

Resilience, Self Esteem and Locus of Control among Adolescents of Lahore Pakistan

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ABSTRACT

During adolescence identity variables including self-esteem and internal locus of control go through many changes and these changes cannot be coped without effective resilience. The aim of the study was to find the relationship between self-esteem, resilience and locus of control among adolescents. It was hypothesized that there is a significant relationship between self-esteem, resilience, locus of control and certain demographic characteristics (birth order, age of Parents and fathers' income) among adolescents. It was also hypothesized that self-esteem, resilience and locus of control varies according to family system, education of parents and profession of parents. Survey was conducted on cross section of population and 400 female students; aged 16-20 years were selected through simple random sampling technique for this purpose. Pearson product coefficient correlation and One-way ANOVA was conducted to obtain the results of present study. Results showed strongest positive

correlation between resilience and internal locus of control and the strongest negative correlation between self-esteem and external locus of control of adolescents. A strong positive correlation was also found between fathers' age and self-esteem and a strong negative correlation between number of siblings and internal locus of control. Self-esteem, resilience and locus of control varied according to family system, education of parents and profession of parents.

Introduction

Adolescence is a turbulent time as some obvious changes occur in identity variables, for example, self-esteem and locus of control (Ozdemir, Utkuap, & Pallos, 2016). Hudson (2010) stated that dropping levels of self-esteem does not always mean they become unhelpfully low; they are just lower than previous levels. Sharma and Agarwala (2015) concluded that self-esteem formation is encouraged by both parents and teachers. Lavoie (2012) found that adolescence's self-esteem is reflected in his behaviour and attitude, both at home and school. He further suggested that those with high levels of self-esteem have the ability to positively influence others' behaviours and opinions, they can handle new situation with confidence, can easily accept responsibilities, express positive feelings regarding themselves, have good self-control and the belief that the situations they are in are the outcome of their own actions and behaviours. Self-esteem is affected by many factors, such as parental education level (Sahin et al., 2013). According to Kurup et al. (2016) adolescents, living in nuclear family system have higher self-esteem as compared to adolescents living in joint family system. Sheeza (2015) reported birth order does not have a significant impact on adolescent's self-esteem.

Browne (2014) established that adolescents have to face a lot of stress caused by the pressures (stressors) that are placed on them and can come from many sources. Cunningham and Swanson (2010) ascertained that some stressors are age dependent and others originate from the individual's personal characteristics, their life context, economic, family and community resources.

One of the positive dimensions of mental health is resilience (Murphey et al., 2013). The real meaning of resilience is portrayed as the ability to bounce back from some form of disruption, stress, or change (Santos, 2012). Miller, (2017) described that a resilient adolescent can face the challenges and responsibilities positively and is likely to go into adulthood with good coping

abilities. Masten (2011) also found that resilient youth exhibit positive outcomes in their psychological developments and academic field. Yi-Frazier et al, (2015) reported that adolescents with low level of resiliency are more likely to have higher level of stress, anxiety and poor quality of life.

It is important to understand risk and protective factors of resilience. Barankin and Khanlou (2012) deduced that risk and protective factors are a person's, their families and communities' characteristics that either decreases (risk factors) or increases (protective factors) the probability of the person being resilient. Protective factors also help in protecting children and youth against the negative effects of risk factors. Protective factors involve interpersonal skills of adolescents, quality of their interpersonal relationships, their ability to attain guidance and help from adults and positivity in their future perceptions as well. Using therapies to strengthen adolescents' self-esteem and self-concept are also very effective in promoting resilience (Sulimani-Aidan, 2018).

Ahlin concluded that adolescents may successfully face many challenges including aggression if they believe in the idea that individuals have the capacity to change. Individuals who believe that individuals can change have a fair chance of having an internal locus of control. They also consider that their actions have power over their own and others' current and future activities. This phenomenon is connected with high self-esteem (as cited in Lubianka, Filipank & Marianczyk, 2020). Kronborg, Plunkett, Gamble and Kaman (2017) found association between locus of control and resilience.

