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Abstract

The present study was intended to explore the relationship between academic stress and locus of control among university students. An indigenous scale was developed namely Academic Stress Scale (ASS) for measuring academic stress. In the first phase, manifestations and expressions of the stressors related to academics were explored from 26 females and 24 male students through semi-structured interview. An initial pool of 90 items was generated and after some modifications, it was converted into a self-report measure (Academic Stress Scale, ASS). The items were refined and concised through Tryout phase. The Academic Stress Scale (ASS) was finally comprised of 68 items for the main study. For the main study, a sample of 419 university students with ratio of 214 males and 205 females from semi-government universities of Lahore was selected. The research protocol included Demographic performa, Academic Stress Scale (ASS) and Rotter's Locus of Control Scale (RLCS). In order to establish the psychometric properties of Academic stress Scale (ASS), factor analysis was carried out and three factors solution was emerged which seemed the most appropriate. The three subscales were named as Lack of Support, Poor Time Management and Heavy Workload respectively. The psychometric properties of the scale were found to be acceptable. Results indicated that there is a significant positive correlation between academic stress and external locus of control. Academic Stress and Locus of Control were also tested across demographic variables of the study. The results and implications of the study were discussed with relevance to our culture.