

## The Role of Locus of Control in Regret & Pro-social Behavior among University Students

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### Abstract

The recent study focused to understand how our sense of control over life events shapes the way we experience regret & how we willing we are to help others within university students. The demographic differences (age, gender, discipline and social economic status) on study variables were used. Three instruments Locus of Control Scale, Regret Intensity Scale and Pro Social Behavior Scale were administered on sample of 190 students selected through convenient sampling technique. The current study is quantitative, in which cross-sectional and survey research design were used. The significant differences exist on regret with pro social behavior and age with regret and pro-social behavior. The discipline also has significant differences on regret and pro-social behavior. Pure science students scored high on regret and pro-social behavior as compared to social science students. The implications of this study are significant in several ways. Those have control over their lives more tend to make decisions, in response reduces their likelihood of experiencing regret such as decision-making interventions and "Individuals who feel personally responsible for their actions tend to show stronger prosocial behavior then those who believe their lives are shaped by external forces". By examining the role of locus of control on regret and prosocial behavior, the study provides insights into how individuals make decisions and act in ways that affect their own well-being and that of others as well for fields such as psychology, sociology and public health, which are concerned with understanding and promoting human well-being.

### Keywords

Locus of control, regret, prosocial behavior, university students, demographic differences.