

# LOCUS OF CONTROL SCALE

Group # \_\_\_\_\_ ID#: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: F M

- \_\_\_ 8. Do you feel that if things start out well in the morning that it's going to be a good day no matter what you do?
- \_\_\_ 9. Do you feel that most of the time parents listen to what their children have to say?
- \_\_\_ 10. Do you believe that wishing can make good things happen?
- \_\_\_ 11. When you get punished does it usually seems it's for no good reason at all?
- \_\_\_ 12. Most of the time, do you find it hard to change a friend's (mind) opinion?
- \_\_\_ 13. Do you think that cheering, more than luck, helps a team to win?
- \_\_\_ 14. Did you feel that it was nearly impossible to change your parent's mind about any-thing?
- \_\_\_ 15. Do you believe that parents should allow children to make most of their own decisions?
- \_\_\_ 16. Do you feel that when you do something wrong there's very little you can do to make it right?
- \_\_\_ 17. Do you believe that most people are just born good at sports?
- \_\_\_ 18. Are most of the other people your age stronger than you are?



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## INSTRUCTIONS:

Answer the following questions the way you feel. There is no right or wrong answers. Don't take too much time answering any one question, but do try to answer them all. Try to pick one or the other response for all questions and not leave any blank. Mark your response to the question in the space provided on the left.

- \_\_\_ 1. Do you believe that most problems will solve themselves if you just don't fool with them?
- \_\_\_ 2. Do you believe that you can stop yourself from catching a cold?
- \_\_\_ 3. Are some people just born lucky?
- \_\_\_ 4. Most of the time, do you feel that getting good grades meant a great deal to you?
- \_\_\_ 5. Are you often blamed for things that just aren't your fault?
- \_\_\_ 6. Do you believe that if somebody studies hard enough he or she can pass any subject?
- \_\_\_ 7. Do you feel that most of the time it doesn't pay to try hard because things never turn out right anyway?



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\_\_\_ 19. Do you feel that one of the best ways to handle most problems is just not to think about them?

\_\_\_ 20. Do you feel that you have a lot of choice in deciding whom your friends are?

\_\_\_ 21. If you find a four leaf clover, do you believe that it might bring you good luck?

\_\_\_ 22. Did you often feel that whether or not you did your homework had much to do with what kind of grades you got?

\_\_\_ 23. Do you feel that when a person your age is angry at you, there's little you can do to stop him or her?

\_\_\_ 24. Have you ever had a good luck charm?

\_\_\_ 25. Do you believe that whether or not people like you depends on how you act?

\_\_\_ 26. Did your parents usually help you if you asked them to?

\_\_\_ 27. Have you felt that when people were angry with you it was usually for no reason at all?

\_\_\_ 28. Most of the time, do you feel that you can change what might happen tomorrow by what you do today?



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- \_\_\_ 29. Do you believe that when bad things are going to happen they just are going to happen no matter what you try to do to stop them?
- \_\_\_ 30. Do you think that people can get their own way if they just keep trying?
- \_\_\_ 31. Most of the time, do you find it useless to try to get your own way at home?
- \_\_\_ 32. Do you feel that when good things happen they happen because of hard work?
- \_\_\_ 33. Do you feel that when somebody your age wants to be your enemy there's little you can do to change matters?
- \_\_\_ 34. Do you feel that it's easy to get friends to do what you want them to do?
- \_\_\_ 35. Do you usually feel that you have little to say about what you get to eat at home?
- \_\_\_ 36. Do you feel that when someone doesn't like you there's little you can do about it?
- \_\_\_ 37. Did you usually feel that it was almost useless to try in school because most other children were just plain smarter than you were?
- \_\_\_ 38. Are you the kind of person who believes that planning ahead makes things turn out better?
- \_\_\_ 39. Most of the time do you feel that you have little to say about what your family decides to do?
- \_\_\_ 40. Do you think it's better to be smart than to be lucky?



# SCORING THE SCALE

The scoring key is reproduced below. You should circle your yes or no response each time it corresponds to the keyed response below. Add up the number of responses you circle, and this total is your score on the Locus of Control Scale. Record your score at the top of the scale.

1. Yes	9. No	17. Yes	25. No	33. Yes
2. No	10. Yes	18. Yes	26. No	34. No
3. Yes	11. Yes	19. Yes	27. Yes	35. Yes
4. No	12. Yes	20. No	28. No	36. Yes
5. Yes	13. No	21. Yes	29. Yes	37. Yes
6. No	14. Yes	22. No	30. No	38. No
7. Yes	15. No	23. Yes	31. Yes	39. Yes
8. Yes	16. Yes	24. Yes	32. No	40. No

## INTERPRETING YOUR SCORE

External Score : 16-40 (more than 1.50 standard deviations above the mean)

Intermediate Score : 7-15 (from 0.75 standard deviations below the mean up to 1.50 standard deviations above the mean)

Internal Score : 0-6 (more than 0.75 standard deviations below the mean)

**External Scorers:** A score above 15 suggests that you have a fairly strong belief that events are beyond your control. In other words, you do not feel that there is much of a connection between your behavior and your outcomes. As discussed in your text, this means that you are relatively less likely than others to take credit for your successes or to take the blame for your failures. Instead, you tend to believe that success and failure are primarily a matter of luck and chance breaks.

**Intermediate Scorers:** A score in this range means that you have inconsistent views about the degree to which you control your own fate. You probably believe that you do control your own fate in some areas of your life, while believing that you have little control in other areas.

**Internal Scorers:** A score below 7 indicates that you have a firm belief in your ability to influence your outcomes. Your relatively internal score means that you generally do not attribute your successes and failures to good and bad luck or chance factors. Instead, you feel that you can influence the course of what happens to you. As mentioned in Chapter 3 of your text, an internal locus of control is associated with relatively great stress tolerance.

Rujukan:

[Rotter J.B. \(1966\). Generalized expectancies for internal versus external control of reinforcement. \*Psychological Monograph\*, 80:1-28.](#)