

Does self-regulation mediate the relationship between locus of control and resiliency related outcomes?

Abstract

Locus of control (LOC) has been implicated in predicting mental wellbeing outcomes in a variety of theories and empirical studies, however the mediating mechanisms between the trait and mental wellbeing are not well known. The King and Rothstein (2010) model of resiliency posits self-regulation as the active mechanism that leads to recovery in resiliency related outcomes following significant adversity. This study investigated the mediating role of affective, behavioral, and cognitive self-regulation between locus of control, depression, and anxiety using mediation analysis. The results showed LOC significantly predicted all three self-regulation components, as well both depression and anxiety. behavioral and cognitive self-regulation were found to significantly predict depression and anxiety, suggesting partial mediation for both, but not affective regulation. Results and implications for the resiliency process are then discussed, including the role of self-regulation in recovering from adversity.