

## Identity development and locus of control among emerging adults in Jammu

<sup>1</sup> Samridhi Arora, <sup>2</sup> Charu Mohan, <sup>3</sup> Rinky Jamwal

<sup>1</sup> Associate Professor, University of Jammu, Jammu and Kashmir, India

<sup>2</sup> Laboratory Assistant, University of Jammu, Jammu and Kashmir, India

<sup>3</sup> Student, University of Jammu, Jammu and Kashmir, India

### Abstract

The present study was conducted with the aim to study the extent of ego identity, level of locus of control and to assess the relationship between identity development and locus of control among emerging adults. The sample comprised of 120 emerging adults equally divided among (60 males and 60 females) from the urban area of the Jammu city. Purposive sampling technique was used for the data collection. The tools used for the present study were Ego Identity Process Questionnaire and Locus of Control Scale. Data was analyzed both qualitatively and quantitatively. The results indicates that majority of the respondents were college students in the age group of 18-21 years. Analysis of Ego Identity Process Questionnaire revealed that the mean score of emerging adult males was more than female adults for exploration and commitment whereas majority of the respondents both males and females were high in commitment. A highly significant difference was found on commitment dimension of Ego Identity in context of gender. Results also revealed that female were higher than male on identity moratorium and foreclosed in comparison to lower than male on identity diffusion. There was no association between identity statuses of Ego Identity in context of gender. The mean score was higher for emerging adult males than females on all the identity statuses i.e. identity achieved, identity diffused, identity moratorium and identity foreclosed. A significant difference was found on identity diffused status with respect to gender. A highly significant difference was found on identity moratorium in context of gender. Analysis of Locus of Control Scale revealed that majority of the male and female respondents have average scores on level of powerful others and individual control as compared to highly significant association for both male and female on level of powerful others and chance control A highly significant difference was found on powerful others and chance control in context of gender. Results also depicted that there is insignificant correlation between Ego Identity and Locus of Control among emerging adults in context of gender. The study reveals there was negative significant correlation between exploration and commitment on level of powerful others and identity diffused have negative significant correlation with the locus of control of emerging adults with respect to gender. It further indicates that emerging adults have negative insignificant correlation with locus of control with respect to identity foreclosure, identity moratorium and identity achievement.

**Keywords:** identity, development, locus of control and emerging adults

### Introduction

Emerging adulthood is a phase of life span between adolescence and full-fledged adulthood. Emerging adulthood also encompasses late adolescence and early adulthood. This period is to be considered a unique stage of life, characterized by making independent decisions, taking responsibility and achieving financial independence. The transition to adulthood has become increasingly prolonged as a result of economic changes, and many aspects of the life course have also become increasingly preference based as a result of cultural changes. As a result, emerging adults are increasingly required to “individualize” their life courses in general and their identities in particular, by taking the initiative to form working and personal relationships, to gain educational credentials and employment experience, and to plan for the future. Emerging adults who address these issues in a proactive and agentic manner may be most likely to form a coherent sense of identity that can then be used to guide their life paths and to negotiate for social resources and positions.

Identity development plays a prominent role in emerging

adulthood as individuals are exposed to many opportunities to explore career parts, romantic relationships, and worldviews. Identity development and locus of control are both inter-related to each other and have great influence in an individual’s life. Identity as the central developmental task of adolescents and its resolution set the social-cognitive structure of individuality. Identity as a life-long process, and emphasized that the process has its normative crisis in emerging adulthood.

Locus of control is an individual’s generalized expectancies regarding the forces that determine rewards and punishments. Individuals with an internal locus of control view events as resulting from their own actions. Locus of Control is an aptitude that to be relevant control in excess of outcomes. We generally have either an internal locus of control or an external locus of control. Individuals with an internal locus of control view events as resulting from their own actions. Persons with an internal LOC believe that they have more control of their lives- that what they do matters regarding safety, health, productivity and leadership. Persons with an

external locus of control view events as being under the control of external factors such as luck.

### Objectives

1. To study the extent of ego identity among emerging adults.
2. To study the level of locus of control among emerging adults.
3. To assess the relationship between identity development and locus of control among emerging adulthood.

