SUMMARY

Adolescence is a very precious period of one’s life span. So the issues related to adolescents are of great concern to the psychologist. Their general health (i.e. physical, social, mental and emotional) appears to be strongly associated with their cognitive, motivational variable such as locus of control and aggression. It refers to an individual’s perception about the main causes of events in his / her life, or more simply a belief or by external forces. One’s locus can either be internal if the person believes that they control their life or external if they believe that their environment, some higher power, or other people control their decisions and their life. Its development is associated with family styles and resources, cultural stability and experiences with effort leading to reward. Thus, Locus of control is conceptualized as referring to a one-dimensional continuum, ranging from external to internal.

Any behavior, which aims to harm or injure another organism or object, is called aggression. Generally, aggression is an energetic effort to do harm. According to Bass (1961) “aggression is a response that delivers noxious stimuli intentional infliction of some form of harm on others and is an all too common form of social behavior. Aggression is typical reaction to anger. It is usually covert in nature. Many behavioral scientists believe that aggression in human beings is part of an instinct to kill and to destroy a vestige of our primitive past.

Health is an important aspect of human life. Good health is a pre-requisite for every human being for all round growth and development. It is a state of feeling well and not being sick. In 1948, WHO defined health “as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. Commonly people think of health in terms of absence of (1) objective signs that the body is not functioning properly, such as measured high blood reassure, or (2) subjective symptoms of disease or injury, such as pain or nausea (Birren & Zarit, 1985; Thoresen, 1984). Health is not limited to physical well being. According to Sartorious (1989), health can be considered “a state of balance between the individual and his inner self and the world around him”.

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This study may help in the understanding the correlation among locus of control, aggression and health in a scientific and pragmatic manner.

Problem:

To assess and find out the correlations among Locus of control, Aggression and General Health of adolescents.

Objectives:
In view of such a problem, the present study is centered on the following objectives.

(i) To find out the dimensions (Internal-External) of locus of control prevalent among adolescents.
(ii) To explore the degree of aggression among adolescents.
(iii) To measure the general health of adolescents.
(iv) To find out the correlations among locus of control, aggression and general health of adolescents.
(v) To compare the co-relational profile i.e. correlations among locus of control, aggression and general health of boys Vs girls' adolescents.

Hypotheses:
On the basis of above objectives, the following hypotheses were formulated:

1. There would be an inverse correlation between aggression and general health of adolescents.
2. There would be a significant correlation between locus of control and general health of adolescents.
3. Locus of control would be positively associated with aggression.
4. There would be a difference in co-relational profile (i.e. correlations among locus of control, aggression and general health) of boys Vs girls' adolescents.

Sample:
A purposive sample of 200 students (100 girls and 100 boys) were selected from public and government school of Bhiwani (Haryana) on the basis of incidental sampling technique. The age range of the participants is 15 to 18 years.
Measures:
Following tools were used for this present investigation, Goldberg’s’ (1979) General Health questionnaire – 28 (GHQ-28), Aggression scale by Km. Roma Pal and Mrs. Tsneem Naqvi to measure aggression, and locus of control scale by Km. Roma Pal to find out the LOC.

Analysis:
The data were analyzed by using Pearson Product Moment Method of correlation with the help of SPSS software.

Main findings:
Results revealed the significant negative correlation \( r = -0.151, P < .05 \) between general health and aggression, indicating the fact that more the aggression, the better the health. In this way the first hypothesis stating “There would be an inverse correlation between aggression and general health of adolescents” is verified. It becomes apparent that locus of control is negatively correlated with overall general health, though this correlation is not found statistically significant \( r = -0.027 \). Thus the second hypothesis stating, “There would be a significant correlation between LOC and general health of adolescents” is verified to some extent. The correlation matrix further depicts that there exists a positive but not significant correlation between aggression and LOC \( r = 0.005 \), indicating that externals are more prone to aggression than internals. Thus the third hypothesis i.e. “Locus of control would be positively associated with aggression is confirmed”. While exploring the socio demographic variables, gender appears to be the most potent factor. As in both sexes, overall general health is inversely correlated with aggression. A significant negative correlation is found between LOC and general health in girls whereas no significant, hence positive correlation is observed between LOC and health in male adolescents. In other words those female adolescents who have external locus of control enjoy better health than those of internal females. On the contrary internal male adolescents enjoy better health than those of externals. The nature of correlation between aggression and LOC also differs in male and female adolescents. In this way the fourth hypothesis such as “There would be a difference in correlational profile (i.e. correlations among locus of control, aggression and general health of boys Vs girls’ adolescents” is verified. The correlational profile of male and female adolescents’ differs.
To sum up it may be stated that the society is a mixture of fate and self-oriented adolescents. Female adolescents are more prone to adopt fate\luck oriented approach than their male counterpart. The current findings suggest that female adolescents in Haryana are in need of realizing and enhancing their potentials, so that their fate oriented approach may be converted into self-oriented approach.