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A Study of Ego Strength, Impulsiveness and Self-Control in Youth.

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***Abstract*—The present study aimed to examine ego strength, impulsiveness, and self-control among youth with reference to gender and area of residence. A simple random sampling method was employed to select a sample of 240 participants, comprising 120 males and 120 females. The sample was equally divided into rural and urban groups, with 60 rural males, 60 urban males, 60 rural females, and 60 urban females. Ego strength was measured using the Ego Strength Scale developed by Dr. Q. Hasan (1976), translated into Gujarati by Dr. Yogesh A. Jogsan(2015). Imulsiveness was assessed through the scale developed by Dr. S. N. Rai and Dr. Alka Sharma (1997), translated into Gujarati by Dr. Yogesh A. Jogsan and Dr. Dhara R. Doshi (2019). Self-control was measured using the scale developed by Arun Kumar Singh and A. S. Gupta (2008), translated into Gujarati by Dr. Yogesh A. Jogsan(2014). The data were analyzed using two-way Analysis of Variance (ANOVA) and Pearson's product-moment correlation. The results revealed no significant differences in ego strength and impulsiveness with respect to gender, area, and their interaction. However, a significant gender difference was found in self-control at the 0.05 level, indicating that males and females differed significantly in self-control. No significant differences were observed in self-control with respect to area and gender–area interaction. Correlation analysis showed a low negative correlation between ego strength and impulsiveness, a low positive correlation between ego strength and self-control, and a low negative correlation between impulsiveness and self-control. The findings highlight the interrelationship among ego strength, impulsiveness, and self-control in youth and underscore the importance of gender differences in self-regulatory behavior.**

***Index Terms*—Ego Strength, Impulsiveness, Self-Control, Youth, Gender Differences, Rural– Urban Area**

I. INTRODUCTION

Youth is an important stage of life marked by significant physical, emotional, and psychological development. During this period, individuals form their personality and develop self-regulatory abilities that guide their behavior and adjustment in society. Psychological characteristics such as ego strength, impulsiveness, and self-control play a crucial role in determining how youth cope with stress, make decisions, and manage their emotions and actions. Ego strength refers to an individual's ability to maintain emotional stability and effectively deal with internal conflicts and external pressures. Strong ego strength helps youth face challenges with confidence and adaptability. Impulsiveness, on the other hand, is the tendency to act without sufficient thought, often leading to risky or inappropriate behavior. Self-control enables individuals to regulate their impulses, emotions, and behavior in order to achieve long-term goals. These three psychological variables are closely related to one another; higher ego strength is generally associated with better self-control and lower impulsiveness.Understanding the interaction among ego strength, impulsiveness, and self-control is essential, as these factors collectively influence the overall adjustment and well-being of youth. Hence, the present study focuses on examining these psychological variables among youth with reference to gender and area of residence.

II. REVIEW OF LITERATURE

- Sankhyan (2022) conducted a study to examine ego strength and self-actualization in relation to

burnout among teachers working in government primary schools. The study was confined to the Bilaspur district of Himachal Pradesh. The primary objective was to explore the relationship among ego strength, self-actualization, and burnout among government primary school teachers.The sample consisted of 730 teachers selected from government primary schools. Data were collected using standardized tools, namely the Maslach Burnout Inventory (MBI) developed by Maslach and Jackson (1996), the Ego Strength Scale developed by Hasan (1970), and the Self-Actualization Scale developed by Sharma (1986). For statistical analysis, t-test, correlation, and two-way ANOVA techniques were employed. The findings revealed that the F values for ego strength (0.75), self-actualization (0.52), and burnout (0.22) were statistically significant at the 0.01 level. Further analysis showed a negative and low correlation among ego strength, self-actualization, and burnout. The results indicated that teachers with higher levels of ego strength and self-actualization experienced lower levels of burnout.

