

## Abstract

The endeavor of the present study is to investigate the relationship among locus of control, optimism and life satisfaction among domestically abused women. It is an attempt to signify the role of locus of control in leading positive expectations towards future which ultimately effect the overall contentment with the life. For this purpose, the sample of 100 domestically abused women ( $N=100$ ) of age range 18-47 years was selected from different public and private shelter homes of Lahore, from the province of Punjab, Pakistan.

Internality, Powerful others and Chance Scale (Levenson, 1981) was used to assess the internal and external locus of control, Life Orientation Test-Revised (Scheier, Carver & Bridges, 1994) was used to assess optimism, and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) was used to assess global judgment of satisfaction with the life. Correlation, t-test, ANOVA and Linear Regression was used for the statistical analysis of the research. The results showed positive relationship among internal locus of control, optimism and life satisfaction among domestically abused women. Moreover, findings demonstrated that the internal locus of control proved to be significant predictor of optimism and life satisfaction. The external locus of control powerful others was slightly less unique predictor of both variables. Furthermore, the analysis revealed significant differences in life satisfaction on the basis of educational level and family system. The findings showed significant differences in external locus of control in different age groups and educational level. The present study concluded that more the person believes on self effort and had internal locus of control; the more optimistic he/she is and more he/she feel satisfied with the life. The study contributed in the field of positive psychology and holds benefits for future researchers and welfare purposes.

**Keywords:** locus of control, optimism, life satisfaction, age, educational level, domestic abuse.