

# The Impact of Locus of Control towards Depression in Chronic Disease Outpatients

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*Abstract. Chronic illness is a persistent disease which sometimes cannot be cured. This condition directly raises anxiety, worries and even depression to whom suffers from it. Individual who possess internal locus of control tends to believe that their own abilities controlled their own success, while people who has external locus of control believe that others people are responsible for their success. Locus of control (LOC) is defined as someone belief towards a result which is controlled internally or externally. The aim of this research is finding the impact of locus of control towards depression in chronic disease whom go through periods of outpatients. The subject of this research was 100 outpatients whom suffered from chronic disease. The result showed that locus of control has significant impact towards depression in chronic disease patients.*

*Keywords: LOC, Depression, Chronic disease*

## Introduction

Chronic disease is a disease that can be said to be permanent and often incurable and forcing patients to always carry out medical treatment regularly and for a long time (Loss et al., 2013). A person suffering from a chronic disease will undergo a series of long-term treatment, such as cardiovascular, diabetes and heart patients who are required to carry out routine checks at the hospital. This will directly cause anxiety, anxiety and even depression in patients with the disease (Rodrigues, Gebara, Gerbi, Pierri, & Wajngarten, 2015). Depression in normal people is defined as a state of sadness, without enthusiasm that is characterized by an uncomfortable feeling that results in decreased activity and pessimism in facing the future (Chaplin, 2011).

Some research results show that the impact of someone suffering from chronic disease is a decrease in quality of life so that they will tend to be prone to depression (Rodrigues et al., 2015). Some of the factors that cause depression in patients are related to the disease, namely the duration of diagnosis, severity, poor prognosis, and pain. From within the patient is fear of death, pain, and feeling helpless. Handling, from the side effects of therapy, length of treatment and high costs. Finally, the medical team, namely communication between doctors, nurses and patients (S., Setiyarini, & Effendy, 2017).

Yu & Fan (2016) Locus of control is an individual's general expectation in various things that are seen from behavior and results, meaning that a situation is produced by an individual's general beliefs. Individuals who have an internal locus of control tend to believe that their own abilities are in control of their success, while individuals who have external locus of control believe that the existence of others is what makes their success. Locus of control is defined as a person's belief in an outcome that is controlled internally and externally (Juanita, Hardjajani, & Karyanta, 2015). Based on this

understanding it can be seen that it is expected that depressed patients with chronic disease will decrease with the presence of internal locus of control, namely belief that he will one day recover from his illness.

## Review of Related Literature

### Depression

Depression is a condition where emotional conditions that continuously color all mental processes are thoughts, feelings and behavior. (Elliot & Smith, 2006) A mood that is predominantly seen is a feeling of helplessness and loss of hope. Depression is characterized by prolonged feelings of sadness, loss of interest and a sense of joy, easy fatigue and decreased activity (Schnaas, 2003). Depression can be said to be a state of disruption in human function as a whole which makes it slumped and become one of the causes of suicide. In addition, depression is a feeling of deep sadness that comes from an inferior feeling, blaming yourself for psychic trauma (Haley, 1977).

Based on the above understanding, it can be concluded that depression is a mood disorder that originates from an emotional condition that is unstable and persists which causes a person to have a feeling of helplessness and lose hopes and interests to live their lives. Factors that influence and become the cause of depression, first social factors, from the results of the study indicate that a person's marital status, number of siblings, social status, even divorce can be a contributing factor to depression (Andrews & Wilding, 2004).

### Locus of control

The individual's response in dealing with a pressing situation can be called a locus of control (LOC). Wayan, Asthiningsih, Marchira, & Sedyowinarso (2010) Locus of control refers to one's perceptions and motivations in life such as decision making and the risk they will get. Locus of control itself can be obtained from the

environment and individual experiences. There are two types of locus of control, namely internal and external. Internal locus of control is that individuals have confidence that internal factors within themselves determine success in life, while external locus of control is individual belief that environmental factors cause success or loss in life.

Some research results (Mayithoh, 2014; Wayan et al., 2010) showed that individuals who have internal locus of control will try well to obtain success, while individuals who have external locus of control are found to be depressed, anxious, and less able adjust themselves well to the environment and to the problems faced.

The internal locus of control is the individual's belief that the holder of his control comes from within himself, so that whatever happens to them is the result of what he does (Wu, Griffin, & Parker, 2015). Rotter (1966) states that internal and external represent two ends of the continuum, not not separately. Internal tend to state that an event is in their own control, while external is more likely to blame external factors that affect an event that befalls them.

Someone who has an internal locus of control is someone who has the belief that if they work hard they will get success and failure is a result of lack of motivation and ability themselves (Høglend, Dahl, Hersoug, Lorentzen, & Perry, 2011). In addition, internal locus of control can also make a person prioritize his expertise for activities rather than relying on a favorable situation (Matusiewicz, Hopwood, Banducci, & Lejuez, 2010).

### Methods

The subjects in this study were patients with chronic diseases (heart, bronchitis, cancer, diabetes, etc.) who had been diagnosed by a doctor, underwent hospital treatment or outpatient care, a maximum age of 60 years. The technique of sampling used snowball sampling technique is a method of sampling in a network or chain of ongoing relationships. Which means that the sample is obtained by a rolling process from one respondent to get further respondents (Neuman, 2007). The subjects obtained were 100 outpatients who suffered from chronic diseases.

In this study, researchers used a locus of control scale adapted from the Locus of Control Scale from Nowicki & Strickland (Nowicki & Strickland, 1973). Depression scale is taken from Depression, Anxiety, and Stress Scale - 21 Items (DASS-21) (Lovibond & Lovibond, 1995).

### Result

The hypothesis test in this study used regression analysis techniques. This analysis technique is used to test whether there is an influence between locus of control and depression with chronic diseases.

LOC proved a negative and significant influence with depression, indicated by the acquisition of a regression coefficient of -0.427 with a p value of 0.000 ( $p < 0.05$ ), meaning that the higher the LOC, the lower the

depression and vice versa, the lower the LOC, the higher the depression.

### Discussion

Depression can occur in almost all people who lack self-control (Bentley, 2007). Someone who considers their lives controlled by a wrong control and perception will have a tendency to depression and even suicide (Zawawi & Hamaideh, 2009). Someone who has an internal locus of control has the possibility of experiencing depression that is smaller than those who only have an external locus of control (Harrow, Hansford, & Astrachan-Fletcher, 2009). The impact of someone who lacked of locus control, both external and internal, will tend to have maladaptive control so that will cause problems which can affect their lives. One of the problems arised and affect a person's current and future life is depression. When the initial depression is not handled properly, it will lead to more complex depression in the future (Culpin, Stapinski, Miles, Araya, & Joinson, 2015).

These results are in line with the research conducted by (Helvik et al., 2016) which was carried out in hospitalizations at seven hospitals in Norway which showed that patients who had internal and external locus of control had better cognitive, activity and health functions. Based on this explanation, it can be concluded that locus of control can suppress a person's tendency to experience depression.

### Conclusion

Based on the research that has been done, the results obtained for the first hypothesis that locus of control has a negative and significant relationship with depression in patients with chronic diseases. This means that the higher the locus of control, the lower the depression, and vice versa if the lous of control is low, the higher depression will be felt by patients suffering from chronic diseases.

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