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Health locus of control and influence of literacy on it

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Objectives: To assess the changes in a person's Health Locus Of Control with increasing level of education and impact of gender on it.

Methods: A randomised sample of 100 individuals was chosen between the ages of 35-44 in Lahore, Pakistan. Collection of data was done using self-administered questionnaire comprising of 12 questions covering all three aspects of HLOC i.e Internal, External and Powerful Others and the education level of individuals. Data entry and statistical analysis was done using IBM SPSS version 20. The final sample size consists of 63% males and 37% females. 30% of samples were illiterate, 20% had a Secondary School Certificate, 24% had a Higher Secondary School Certificate, 14% were Graduates and 12% had a Post-graduate Degree. Frequency distribution and Chi-Square tests of significance were performed.

Results: 70% of sample exhibited internal HLoC followed by Powerful Others (20%) and External HLoC (10%). Significant relationships were observed between one's HLoC and level of education. Results showed that with increasing level of education people are more inclined towards Internal HLoC as compared to illiterates who relied on external factors such as fate and the help of Powerful Others such as medical practitioners for the well-being of their health. Males showed higher frequency of Internal HLoC (50%) as compared to females (20%).

Conclusion: Findings of this study suggest that regardless of gender, education, education has a major impact on a person's HLoC. Lower Internal HLoC among illiterate population of Lahore call for professional intervention through educational programs.

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