

Stressful Behaviour In Relation To Psychological Capital

Shyama Kumari

This study was planned to study the effect of optimistic- Pessimistic attitude and locus of control on stressful behavior. For this 200(100 urban 100 rural) female and male college youths were selected through incidental- cum-purposive sampling technique from the colleges of Kaimur district. Four measures were administered namely; personal Data sheet, optimistic-pessimistic attitude scale, locus of control scale and personal stress source inventory. The findings reveal that habitat, optimistic- pessimistic attitude, and locus of control affect the stressful behavior. Psychological capital like, optimism, self-efficacy and locus of control have significant impact on stressful behavior.