### Methodology

The sample was selected using multi-stage sampling. Random sampling technique was used for the selection of institutes. The institutes i.e. colleges were selected randomly and Jammu University was selected purposively. A sample of 120 emerging adults was selected i.e. 60 males and 60 females between the age group of 18-24 years. Random sampling technique was used for the data collection. The institutes i.e. colleges were selected randomly and Jammu University was selected purposively. A list of students was made that were meeting the criteria of the study. From this list the desired sample of emerging adults were selected randomly. The tools used for collecting information were standardized Ego Identity Process Questionnaire and Locus of Control Scale. The Ego

### Analysis of Ego Identity Process Questionnaire Scale

**Table 1:** Identity statuses of Ego Identity in context of gender

Identity statuses Dimension	Male (n=60)		Female (n=60)	
	N	%	N	%
Identity Achieved	16	26.67	11	18.33
Identity Diffused	14	23.33	7	11.67
Identity Moratorium	14	23.33	19	31.67
Identity Foreclosed	16	26.67	23	38.33
Total	60	100	60	100

Chi-Square= 5.27, df =3,  $p > 0.05$  i.e. insignificant at 0.05 level

The results revealed that majority of the male respondents (26.67%) and female respondents (38.33%) were in identity foreclosed status. This signifies that both males and females make commitments without exploring alternatives. These commitments are based on parental ideas and beliefs that are accepted without question. In identity moratorium status, higher frequency is of the female respondents (31.67%) than males (23.33%). This signifies that the females are in the midst of a crisis, whose commitments are either absent or are only vaguely defined, but who are actively exploring alternatives. 26.67% of the male respondents and 18.33% of the female respondents were in identity achieved status. This means that more males than females of the present study have typically experienced a crisis, undergone identity explorations and made commitments. In identity diffused status, there is higher percentage of male respondents (23.33%) than female respondents (11.67%). The emerging males in the present study shows that they may or may not have experienced an identity crisis, with some reporting having little interest in such matters and others reporting repeated indecision. The chi-square value indicates that there was no association between identity statuses of Ego Identity in context of gender. A study of Damanjit (2006) [6] reported the similar results that

Identity Process Questionnaire (EIPQ) was devised by Balistreri, Busch-Rossnagel & Geisinger in 1995 [3]. It consists of 32 items which assess the dimensions of exploration and commitment in eight areas: Occupation, religion, politics, values, family, friendships, dating, and sex roles. Levenson's Scale for Locus of Control was first proposed by Julia. B. Rotter in 1966 [12]. Data was analyzed both qualitatively and quantitatively using various statistical techniques like mean, median, standard deviation, chi-square, t-test and correlation.

### Results and Discussion

#### Background Information of the Respondents

The Results revealed that majority of the male respondents (55%) and female respondents (40%) were in the age group of 18-21 years. Most of the female respondents (60%) and male respondents (45%) were in the age group of 21-24 years. The result shows that majority of the female respondents (75%) and male respondents (60%) were college students. Less than half of the female respondents (25%) and male respondents (40%) were university students. The results indicated that majority of the respondents were college going students.

female were higher than male on identity moratorium, and were lower than male on identity diffusion. A study of Bask and Ghosh (2008) [4] also reported that ego identity statuses are different with respect to gender and rural-urban location.

**Table 2:** Mean scores and 't'-scores of emerging adults on dimensions of Ego identity

Dimensions	Male		Female		t-score
	Mean	± S.D	Mean	± S.D	
Exploration	59.7	± 4.31	58.55	±4.71	1.394
Commitment	71.03	± 4.17	66.7	±4.65	5.368**

The result indicates that mean scores of commitment is higher than exploration for both males and females. In commitment, mean scores of emerging males was (71.03) and females was (66.7). In exploration, mean scores of emerging males was (59.7) and females was (58.55). This signifies that both males and females have decided which viewpoint suits them best. Also, the same individuals decide that they identify most with conservative politics and commit to that ideology. A highly significant difference was found on commitment dimension of

Ego Identity in context of gender. This shows that majority of the respondents both males and females were high in commitment. They are not easily swayed by external influences and pressures in their chosen life direction and had positive self image. A study of Janarthanan and Gnanadevan (2014) [8] reported the similar results that majority of the respondents both males and females were high in commitment dimension. Cakir (2014) [5] also suggested similar findings that identity commitment following exploration of possible alternatives is an important factor in the psychological well-being of emerging adults in a non-western cultural context.