- Madhunanda (2020) conducted a study entitled "A Study of the Effect of Ego Strength on Dimensions of Adjustment" with the objective of examining the impact of ego strength on various dimensions of adjustment. The study aimed to understand how ego strength influences an individual's ability to adjust effectively in different life situations. The sample for the study consisted of 480 participants, selected using appropriate sampling techniques. For data collection, standardized psychological tools were employed. Ego strength was measured using the Ego Strength Scale developed by Dr. Q. Hasan (1970), while adjustment was assessed using the Bell Adjustment Inventory developed by H. M. Bell (1934). These tools were considered reliable and valid for measuring the respective psychological constructs. For statistical analysis, the researcher used t-test and correlation techniques. The results of the study revealed a significant difference between ego strength and adjustment, indicating that individuals with different levels of ego strength varied significantly in their adjustment patterns. Furthermore, a positive correlation was found between ego strength and adjustment, suggesting that higher ego strength is associated with better adjustment.
- Parkash and Hooda (2018) conducted a study entitled "A Study of Impulsiveness Tendency of Adolescents of Sirsa District of Haryana State." The primary objective of the study was to examine the level of impulsiveness among adolescents studying in government and private schools of Sirsa district in Haryana state. The sample for the study consisted of 200 adolescents, out of which 100 students were from government schools and 100 students were from private schools. The selection of the sample was done using appropriate sampling techniques. For the assessment of impulsiveness, the Impulsiveness Scale developed by Dr. S. N. Rai and Dr. Alka Sharma (2013) was used. For statistical analysis, Mean, Standard Deviation, and t-test were employed. The results revealed that the mean impulsiveness score of students studying in government senior secondary schools was higher than that of students from private secondary schools. The findings further indicated that female students from government schools showed higher levels of impulsiveness compared to students of secondary schools.
- Masoumeh, Jyi, and Adibah (2018) conducted a study entitled "Attention, Impulsiveness, and Gender in Academic Achievement among Typically Developing Children." The main objective of the study was to examine the role of attention and impulsiveness in academic achievement among typically developing children, with special reference to gender differences. The sample for the study consisted of 270 children, including 142 boys and 128 girls, selected using appropriate sampling techniques. The study focused on understanding how attention and impulsiveness influence academic performance among children and whether these variables differ significantly based on gender. The findings of the study revealed that girls demonstrated higher levels of attention and impulsiveness compared to boys.
- Oliva, Antolín-Suárez, and Rodríguez-Meirinhos (2019) conducted a study entitled "Uncovering the Link between Self-Control, Age, and Psychological Maladjustment among Spanish Adolescents and Young Adults." The primary

objective of the study was to examine the relationship between self-control, age, and psychological maladjustment among adolescents and young adults. The sample consisted of 1,600 randomly selected Spanish adolescents and young adults, ranging in age from 12 to 34 years. The study assessed self-control, substance use, internet addiction, and anxiety–depressive symptoms using standardized psychological measures. The researchers aimed to explore developmental differences in self-control and its association with emotional and behavioral problems. The findings revealed that adolescents aged 15 to 19 years showed the lowest levels of self-control, whereas older participants demonstrated significantly higher self-control scores. The results further indicated that low self-control was significantly associated with higher substance use, increased anxiety and depressive symptoms, and higher scores on internet addiction scales.

- Baumann, Danilov, and Stavrova (2023) conducted a study entitled "Self-Control and Performance while Working from Home." The study aimed to examine the role of trait self-control in changes in performance and well-being among individuals working from home (WFH), particularly during the COVID-19 pandemic. The researchers employed a three-wave longitudinal research design with a sample of United Kingdom workers. Data were collected across a four-month period to assess self-control, work performance, work-related distractions, and well-being. The longitudinal approach enabled the researchers to examine changes over time rather than relying on cross-sectional comparisons. The findings revealed that workers with lower levels of self-control experienced significant positive adjustment to working from home over time. Specifically, these individuals reported a reduction in work-related distractions and an increase in self-rated performance across the four-month period. In contrast, individuals with high self-control did not exhibit a similar upward trajectory in performance over time. Despite the observed improvement among low self-control individuals, trait self-control remained positively associated with overall performance and negatively associated with work distractions at the average level.

III. SUMMARY OF REVIEW

The present study examined ego strength, impulsiveness, and self-control among youth with reference to gender and area of residence. A sample of 240 rural and urban male and female youth was selected using a simple random sampling method. Standardized psychological scales were used to measure ego strength, impulsiveness, and self-control. Data were analyzed using ANOVA and Pearson's correlation. The findings revealed no significant differences in ego strength and impulsiveness across gender, area, or their interaction. However, a significant gender difference was observed in self-control, indicating variation between male and female youth. Correlation analysis showed a low negative relationship between ego strength and impulsiveness, a low positive relationship between ego strength and self-control, and a low negative relationship between impulsiveness and self-control. Overall, the study highlights the interrelationship among ego strength, impulsiveness, and self-control and emphasizes the role of self-control in youth development.

