Resilience and Locus of Control as Predictors of Delinquent Behaviour among Secondary School Students in Ado-Ekiti

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ABSTRACT
This study investigates resilience and locus of control as predictors of delinquent Behaviour. Three hundred participants were used for this study. Three research instruments were used to measure the variable of interest and this include Deliquent Activity Scale aim to measure delinquent behavior among Secondary School Students, Resilience scale aim to measure resilience and Multidimensional Locus of Control aimed to measure individual locus of control. Two hypotheses were tested using Regression analysis and Pearson Correlation. The result of the study revealed that Resilience predicts Deliquent Behaviour and Locus of control does not predict Deliquent Behaviour. Findings are discussed according to the literatures and it is recommended that individual should avoid delinquent behavior at all cost in order to return sanity to the environment.
Keywords: Delinquent Behaviour, Resilience, Locus of Control

INTRODUCTION
Lerner (2004) defined deviant behavior as behavior which negates the values and harmony of the society. Secondary school students are majorly adolescent and adolescent development involves adjustment to changes in the self (e.g pertinent to puberty, cognitive and emotional characteristics and social expectations) and also alteration often institutional changes as well. Not all young people undergo these transitions in the same way, with the same speed, or with comparable outcomes. Individual differences are thus a key part of adolescent development, and are caused by differences in the timing of connections among biological, psychological, and societal factors with one of these influences acting either alone or as the prime mover of change (Lerner, 2004). The need for personal freedom and freedom from authority of significance is a strong motivator for adolescents and expression of this need can come in diverse ways. For example, deviant acts among adolescents can be seen as an avenue to assert individuality and identity causing rebellions against group and societal norms (Stoolmiller, 2001). Adolescent delinquency involves not just criminal acts but also socially deviant behaviours that go against socially established rules including impulsivity, conflicts with authority, opposition and aggression (Morizot and Kazemian, 2015). It is a comprehensive concept that includes a broad range of behaviours with victims and perpetrators. As such, delinquent (in adolescence) and criminal (in adulthood) behaviour can be conceptualized as parts of a more profound antisocial behaviour syndrome that tend to be more persistent and stable (Farington, 2007) involving such a degree of destructiveness that may be punished following a conviction.

Family is one of the most influential institutions in socializing a child. Being raised in a single parent family can lead to delinquency, regardless if it was because of divorce, separation, death or incarceration. The outcome of the child's life in considerably different

compared to a child who has a stable life with both parents. With only one parent, a child may receive only half the guidance given by two parents. This usually results in child making the wrong decisions like getting involved in other risk factors. Children who live in homes with one parent or in which marital relationship have been disrupted by divorce or separation are more likely to display a range of behavioural problems including delinquency than children from two parent families (Thornberry 1999). Parent teaches children to control unacceptable behaviour, to delay indulgence and to respect the rights of others. On the contrary, families can teach children aggressive, anti-social and violent behavior (Wright & Wright 1994).

Smith and Tolan (1998) found that parental conflict and parental aggressiveness predicted violent offending, whereas, lack of maternal affection and paternal criminality predicted involvement in property crimes. In the realm of family functioning, there is a theory known as the coercion theory which suggests that family environment influences an adolescent's interpersonal style, which in turn influences peer group selection (Cashwell&Vacc, 1996). Resilience is not a general structure for all life areas, but it is rather a personal, cultural, dynamic, and background-dependent phenomenon. People may not demonstrate resilience to all life events or aspects but only to specific situations. That is, people may be resilient to specific threats and vulnerable to others (Tusaie& Dyer 2004). In addition, some sources of resilience are only achievable in specific contexts; which means it is a way of interaction between stressors, context, and personal traits (McAllister&Mckinnin 2009). For example, resilient individuals may encounter harmful situations, but they do not suffer interruption of their life order.Locus of control has its foundations in social learning theory and is used as an explanatory tool for behavior (Rotter, 1996). It is measured on a dichotomous scale in which those with internal locus of control believe that consequences are a result of individual action whereas those with external locus of control believe that consequences are due to fate, chance, or powerful others. Findings from various research suggests those with internal locus of control tend to assume responsibility over their life choices (Taylor, 2002), and are better adjusted emotionally (Rotter, 1966). Confidence that individuals have control over their lifestyle may have great impact on safer sex behavior. Nowicki (2003) found as individuals move into adolescence, locus of control becomes more internal. This sense of control parallels the dilemma described during Erik Eriksons developmental stage, identity versus role confusion. Erikson argued that, in order for adolescents to achieve a mature sexual identity, they must reexamine their identities and roles in order to achieve a personal sense of self (Bee, 1994). It is during this period that adolescents turn their focus internally in order to establish a personally acceptable identity. Formal sexual education tends to begin in early adolescence, yet most programs do not focus on individual control over sexual decision-making. Recent research suggests that locus of control is an important characteristic to consider in prevention efforts (Rosenthal 2002).