Locus of control is a spectrum. Some individuals have a total internal locus and some have a complete external locus while several others have a balance between both locus of controls, varying with situations; an individual may be more external at work but more internal at home

([Pourhoseinzadeh](#), [Gheibizadeh](#), Moradikalboland, & Cheraghian, 2017).

Masten and Reed found that self-efficacy, locus of control and resiliency are associated with each other. Locus of control and self-efficacy are the factors that increase resilience among adolescents (as cited in Banerge, Dasgupta, Burman & Paul, 2018).

Many studies have been conducted on adolescent's self-esteem, resilience and locus of control separately. Current research is different from the previous work because along with the levels of adolescents' self-esteem, resilience and locus of control it also focuses on the relationship between these variables. Relationship between self-esteem, resilience and locus of control has not been exclusively studied in Pakistan, so this study will lay a foundation for future researchers who want to do an in-depth study on the relationship among these three variables.

Purpose of the Study

Purpose of the study is to understand the relationship between self-esteem, resilience and locus of control. It will also help in comprehending that while planning interventions to improve self-esteem or resilience or locus of an adolescent the other two variables should be worked on too in order to improve the target variable.

Method

Participants and Design

A quantitative research design was used in present study and a survey was conducted on cross section of population to find out the relationship between self-esteem, resilience and LOC. 400 female students, aged 16-20, studying at Intermediate and Graduate levels were selected from three colleges including Govt. College of Home Economics, Lahore College for Women University and Govt. College for Women, Samnabaad through simple random sampling technique. Mean age of adolescents was 18.11 years and the oldest and youngest adolescents in the study were of 20 years and 16 years of age respectively. 27.5% of the participants were of 20 years of age. 39.5% of participants had four siblings. 33.3% of the participants had two sisters and 34.3% had only one brother. It also shows that 77.5% families had less than Rs.62, 000 income and 67.3% lived in a nuclear family system (see table 1).

Table 1

Demographic Characteristics of Adolescents (n=400)

Variables	<i>f</i>	%
Adolescents' Age		
16	84	21.0
17	62	15.5
18	90	22.5
19	54	13.5
20	110	27.5
Family Income		
<62,000	310	77.5
>62,000	90	22.5
Family System		
Nuclear System	269	67.3
Joined System	131	32.8

Table 2

Demographic Characteristics of Adolescents Parents (n=400)

Variables	Father		Mother	
	<i>f</i>	%	<i>f</i>	%
Parents' Education				
Primary	16	4.0	18	4.5
Secondary	09	2.3	15	3.8
Matric	58	14.5	73	18.3
Intermediate	74	18.5	124	31.0
Graduation	153	38.3	133	33.3
Masters	90	22.5	37	9.3
Parents' Profession				
Business	198	49.5	00	0.0
Government Job	115	28.8	23	5.8
Private Job	62	15.5	00	0.0
House Wife	00	0.0	377	94.3
Retired	25	6.3	00	0.0

Table 2 shows that 58.4% fathers and 58.6% mothers were between 41–50 years of age. 38.3% fathers and 33.3% mothers had completed their graduation. 49.5% fathers had their own business and 94.3% mothers were housewives.

3.4 Instruments

In addition to demographic form, three scales were used for data collection. The details of all the scales used are given below.

3.4.1 Demographic Information Form

A form was specifically designed to gather demographic information about the participants and their parents. It had two section, the first one was for the participants' information such as their age, number of siblings, birth order and the second section was about the parents such as their age, education and professions, income and family system.

3.4.2 Sorensen Self-Esteem Test

It is a 50 items questionnaire that measures a persons' self-esteem (Ogunkiyo, 2013). The assessment distinguishes between good self- esteem, mild low self-esteem, moderately low self-esteem, and severely low self-esteem. The items have a true and false option. Participants who secure 00-04 scores have fairly good self-esteem, with 05-10 have mild low self-esteem., 11-18 have moderately low self-esteem and 19-50 have severely low self-esteem. Reliability of this scale for present study was 0.76.