IV. OBJECTIVES OF THE STUDY

1. To examine the main effect of gender on ego strength.
2. To examine the main effect of area on ego strength.
3. To examine the interaction effect of gender and area on ego strength.
4. To examine the main effect of gender on impulsiveness.
5. To examine the main effect of area on impulsiveness.
6. To examine the interaction effect of gender and area on impulsiveness.
7. To examine the main effect of gender on self-control.
8. To examine the main effect of area on self-control.
9. To examine the interaction effect of gender and area on self-control.
10. To examine the relationship between ego strength and impulsiveness.
11. To examine the relationship between ego strength and self-control.

12. To examine the relationship between impulsiveness and self-control.

V. NULL HYPOTHESES OF THE STUDY

H01: There will be no significant effect of gender on ego strength.
H02: There will be no significant effect of area on ego strength.
H03: There will be no significant interaction effect of gender and area on ego strength
H04: There will be no significant effect of gender on impulsiveness
H05: There will be no significant effect of area on impulsiveness.
H06: There will be no significant interaction effect of gender and area on impulsiveness.
H07: There will be no significant effect of gender on self-control.
H08: There will be no significant effect of area on self-control.
H09: There will be no significant interaction effect of gender and area on self-control.
H010: There will be no significant relationship between ego strength and impulsiveness.
H011: There will be no significant relationship between ego strength and self-control.
H012: There will be no significant relationship between impulsiveness and self-control.

VI. RESEARCH DESIGN

Keeping in view the objectives of the present study, a 2 × 2 factorial research design was employed to examine the main effects and interaction effects of two independent variables. This design enables the researcher to study the individual as well as combined influence of the selected variables on the dependent variables. Accordingly, the effects of the variables were systematically examined. The research design of the present study is presented below:

2 × 2 Factorial Design

Variables	A = Gender		Total
Gender	A1 – Female	A2 – Male	
B = Area			
B1 – Rural	60(A1*B2)	60(A2*B1)	120
B2 – Urban	60(A1*B2)	60(A1*B2)	120
Total	120	120	240

Explanation of Variables

1. Independent Variables:
   i. A = Gender (A1 = Female / A2 = Male)
   ii. B = Area (B1 = Rural / B2 = Urban)
2. Dependent Variables:
   i. Ego Strength
   ii. Impulsiveness
   iii. Self-Control

VII. RESEARCH SAMPLE

The present study employed a simple random sampling method. A total of 240 participants were selected as the sample, comprising 120 females and 120 males. The sample was further divided based on area of residence: 60 rural females and 60 urban females, as well as 60 rural males and 60 urban males. The details of the sample distribution are presented in the table below:

Variables	Gender		Total
Gender/ Area	Female	Male	
Rural	60	60	120
Urban	60	60	120
Total	120	120	240

VIII. RESEARCH TOOLs

1. Ego Strength Scale:
To assess the ego strength of the respondents, the Ego Strength Scale developed by Dr. Q. Hasan was used. The original scale was constructed in Hindi, but the Gujarati version translated by Dr. Yogesh A. Jogsan was employed in the present study. The scale consists of 32 items, measured using a one-point scoring system. The split-half reliability of the scale was found to be 0.78, which is slightly lower than the reliability reported by Bern for his 68-item version. The test-retest reliability over a period of 2 and 5 weeks was found to be 0.86 and 0.82, respectively.

2. Impulsiveness Scale:
The Impulsiveness Scale consists of 30 items and was developed by Dr. S. N. Rai and Dr. Alka Sharma. The Gujarati version of the scale, translated by Dr. Yogesh A. Jogsan and Dr. b was used in this study. The reliability of the scale, determined using the was 0.72,

indicating high reliability. The validity of the scale was reported as as 0.58.

3. Self-Control Scale

To measure the self-control of respondents, the Self-Control Scale developed by Arun Kumar Singh and A. S. Gupta was used. The original scale was in English, and the Gujarati version translated by Dr. Yogesh A. Jogsan was employed in the present study. The scale consists of 30 items and uses a binary scoring system. To ensure the reliability of the measurement instruments, both test-retest and split-half methods were employed. For the test-retest reliability, a time interval of 14 days was maintained, and the correlation coefficient was found to be 0.84. The inter-rater correlation between the two sets of ranks was found to be 0.88.

IX. STATISTICAL ANALYSIS METHOD

In the present study, the data collected from 240 participants were analyzed using descriptive and inferential statistical techniques in order to examine the effects of gender and area on ego strength, impulsiveness, and self-control, as well as the interrelationships among these variables.