Objectives of the Study
The main study objective is to investigate resilience and locus of control as predictors of deviant behaviors among secondary school students; While, the specific objectives of the

study include; to examine the relationship between deviant behavior, locus of control and resilience.

Significance of the Study

The study seeks to provide an evaluative appraisal of the relationship between resilience, locus of control and deviant behaviors among secondary school students. The study will be of immense value for the counseling of secondary school students.

HYPOTHESES

Resilience and Locus of Control will Predict Deviant behavior. There will be a significant relationship between resilience, locus of control and Deviant behavior

Operational Definition of Terms

The following terms are operationally defined in this study as follows:

Adolescent Deviant Behavior: This refers to the negative behaviour of children and teens that may result in crimes or legal action as measured by Deliquent Activity Scale (DAS) based in part on the Self-Reported Delinquency Scale (SRD) (Elliott, Ageton, Huizanga, Knoweles, & Canter,1983).

Psychological Resilience: is the ability to successfully cope with crisis and to return to pre-crisis status quickly The Resilience Scale for Adults (RSA) consists of 13 items with bipolar response options. The respondent is to give his rating for each of the item of a 5-point Likert type of rating scale.

Locus of control: It is the degree to which people believe that they have *control* over the outcome of events in their lives, as opposed to external forces beyond their *control* as a meaure of Rotters Locus of Control Scale developed by Rotters(1996)

METHODS

Research Design: This study adopted a survey research design incorporating expo-facto method. The survey method is adopted because copies of questionnaire were given out to research respondent in order to measure the variables of interest among the sample. The ex-post facto is adopted because variables in this research will not be manipulated by the researchers.

Population: The population consists of 300 students randomly selected from four secondary schools in Ado Ekiti, Ekiti State. The study covered a male only secondary school, a female only secondary school, a mixed private secondary school, and a mixed public secondary school.

Participants

The participants for this study consist of 300 secondary school students both Male and female.

Sampling techniques
Purposive/Stratified sampling techniques was adopted to select 300 research participants from Secondary Schools in Ado-Ekiti,Ekiti State.

Variables: The independent variables in this study include Locus of Control and Resilience while Delinquent behaviour is the dependent variable.

Research Instrument
Data for this study were collected through the use of copies of questionnaires structured into four sections. Section A of the questionnaire consists of items meant to gather demographic information on participant's age, sex, religion and socio-economic status. Section A will consist of Delinquent Activity Scale DAS,based in part on the Self-Reported Delinquency Scale (SRD)(Elliott, Ageton, Huizanga, Knowles,& Canter, 1983), was designed to assess specific delinquent offenses and the contribution of alcohol and marijuana to these occurrences. It is composed of 40 items which describe a variety of misbehaviors and ask the respondent to indicate whether they have ever engaged in the behavior, their age the first and last time they engaged in the behavior, if they have ever engaged in the behavior without drugs or alcohol being involved, how many times the behavior has occurred, and how many times alcohol, marijuana, or other drugs have been involved. The DAS also access the respondent's remorse by asking if they were satisfied with their actions and if they would do the same thing again in a similar situation. Sub-scales of the DAS include predatory aggression, stealing and generalized delinquency, stealing and impulsive delinquency, drug dealing and aggressive behaviour.

Scoring: Items 2, 5,6,8,9 are reverse scored. Give 'Strongly Disagree' 1 point, 'Disagree'2 point, 'Agree'3 point, and 'Strongly Agree'4 point. Sum scores for all the items, keep scores on a continuous scale. Higher scores indicate higher self-esteem while lower score indicate inferiority complex.

