

Abstract

The present study explored the relationship between Self-Concept, Study Anxiety and Self-Control among school children. The sample consisted of 1200 students from 6 government high schools of Lahore city, was chosen by area probability sampling. The data collection instruments used were Multidimensional Self-Concept Scale, Study Anxiety Scale and Brief Self Control Scale. To explore the relationship between variables Pearson product moment correlation was carried out displaying positive correlations between self-concept and self-control while negative relationship of study anxiety with self-concept and self-control. Multiple regression analysis indicated 64% of variance and prediction of self-concept on self-control. Moreover Stepwise regression analysis displayed socio demographics i.e. gender, school duration and fathers education are predictors of self-control along with the subscales of self-concept i.e. Social competence, Global Self-worth, Family and Relationships, and Scholastic competence are the best predictors of Self-Control while others presenting no influence. The differences in gender, school duration, class/ level of education were observed in self-concept, study anxiety and self-control. Findings support the educators to design better psychological and educational facilities to overcome the obstacles in achieving student's goals.

Key words: self-concept, study anxiety, self-control, relationship, prediction