1. Descriptive Statistics: Descriptive statistics, such as mean, standard deviation, and frequency distributions, were calculated to summarize the basic features of the data and provide an overview of the sample characteristics.
2. Inferential Statistics:

- Two-Way Analysis of Variance (ANOVA):

A 2 × 2 factorial ANOVA was applied to examine the main effects of gender and area, as well as their interaction effects on the dependent variables (ego strength, impulsiveness, and self-control).

- Pearson Product-Moment Correlation:

To explore the relationships among ego strength, impulsiveness, and self-control, Pearson's correlation coefficient was calculated. This helped in determining the strength and direction of the associations among the variables.

X. STATISTICAL ANALYSIS

Discussion of the results of Ego strength*

ANOVA Summary for Ego Strength by Gender and Area*					
Source of Variance	Sum of Squares (SS)	df	Mean Square (MS)	F	Significance (p)
Gender (A)	0.20	1	0.20	0.01	NS
Area (B)	18.70	1	18.17	0.63	NS
Gender × Area (A × B)	17.62	1	17.62	0.59	NS
Within (Error)	7010.44	236	29.71	-	-
Total	7046.96	239	-	-	-

Sig. Level = 0.05 = 3.86
0.01 = 6.78
NS=No Significant

Null Hypothesis (H01): There Will Be No Significant Effect of Gender On Ego Strength.

Means And F- Value of Ego Strength with Reference to Gender*				
Gender	N	Mean	F	Sign.
Male	120	20.48	0.01	NS
Female	120	20.54		

Sig. Level = 0.05 = 3.86
0.01 = 6.78
NS=No Significant

A Two-Way ANOVA Was Conducted to Examine the Effect of Gender On Ego Strength. The Obtained F Value Was 0.01, Which Was Lower Than the Critical Value at the 0.05 Level of Significance. This Indicates That Gender Does Not Have a Statistically Significant Effect on Ego Strength. The Mean Ego Strength Score for Females (M = 20.54) Was Slightly Higher Than That for Males (M = 20.48). However, The Mean Difference Was Minimal and Not Statistically Significant. Therefore, The Null Hypothesis Stating That Gender Has No Significant Effect on Ego Strength Was Accepted.

Null Hypothesis (H02): There Will Be No Significant Effect of Area On Ego Strength.

Means And F -Value of Ego Strength with Reference to Area*				
Area	N	Mean	F	Sign.
Rural	120	20.79	0.63	NS
Urban	120	20.23		

Sig. Level = 0.05 = 3.86
0.01= 6.78
NS=No Significant

A Two-Way ANOVA Was Conducted to Examine the Effect of Area On Ego Strength. The Obtained F Value Was 0.63, Which Was Lower Than the Critical Value at the 0.05 Level of Significance. This Indicates That the Effect of Area On Ego Strength Was Not Statistically Significant. The Mean Ego Strength Score for Participants from Rural Areas (M = 20.79) Was Slightly Higher Than That of Participants from Urban Areas (M = 20.23). However, The Difference Between the Mean Scores Was Not Statistically Significant. Therefore, The Null Hypothesis Stating That Area Has No Significant Effect on Ego Strength Was Accepted.

Null Hypothesis (H03): There Will Be No Significant Interaction Effect of Gender and Area On Ego Strength.

Means And F -Value of Ego Strength with Reference to Gender and Area*				
Variables	Mean		F	Sign.
	Male	Female		
Rural	21.03	20.55	0.59	NS
Urban	19.93	20.53		

Sig. Level = 0.05 = 3.86
0.01= 6.78
NS=No Significant

The Interaction Effect of Gender and Area On Ego Strength Was Examined Using Two-Way ANOVA. The Obtained F Value Was 0.59, Which Was Lower Than the Critical Value at the 0.05 Level of Significance. This Indicates That the Interaction Between Gender and Area Was Not Statistically Significant. The Mean Ego Strength Score for Males in Rural Areas (M = 21.03) Was Higher Than That of Females (M = 20.55). In Contrast, In Urban Areas, Females (M = 20.53) Showed Slightly Higher Ego Strength Than Males (M = 19.93). However, These Differences Were Not Statistically Significant. Therefore, The Null Hypothesis Stating That There Is No Significant Interaction Effect of Gender and Area On Ego Strength Was Accepted.