Section C: Resilience Scale
The Resilience Scale for Adults (RSA) consists of 13 items with bipolar response options. The respondent is to give his rating for each of the item of a 5-point Likert type of rating scale. The Scale provides measure on 6 sub-scales namely Personal strength/Perception of Self, Personal strength/Perception of future, Structured style, Social competence, Family cohesion and Social Resources. It is a three point response scale, yes is 3 points, sometimes is 2 points, while No is one point. The highest that can be scored on resilience scale for adult is 39, while the lowest that can be scored is 13, 30.0 and above indicates high resilience, 20.0 - 29.5 indicates average resilience while 19.5 and below indicates low resilience. Also, among Nigerian studies, (Abiodun, 1994) revealed that three iterations of an Exploratory Factor Analysis were conducted on data from the first sample of youth to identify items for inclusion in the CYRM-12. In the third analysis, a varimax rotated factor analysis of the 12 items resulted in a four-factor solution, with 10 of the items loading well. Reliability of this grouping of questions was satisfactory (α=0.754). Confirmatory factor analysis was then conducted on the second sample of youth. A

satisfactory fit was obtained ($\alpha=2$ (51, N=1540) = 255.419, p=0.0001; Adjusted Goodness of Fit Index = 0.960; Comparative Fit Index = 0.957; Root Mean Square Error of Approximation = 0.050). Cronbach's Alpha for the 12 items was also satisfactory ($\alpha=0.840$).

Levenson Multidimensional Locus of Control Scale

The Multidimensional Locus of Control IPC Scale (IPC LOC Scale) is an instrument for assessing the locus of control on adults. The aim of the present study is to translate the IPC LOC Scale and evaluate its reliability and validity in a sample of Greek teachers. Data were collected from a nationwide sample of 3668 educators of all levels and specialties. The Cronbach's alpha coefficient was used to determine the internal consistency reliability. A confirmatory factor analysis (CFA) was conducted in order to test the construct validity of the questionnaire. Validity was further examined by investigating the correlation of the IPC LOC Scale with the Rosenberg self-esteem scale (RSES) and its association with several demographic and work-related data. Internal consistency reliability was satisfactory with a Cronbach's alpha above **0.70** for all LOC dimensions. The original Multidimensional Locus of Control IPC Scale [7] consists of 24 items that measure an individual's locus of control. All items are scored on a six-point Likert scale, ranging from −3 (Strongly Disagree) to +3 (Strongly Agree). The scale yields three distinct factors. The Internality subscale consists of eight items (items 1, 4, 5, 9, 18, 19, 21, 23), measuring the degree of a person's faith in his/her own abilities and capacity to control the outcome of his/her life's events. The Powerful Others subscale also contains eight items (items 2, 6, 7, 10, 12, 14, 16, 24) which assess the extent to which a person feels that his/her course of life is steered by people of power who usually control the fate of the weak. The Chance subscale consists of eight items (items 3, 8, 11, 13, 15, 17, 20, 22), estimating the perceptions according to which luck and fate determine a person's life, thus leaving him/her with limited if any control in various life situations (e.g., "To a great extent my life is controlled by accidental happenings."). Each subscale produces a unique score by adding up the eight responses on it and adding to the sum a constant of +24 to eliminate negative sums. Therefore, each respondent receives three scores (each one ranging from 0 to 48) indicative of his/her relative view on each of the three dimensions. An individual could score high or low on all three dimensions.

Scoring

Total your responses for the items listed for each of the three parts of the scale; add +24 to each of your three totals. Internal Locus of Control: Total your responses for items 1, 4, 5, 9, 18, 19, 21, and 23; then add +24. Powerful Others: Total your responses for items 3, 8, 11, 13, 15, 17, 20, and 22; then add +24. Chance: Total your responses for items 2, 6, 7, 10, 12, 14, 16, and 24; then add +24. Your scores should be between 0 and 48. A high rating on the Internal Locus of Control scale indicates that you have a strong internal locus of control. An internal locus of control can be helpful for successful behavior change. High ratings on either the Powerful Others scale or the Chance scale indicate a strong external locus of control. If you rate high on the Powerful Others scale, you typically believe that your fate

is controlled by other people; if you rate high on the Chance scale, you believe your fate is controlled by chance

Procedure for Data Collection: After obtaining approval from authorities of schools eventually selected, copies of questionnaire will be administered to the research participants with help of their teachers for easy administration and control. Efforts shall be made at explaining items to students for easy comprehension with a view to making informed choices on the instrument.

Data analysis
Hypotheses one was analyzed using regression while hypothesis two was analyzed using Pearson Product Moment Correlation statistical test.

RESULT
Descriptive Statistics

	N	Mean	Std. Deviation
Locus of Control	300	33.2367	6.41752
Resilience	300	87.1200	32.53923
Delinquent behaviour	300	85.5000	28.87089

Table 4.1: Regression Summary Table showing the Locus of Control and Resilience as predictors of Delinquent Behaviour

Model	β	t	R^2	df	F
Resilience	-.104	-1.79[*]	2	.011	297	1.71[ns]
Locus of Control	.022	.389[ns]			

Note= ns(p>.05)   *=p<.05

Table 4.1 showed that Resilience (t= -1.79 p<.05) significantly predicts Delinquent behaviour while Locus of Control (t= .389 p>.05) does not independently predicts Delinquent Behaviour. The table also revealed that Locus of Control and Resilience ($F_{(2(297)}$ = 1.71 p >.05) does not jointly predict Delinquent behaviour.