**Table 3:** Mean scores and t-scores of male and female emerging adults on Identity Statuses

Identity statuses	Male		Female		T-score
	Mean	±S.D	Mean	±S.D	
Identity Achieved	68.93	±6.51	66.81	±5.01	1.285
Identity Diffused	62.50	±5.87	57.78	±6.04	2.428*
Identity Moratorium	64.89	±3.20	62.02	±2.84	3.83**
Identity Foreclosed	64.71	±9.49	62.58	±7.54	1.04

\*Significant at 0.05 levels.

\*\* Highly significant at 0.01 levels.

The result indicates that mean scores of male emerging adults is higher than females on all the identity statuses i.e. Identity achieved (68.93), identity diffused (62.50), identity moratorium (64.89) and identity foreclosed (64.71). A significant difference was found on identity diffused i.e. there is a difference in Identity statuses of males and females. Further, the results indicated that a highly significant difference was found on identity moratorium in context of gender. This signifies that those with identity diffused status “don’t experience much anxiety because there is little in which they are invested, as they design to care more they move to the moratorium status, or they become so disturbed or may end up adopting a negative and self-destructive identity role and those with identity moratorium status report experiencing more anxiety than do so in any other status. The world for them is not, currently a highly predictable place, they are vitally engaged in a struggle to make it so.

**Analysis of Locus of Control Scale**

**Table 4:** Level of Powerful Others on locus of control among emerging adults

Level of LOC	Powerful others (P)			
	Male(n=60)		Female (n=60)	
	N	%	N	%
Low (10-16)	12	20	10	17
Average (17-21)	44	73	26	43
High (22-29 & above)	4	7	24	40
Total	60	100	60	100

chi-square= 19.09\*\*, df =2, p<0.05 i.e. highly significant at 0.01 level.

The result reveals that majority of the males (73%) and females (43%) respondents have average scores on level of powerful others on Locus of Control i.e. falling between the range 17-21. The result also reveals that 20% of the male

respondents and 17% of the female respondents have low scores on Locus of Control i.e. falling between the range 10-16. Female respondents (40%) have high scores than males (7%) i.e. falling between the ranges 22-29 and above. The higher scores of females on level of powerful others indicates that other people control their outcomes. The chi-square value indicates a highly significant association between level of powerful others with respect to gender.

**Table 5:** Level of Chance Control on locus of control among emerging adults

Level of LOC	Chance control (C)			
	Male (n=60)		Female (n=60)	
	N	%	N	%
Low (13-19)	6	10	8	13
Average (20-24)	43	72	16	27
High (25-32 & above)	11	18	36	60
Total	60	100	60	100

Chi-square=25.94\*\*, df =2, p<0.05 i.e. highly significant at 0.01 level

The result reveals that majority of the male respondents (72%) have average scores i.e. falling between the range 20-24 and majority of the female respondents (60%) have high scores i.e. falling between the range 25-32 and above on level of chance control on Locus of Control. The higher scores of females on level of chance control indicate that unordered, chance, or random events control their outcomes. The table also reveals that 10% of the male respondents and 13% of the female respondents have low scores on Locus of Control i.e. falling between the range 13-19, and 27% of the female respondents have average scores and 18% of the male respondents have high scores. The chi-square value indicates a highly significant association between males and females on level of chance control on Locus of Control.

