis, particularly by using SPSS AMOS-21.00.

Major findings:

1. The prevalence of realistic optimism was 43% as compared to unrealistic optimism 13%. In the same manner the prevalence of realistic pessimism was 32% in comparison to unrealistic pessimism 12%. It seems that realistic optimists were
greater in comparison to unrealistic optimists. Similarly, realistic pessimists were
greater in comparison to unrealistic pessimists. The Chi Square value was 83.32
and df was 3, which was significant at 0.01 level. Hence the hypothesis stating that
there would be “equal probability of prevalence of unrealistic / realistic optimism
and unrealistic / realistic pessimism” not supported by the present findings.

2. Locus of control, optimism, emotional intelligence and realism were significantly
correlated with health. Realism was not significantly correlated with emotional
intelligence. Hence the IIInd hypothesis stating that there would be significant
correlation among optimism, realism, locus of control, emotional intelligence and
health has been partially supported by the present findings because realism was not
associated with emotional intelligence.

3. All dimensions of emotional intelligence were significantly correlated with health.
Except empathy other four dimensions were significantly correlated with locus of
control, while self-awareness and handling relationship were significantly
correlated with optimism. Not a single dimension of emotional intelligence was
significantly correlated with realism. Hence, the third hypothesis stating that the
dimension of emotional intelligence- “self awareness, motivating oneself,
managing emotions, empathy and handling relationship” would be significantly
correlated with optimism, realism, locus of control and health has been partially
supported by the present findings.

4. Locus of control has emerged as the main predictor of health and contributed 41%
of variance alone, which shows that locus of control was main predictor of health.
In addition optimism explained 8% of the variance for prediction of health. Further
emotional intelligence accelerates 1% additional variance for health. In nutshell
locus of control, optimism and emotional intelligence significantly contributes in
the prediction of health and total percentage, as a predictor of health is 50%. But
realism was failed to contribute in the prediction of health. Hence the forth
hypothesis stating that optimism, realism, locus of control and emotional
intelligence would significantly contribute in the prediction of health is partially supported.

5. A path model has been established which highlighted that both locus of control and emotional intelligence influence health directly. The locus of control also affects health through optimism whereas realism has indirect impact on health through locus of control. On the basis of structure equation modeling it has been found that locus of control was a main variable which play significant role in health.

![Path Model Diagram]

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<th>Realism</th>
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