Table 4.2: Correlation table showing the relationship between Locus of Control, Resilience and Delinquent Behaviour

Source		1	2	3
Resilience	r	1		
	p			
Locus of Control	r	-.030	1	
	P	.603		
Delinquent Behaviour	r	.87[**]	-.030	1
	P	.0000	.603	
	N	300	300	300

Table 4.2 revealed that there is a significant relationship between Resilience and Delinquent Behaviour ($r(300) = .87$ $p<.01$) and there is no relationship between Locus of Control and Delinquent Behaviour($r(300) = -.030$ $p >.05$)

DISCUSSION

The main objective of this study is to examine Locus of Control and Resilience as a predictor of Delinquent Behaviour. Two hypotheses were tested in the course of this study using Regression analysis and Pearson Correlation. Result of the study show that Resilience predicts Delinquent Behaviour while Locus of control does not predict Delinquent Behaviour . Moreover, Locus of Control and Resilience does not jointly predict Delinquent Behaviour. Also, the result revealed that there is a relationship between Resilience and Delinquent Behaviour while there is no relationship between Resilience and Delinquent Behaviour. This result was supported by Leipold & Greve (2009) who described resilience as positive adjustment in the face of hardship and an individual's ability to recover or even grow from adverse conditions. Bonanno (2008) compared resilience and recovery and stated that resilience and recovery are, in fact, different processes. This assertion indicates that individual who had once face hardship in life may result to delinquent act in an attempt to escape from hardship. Resilience is getting back to feet after major error, this assertion was described by Olgado(2009) who argued that individual who enjoy going back to jail even after serving the jail sentence but committed another offence to go back to jail another term are said to be resilient in their action. This act of resilience goes a long way in sending back to jail. Jerome (2008) described that resilience can be positive and as well as negative this is correlated with individual differences and mindset. A positive mindset individual will see resilience as a virtue not to give up and this does not mean hampering the peace and harmony of the society for personal gain but an individual who has a negative mindet may see resilience as a weapon in destroying the values and law of the society for personal individual gain.

Moreover, Balogun (2016) also supported the assertion that resilience to a negative minded person could hamper and jeopardize the values of a society thereby leading to delinquent behavior and if not well tailored. Such acts are very dangerous to individual psychology well-being. In addition, Bonanno (2008) defined resilience as an individual's capability to resist maladaptation regardless of adversity. Despite the differences in these definitions, across definitions agree that resilience is a normative experience. Kelley (2005) labeled resilience as a normal characteristic that is innate to all individuals. In that resilience is attained differently depending on the individual, the problem event, and the environment, there are as many avenues to resilience as there are definitions of it. Masten and Powell (2003) stated that there are two fundamental judgments with respect to resilience: the fact that the person is "doing okay" and that the individual overcame an adversity. These researchers also pointed out that referring to a person as resilient is improper. Resilient is an act and an individual could only process the act in both positive and negative phases. Nonetheless, study from Dre(2003) reported that locus control could be internal or external and this is largely dependent on factors which include individual history, differences and personality differences. Individual with internal locus of control

may not condone delinquent act as he/she takes responsibilities of its action while an individual with external locus of control may likely participate in delinquent act which will likely negates the joy and harmony of the society. Agar (2006) posited that an individual with external locus of control may likely involve in delinquents acts as such individual are easily controlled by the happenings in the environment. These individuals are easily controlled by the environment and are likely to act delinquently in an attempt to support what's in vogue in the society.

CONCLUSION
From the discussion, we can easily conclude that Resilience predicts Delinquent behavior and also Locus of Control does not predict Delinquent Behavior. Also, Resilience and Locus of Control does not jointly predict Delinquent Behaviour. Also, the discussion showed that individual with high internal locus of control may control him/her from acting delinquently while individual with high external locus of control may be easily influenced by the environment and in such case may act delinquently.

RECOMMENDATION
From the aforementioned conclusion, it is recommended that individual should cautioned themselves from acting delinquently as this may be of negative impacts to the individual, society as well as the victim. Also, government parastatals should develop policies needed to regulate delinquent behavior act in the society.

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