**Table 6:** Level of Individual Control on locus of control among emerging adults

Level of LOC	individual control (i)			
	Male (n=60)		Female (n=60)	
	N	%	N	%
Low (25-30)	21	35	8	14
Average (31-33)	22	36	26	43
High (34-38 & above)	17	29	26	43

Chi-square=8.04\*,df =2, p<0.05 i.e. significant at 0.05 level

The result reveals that majority of male respondents (36%) and female respondents (43%) have average scores i.e. falling between the ranges 31-33 on level of individual control on Locus of Control Scale. The result also reveals that 35% of the male respondents and 14% of the female respondents have low scores on Locus of Control Scale i.e. falling between the range 25-30, and 29% of the male respondents and 43% of the female respondents have high scores i.e. falling between the ranges 34-38 and above. The higher scores of females on level of individual control indicate they believe that their outcomes were controlled by their own- that their current situations and their rewards are direct outcomes of things they control. The chi-square value indicates that significant association between males and females on level of individual control on Locus of

Control with respect to gender. A study of Haider and Naeem (2013) [7] reported the similar results that males has internal locus of control and females scored higher on external locus of control. So the gender differences are significant in locus of control. The higher scores of females on level of individual control indicates that they believe their outcomes were controlled by their own. i.e. internal locus of control. A study of Munir and Sajid (2010) [11] reported a similar result that persons with internal locus of control are more likely to have high affective and normative commitment whereas participants with more external locus of control are more likely to have high continuance commitment.

**Table 7:** Mean scores, Standard deviation and “t”-scores of male and female emerging adults on Locus of Control scale

Statements	Male		Female		t- scores
	Mean	± S.D	Mean	± S.D	
Powerful others (P)	18.38	±2.14	20.3	± 4.02	-3.25**
Chance control (C)	22.30	±2.70	25.06	±4.06	-4.38**
Individual control (I)	31.83	±2.40	32.91	±2.21	-2.56*

\*significant at 0.05 levels

\*\*Highly significant at 0.01 levels

The result indicates that mean scores of female emerging adults is higher than males on level of Locus of Control i.e. Powerful others (20.3), Chance control (25.06), and Individual control (32.91). A significant difference was found on individual control i.e. there is a difference in locus of control of males and females. Thus, the results indicated that highly significant difference was found on powerful others and chance control in context of gender. Similar results were found in a study of Haider and Naeem (2013) [7] reported the similar results that gender difference is significant on locus of control.

**Correlation between Ego Identity and Locus of Control.**

**Table 8:** Correlation between Ego Identity and Locus of Control among emerging adults in context of gender.

Locus of Control	Exploration		Commitment	
	Male	Female	Male	Female
Powerful others	-.234	-.092	-.026	.109
Chance control	.063	-.017	-.016	-.082
Individual control	.163	.003	-.023	.012

Correlation is insignificant at the 0.05 level.

Correlation is insignificant at the 0.01 level.

The result indicates that there was negative insignificant relationship between powerful others and exploration (male -.234, p>0.05) and (female -.092, p>0.05).The results also indicates that there is negative insignificant relationship between chance control and exploration (male. 063, p>0.05) and negative insignificant relationship between chance control and exploration (female -.017, p>0.05) and there is positive insignificant relationship between individual control and exploration (male. 163, p>0.05) and female (.003, p>0.05).Thus, the results indicates that there is no relationship between levels of Locus of Control and exploration. On the other hand, the results also indicates that there was negative insignificant correlation between powerful others and

commitment male (-.026, p>0.05) and negative insignificant correlation between powerful others and commitment female (.109, p>0.05).The results also indicates that there was negative insignificant correlation between chance control and commitment male (-.016, p>0.05) and female (-.082,p>0.05) and there was negative insignificant correlation between individual control and commitment male (-.023, p>0.05) and female (.012, p>0.05). The results show that there is no relationship between level of Locus of Control and commitment. Thus, there is insignificant correlation between Ego Identity and Locus of Control among emerging adults in context of gender.

**Table 9:** Correlations of Exploration and Commitment scores with levels of Locus of Control

Levels of Locus of Control	Exploration	Commitment
Powerful Others	-.184*	-.279**
Chance Control	.049	.076
Individual Control	.050	-.106

\*Correlation is significant at 0.05 level

\*\*Correlation is significant at 0.01 level

The result indicates that there was negative significant correlation between exploration and powerful others and positive insignificant correlation between exploration and chance control, and exploration and individual control. On the other hand, there was a negative highly significant correlation between commitment and powerful others and there is positive insignificant correlation between commitment and chance control and negative insignificant correlation between commitment and individual control. The result indicates that there was negatively significant correlation between exploration and commitment on level of powerful others. A study of Cakir (2014) [5] suggests that identity commitment following exploration of possible alternatives is an important factor in the psychological well-being of emerging adults in a non-western cultural context. This signifies that both exploration and commitments are two processes that contribute to differences in outcome during an identity crisis i.e. whether or not one explores identity alternatives and whether or not one makes a commitment to chosen alternatives.