3.4.3 Wagnild and Young Resilience Scale/ RS-14

It is a 14-item scale designed to measure the ability of a person to “bounce back” from a stressful situation (Wagnild, 2010). Seven-point Likert scale is used to measure the responses. Low scores point towards low levels of resilience and high scores indicate towards higher levels of resilience. The scores can range from 14 to 98. 14 - 56 meaning very low, 57 – 64 meaning low, 65 -73 meaning moderately low, 74 – 81 meaning moderately high, 82 – 90 meaning high and 91 – 98 meaning very high. Reliability of this scale for present study was 0.78.

3.4.4 Levenson Multidimensional Locus of Control Inventory

It measures the levels of perceived control, that includes Internal, Powerful Others (external), and Chance (external) (Judge, et al., 2002). It is a 24 items inventory and the responses are measured on a 6-point Likert scale. The scores range from 0 to 48. A high score on the Internal Locus of Control scale indicates a strong internal locus of control and high score on either the Powerful Others scale, or the Chance scale indicate a strong External Locus of Control. Reliability of this scale for present study was 0.68.

3.5 Data Collection

Before starting data collection pilot testing was conducted on target population to check the validity of the instruments, 50 participants who contributed in the pilot study were not included in the final sample. Firstly, permission was taken from the administration of Govt. College of Home Economics, Lahore College for Women University and Govt. College for Women Samnabaad to conduct the research. After the permission was granted 135 adolescent students from Gov. College of Home Economics, 135 students from Lahore College for Women University and 130 students from Govt. College for women Samnabaad were selected by simple random sampling. The selected adolescents were asked for their consent and were briefed about the purpose of the study. After their permission data was collected from the adolescents.

Results

Relationship of self-esteem, resiliency and locus of control was measured. Moreover, self-esteem, resiliency and locus of control were also measured in relation to different demographic variables. Detailed analysis of the data gathered from participants is given below.

Table 3*Relationship between Locus of Control, Resilience and Self-esteem (n=400)*

	Self Esteem	Resilience	Internal Locus	External Locus
Self Esteem		-.012	-.059	-.374**
Resilience			.314**	.209**
Internal Locus				.191**
External Locus				

**p< 0.01

Table 3 shows the relationship between the self-esteem, resilience and locus of control. The strongest positive correlation is between resilience and internal locus of control at .314 and the strongest negative correlation is between self-esteem and external locus of control at .374. The table also shows a significant relationship exists between external locus and resilience and also between internal and external locus of control. The correlations self-esteem has with resilience and with internal locus are not significant as $p > 0.05$

Table 4*Relationship among Demographic variables, Locus of Control, Resilience and Self-esteem (n=400)*

Demographic Variables	Internal Locus	External Locus	Resilience	Self-esteem
Age	.002	-0.07	0.19**	0.03
Birth Order	.076	0.09	0.07	0.05
No. of Siblings	-0.20**	-0.09	-0.08	0.08
No. of Sisters	-0.02	0.05	-0.03	0.04
No. of Brothers	-0.20**	-0.11*	-0.07	0.03
Father Age	-0.91	-0.06	0.09	0.23**
Mother Age	-0.03	-0.13*	0.08	0.18**
Family Income	-0.10*	0.05	-0.001	-0.07

**p< 0.05

In table 4 the relationships between the self-esteem, resilience, locus of control and demographic variables are shown. The strongest positive correlation is between father age and adolescents' self-esteem at 0.23 and the strongest negative correlation is between number of siblings and internal locus of control of adolescents at 0.20. The table also shows internal and external locus of control have significant relationship with number of brothers, internal locus has a significant negative relation with family income, resilience has significant relationship with adolescents' age and self-esteem has significant relationship with mother age. The correlation between rest of variable are not significant as $p > 0.05$

Table 5

Descriptive Statistics and ANOVA Results for Self Esteem, Resilience & Locus of Control by Family System (n=400)

	Nuclear system		Joined system		<i>p</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Internal Locus	33.32	6.19	32.62	7.11	0.31
External Locus	57.84	12.65	56.82	12.83	0.45
Resilience	71.74	12.47	70.47	13.45	0.35
Self Esteem	71.67	6.77	71.95	6.20	0.69

$p < 0.05$

Table 5 shows difference in self-esteem, resilience and locus of control with respect to family system that is the adolescents living in nuclear family system had high internal and external locus of control and resilience. On the other hand adolescents living in joint family system had high self-esteem but the difference in self-esteem, resilience and locus of control is not significant.

