

Locus of control

Psychologist Julian B. Rotter coined the term "locus of control" in 1954. It is the degree to which people believe that they are in control over the events in their life.

Please check true or false to the statements below as they best fit your own beliefs.

	TRUE	FALSE
I usually get what I want in life		
I need to be kept informed about news events		
I never know where I stand with other people		
I do not really believe in luck or chance		
I think that I could easily win a lottery		
If I do not succeed on a task, I tend to give up		
I usually convince others to do things my way		
People make a difference in controlling crime		
The success I have is largely a matter of chance		
Marriage is largely a gamble for most people		
People must be the master of their own fate		
It is not important for me to vote		
My life seems like a series of random events		
I never try anything that I am not sure of		
I earn the respect and honours I receive		
A person can get rich by taking risks		
Leaders are successful when they work hard		
Persistence and hard work usually lead to success		
It is difficult to know who my real friends are		
Other people usually control my life		

Locus of control – scoring

Once you have completed the questions on the previous page, tally your score using the table below. For example, if you marked the first statement as true, add five points, and if you marked it false, add none.

	TRUE	FALSE	MY POINTS
I usually get what I want in life	5	0	
I need to be kept informed about news events	5	0	
I never know where I stand with other people	0	5	
I do not really believe in luck or chance	5	0	
I think that I could easily win a lottery	0	5	
If I do not succeed on a task, I tend to give up	0	5	
I usually convince others to do things my way	5	0	
People make a difference in controlling crime	5	0	
The success I have is largely a matter of chance	0	5	
Marriage is largely a gamble for most people	0	5	
People must be the master of their own fate	5	0	
It is not important for me to vote	0	5	
My life seems like a series of random events	0	5	
I never try anything that I am not sure of	5	0	
I earn the respect and honours I receive	5	0	
A person can get rich by taking risks	0	5	
Leaders are successful when they work hard	5	0	
Persistence and hard work usually lead to success	5	0	
It is difficult to know who my real friends are	0	5	
Other people usually control my life	0	5	
		TOTAL	

The results are scored along the following scale:

SCORE	DEGREE OF CONTROL PERSONALITY
0-15	Very strong external locus of control
20-35	External locus of control
40-60	Both external and internal locus of control
65-80	Internal locus of control
85-100	Very strong internal locus of control