**Table 10:** Correlation between level of locus of control and ego identity statuses

Identity statuses	Locus of control		
	Powerful Others	Chance Control	Individual Others
Identity achieved	-.051	-.215	-.129
Identity diffused	.150	-.056	-.314*
Identity Moratorium	-.160	-.026	-.128
Identity Foreclosed	.051	-.020	-.173

\*Correlation is significant at 0.05 level

The result shows that correlation analysis to find out the relationship between ego identity statuses and level of locus of control of emerging adults. The result indicates that identity diffused is negatively correlated with locus of control of emerging adults with respect to male and female. It further indicates that there is no significant correlation found between

locus of control with respect to identity foreclosure, identity achievement and identity moratorium. Thus, the results indicate that identity statuses are insignificantly correlated with locus of control. A study of Janarthanam and Gnanadevan (2015) <sup>[9]</sup> indicated the similar result that the locus of control is negatively correlated with identity diffusion.

### Conclusion

Emerging adulthood is a period of development that occurs between adolescence and young adulthood, when individuals are roughly 18 to 25 years of age, and is characterized by change and exploration of possible life paths (Arnett, 2007) <sup>[2]</sup>. Many emerging adults recognize that they are no longer adolescents but that they do not yet perceive themselves as adults. In emerging adulthood, relationships last longer and often include sexual relations as well as cohabitation (Arnett, 2000) <sup>[1]</sup>. Emerging adults exhibit five features i.e. identity exploration, the age of instability, self-focused age of life, feeling-in-between and possibilities (Marcia, 1966) <sup>[10]</sup>. Identity development plays a prominent role in emerging adulthood as individuals are exposed to many opportunities to explore career paths, romantic relationships, and worldviews. At the same time, emerging adults progress toward greater independence from their parents (Schwartz *et al.* 2005) <sup>[13]</sup>. As they gain independence, emerging adults assume responsibility for their identity and actively pursue new opportunities which then lead to more enduring choices (Arnett, 2000) <sup>[1]</sup>.

The results of the present study indicated that majority of the respondents were college students in the age group of 18-21 years. Analysis of Ego Identity Process Questionnaire revealed that the mean score of emerging adult males was more than female adults for exploration and commitment. Majority of the respondents both males and females were high in commitment. A highly significant difference was found on commitment dimension of Ego Identity in context of gender. Results revealed that female were higher than male on identity moratorium and foreclosed and were lower than male on identity diffusion. Results also indicated that there was no association between identity statuses of Ego Identity in context of gender. The mean scores of emerging adult males is higher than females on all the identity statuses i.e. identity achieved, identity diffused, identity moratorium and identity foreclosed. A significant difference was found on identity diffused status with respect to gender. A highly significant difference was found on identity moratorium in context of gender.

Analysis of Locus of Control Scale revealed that majority of the male and female respondents have average scores on level of powerful others and individual control. A highly significant association was found between males and females on level of powerful others and chance control. Majority of the emerging adult males respondents have average scores and females have high scores on level of chance control. Results indicated that significant association between males and females on level of individual control on Locus of Control. The mean scores of female emerging adults were higher than males on level of Locus of Control. A highly significant difference was found on powerful others and chance control in context of gender.

Results also depicted that there is insignificant correlation between Ego Identity and Locus of Control among emerging adults in context of gender. The results further indicated that there was negative significant correlation between exploration and commitment on level of powerful others. The results showed that identity diffused have negative significant correlation with the locus of control of emerging adults with respect to gender. The results further indicated that emerging adults have negative insignificant correlation with locus of control with respect to identity foreclosure, identity moratorium and identity achievement.

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