Table 6

Descriptive Statistics and ANOVA Results for Self Esteem, Resilience & Locus of Control by Fathers' Education (n=400)

Father Education	Internal Locus		External Locus		Resilience		Self Esteem	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Primary	35.63	5.79	61.56	12.51	74.88	10.40	72.81	6.15
Secondary	35.33	7.84	66.33	6.53	74.89	9.69	69.56	5.27
Matric	32.72	6.00	55.95	10.77	70.71	10.27	73.14	6.41
Intermediate	32.91	6.52	53.81	11.93	68.51	12.32	72.61	6.87
Graduate	33.61	6.48	60.06	13.34	70.94	14.72	71.84	6.39
Masters	31.91	6.74	55.61	12.61	73.70	11.35	70.09	6.72
<i>F</i>	1.54		4.44		1.79		2.24	
<i>p</i>	0.176		0.001		0.113		0.050	

$p < 0.05$

Table 6 shows significant difference in self-esteem and locus of control in relation to fathers' education. It shows that adolescents with fathers' education at secondary level had high external locus of control and adolescents with fathers' education at matric level had high self-esteem. Even though adolescents with secondary level education fathers had high resilience but the difference is not significant.

Table 7

Descriptive Statistics and ANOVA Results for Self Esteem, Resilience & Locus of Control by Mothers' Education (n=400)

Mother Education	Internal		External		Resilience		Self Esteem	
	M	SD	M	SD	M	SD	M	SD
Primary	34.67	5.10	60.72	14.38	73.72	12.75	75.50	6.64
Secondary	31.67	7.22	55.40	13.10	73.13	9.34	69.07	5.62
Matric	33.71	6.17	55.04	11.20	69.08	9.96	71.66	6.03
Intermediate	33.18	6.08	58.73	12.65	71.37	11.20	72.05	6.74
Graduate	32.20	6.36	56.59	12.31	69.68	15.01	71.80	6.62
Masters	34.54	8.88	60.86	15.23	79.62	12.46	70.16	6.68
F	1.36		1.76		4.36		2.19	
p	0.24		0.12		.001		.005	

p < 0.05

Table 7 shows significant difference in self-esteem and resilience in relation to mother education. It shows that adolescents with mothers' education at master level had high resilience and adolescents with mothers' education at primary level had high self-esteem. It also shows no significant difference in locus of control. Even though adolescents with primary level education mothers had high internal locus and adolescents with mothers' education at master level had high external locus, but these differences are not significant.

Table 8

Descriptive Statistics and ANOVA Results for Self Esteem, Resilience & Locus of Control by Father Profession (n=400)

Fathers' Profession	Internal Locus		External Locus		Resilience		Self Esteem	
	M	SD	M	SD	M	SD	M	SD
Business	33.1	6.5	58.1	12.7	71.4	12.45	72.1	6.33
	4	0	4	8	7	5	8	9
Government Job	33.0	5.9	57.6	13.0	71.4	12.36	70.0	6.74
	9	6	0	0	0	3	5	5
Private Job	33.9	7.1	57.4	12.3	72.2	15.35	71.9	6.21
	4	6	0	7	4	4	5	3
Retired	30.6	7.1	52.3	10.8	67.5	10.31	75.9	6.51
	0	1	6	9	6	2	2	2
F	1.58		1.54		0.84		6.45	
p	0.20		0.20		0.48		0.00	

p < 0.05

Table 8 shows significant difference in self-esteem in relation to father profession. It shows that adolescents with retired fathers had high self-esteem. It also shows adolescents with fathers working at private jobs had high internal locus of control and resilience and adolescents with businessmen as fathers had high external locus, but these differences are not significant.

Table 9

Descriptive Statistics and ANOVA Results for Self Esteem, Resilience & Locus of Control by Mothers' Profession (n=400)

Mothers' Profession	Internal Locus		External Locus		Resilience		Self Esteem	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Housewife	33.03	6.53	57.36	12.55	71.08	12.69	72.04	6.39
Government Job	33.96	6.23	60.00	15.12	75.39	14.29	67.26	8.08
<i>F</i>	0.43		0.94		2.47		11.74	
<i>P</i>	0.51		0.33		0.12		.001	

$p < 0.05$

Table 9 shows significant difference in self-esteem in relation to mother profession. It shows that adolescents whose mothers were housewives had high self-esteem. It also shows that adolescents with mothers working at government jobs had high resilience and internal and external locus of control, but these differences are not significant.

Discussion

Finding of the current study reported a significant relationship between resilience and total locus of control (internal & external both). These results are consistent with the studies Celik et al. (2015) reporting a positive correlation between resilience and internal locus of control of adolescents. Findings also reported a positive relation between resilience and external locus of control and this result is also supported by Cazan and Dumitrescu (2016); she revealed low resilience positively linked with external locus of control. Results of the present study also reported a negative correlation between self-esteem and external locus of control of adolescents, which is consistent with the study conducted by Saadat et al. (2012), which concluded significant difference of external locus of control and self-esteem in adolescents; and that the more an individual relies on chance locus of control, the lower his/her self-esteem is.

Furthermore, results of present study revealed no significant correlations between self-esteem and resilience. This result is not consistent with findings of Balgiu (2017) who found significant relationship between resilience and self-esteem. The difference in the results may be due to small sample size in Balgiu's study.

In current study a positive correlation was found between parents' age and self-esteem and internal locus of control had a negative correlation with number of siblings and family income. Keshavarz et al. (2012) also reported a significant relationship between family income and locus of control in their study. No relation between self-esteem and family income was reported in the

current study and this is consistent with the study conducted by Mandara and Murray that revealed a non-significant effect of income on self-esteem. Birth order did not have any significant relation with self-esteem, locus of control or resilience in the present study. This finding is consistent with the findings of Sheeza (2015) who found no significant difference between self-esteem of first born and later born. Current study reported a significant relationship between resilience and adolescents' age and this result is consistent with Sreehari and Nair (2015) also reported that there exists a significant difference between different age groups and resilience, indicating that early adolescents are more resilient than middle and late adolescents. This may be because younger students' coping strategies are acquired in the early years of primary school, such as belief in the usefulness and importance of communication and cooperation, seeking adult support in and gaining more experience in autonomy.

In present study no significant difference in self-esteem, resilience and locus of control with respect to family system was found. This result is not consistent with kurup et al. (2016) concluding higher self-esteem among adolescents' living in nuclear family system as compared to adolescents living in joint family system. The difference in results may be due to the small sample size of kurup et al. study, but the result is consistent with Pattankar (2014) and Kaura and Sharma (2015), indicating no significant relation between locus of control and family system.

Results of present study reported a significant difference between adolescents' self-esteem and parents' education. Adolescents with fathers' education at matric level and mothers' education at primary level had high self-esteem. This result is consistent with Sahin et al. (2013), they concluded parental education level positively influences self-esteem of adolescents. Results of current study also reported that adolescents with retired fathers and house wives mothers had high self-esteem.

Results of present study reported that adolescents' locus of control had a significant relation with fathers' education but not with mother's education. Adolescents with fathers' education at secondary level had high external locus of control but there was no significant difference between locus of control and mothers' education. No significant difference was seen in locus of control with respect to parents' professions. This result is consistent with Hazrati and Parvin (2015) who reported no significant difference between locus of control and parents' profession, their results also revealed no significant difference between adolescents' locus of control and parent's education.

Results of present study reported that adolescents' resilience had a significant relation with mothers' education but not with fathers' education. Adolescents

with mothers' education at masters' level had high resilience No significant difference was seen in resilience with respect to parents' professions. In summary all four hypotheses of the study were partially accepted. The first hypothesis being; there is a significant relationship between self-esteem, resilience and locus of control among adolescents. The second, third and fourth hypotheses were that demographic variables have a significant relationship with self-esteem, resilience and locus of control among adolescents. I think this is a repeat

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