Discussion of the results of Impulsiveness*

ANOVA Summary for Impulsiveness by Gender and Area*					
Source of Variance	Sum of Squares (SS)	df	Mean Square (MS)	F	Significance (p)
Gender (A)	11.71	1	11.71	0.88	NS
Area (B)	0.71	1	0.71	0.05	NS
Gender × Area (A × B)	3.51	1	3.51	0.26	NS
Within (Error)	31412.57	236	13.32	-	-
Total	31538.50	239	-	-	-

Sig. level = 0.05 = 3.86
0.01= 6.78
NS = No significant

Null Hypothesis (H04): There will be no significant effect of gender on impulsiveness.

Means and F- Value of Impulsiveness with Reference to Gender*				
Gender	N	Mean (M)	F	Significance (p)
Male	120	12.34	0.88	NS
Female	120	11.90		

Sig. level = 0.05 = 3.86
0.01= 6.78
NS = No significant

A TWO-way ANOVA was conducted to examine the effect of gender on impulsiveness. The obtained F value was 0.88, which was lower than the critical value at the 0.05 level of significance. This indicates that the effect of gender on impulsiveness was not statistically significant. The mean impulsiveness score for males (M = 12.34) was slightly higher than that for females (M = 11.90), indicating that males showed marginally

higher impulsiveness. However, the mean difference was not statistically significant. Therefore, the null hypothesis stating that gender has no significant effect on impulsiveness was accepted.

Null Hypothesis (H05): There will be no significant effect of area on impulsiveness.

Means and F- Value of Impulsiveness with Reference to Area*				
Area	N	Mean (M)	F	Sign.
Rural	120	12.07	0.05	NS
Urban	120	12.17		

Sig. level = 0.05 = 3.86
0.01= 6.78
NS = No significant

A Two-way ANOVA was conducted to examine the effect of area on impulsiveness. The obtained F value was 0.05, which was lower than the critical value at the 0.05 level of significance. This indicates that the effect of area on impulsiveness was not statistically significant. The mean impulsiveness score of participants from urban areas (M = 12.17) was slightly higher than that of participants from rural areas (M = 12.07). However, the difference between mean scores was minimal and not statistically significant. Therefore, the null hypothesis stating that was accepted.

Null Hypothesis (H06): There will be no significant interaction effect of gender and area of residence on impulsiveness.

Means and F -Value of of Impulsiveness with Reference to Gender and Area*				
Variables	Mean		F	Sign.
	Male	Female		
Rural	12.17	11.97	0.26	NS
Urban	12.52	11.83		

Sig. level = 0.05 = 3.86
0.01= 6.78
NS=No significant

A two-way ANOVA was conducted to examine the interaction effect of gender and area on impulsiveness. The obtained F value was 0.26, which was lower than the critical value at the 0.05 level of significance. This indicates that the interaction between gender and area was not statistically significant. The mean scores show that in rural areas, males (M = 12.17) displayed slightly higher impulsiveness than females (M = 11.97). Similarly, in urban areas, males (M = 12.52) showed marginally higher impulsiveness compared to females (M = 11.83). However, these differences were not statistically significant. Therefore, the null hypothesis stating that there is no significant joint effect of gender and area on impulsiveness was accepted.

Discussion of the results of Self-Control

ANOVA Summary for Self-Control by Gender and Area*					
Source of Variance	Sum of Squares (SS)	df	Mean Square (MS)	F	Significance (p)
Gender (A)	61.01	1	61.01	5.29	S / 0.05
Area (B)	0.11	1	0.11	0.01	NS
Gender × Area (A × B)	1.84	1	1.84	0.16	NS
Within (Error)	2774.54	236	11.76	-	-
Total	2837.50	239	-	-	-

Sig. level = 0.05 = 3.86
0.01= 6.78
NS=No significant

Null Hypothesis (H07): There will be no significant effect of gender on self-control.

Means and F- Value of Self-Control with Reference to Gender*				
Gender	N	Mean (M)	F	Significance (p)
Male	120	16.58	5.29	S / 0.05
Female	120	17.58		

Sig. level = 0.05 = 3.86
0.01 = 6.78
S = significant

A Two-way ANOVA was conducted to examine the effect of gender on self-control. The obtained F value was 5.29, which exceeded the critical value at the 0.05 level of significance, indicating a statistically significant effect of gender on self-control. The mean self-control score for females (M = 17.58) was higher than that for males (M = 16.58). This result suggests that females demonstrated significantly higher levels of self-control compared to males. Consequently, the

null hypothesis stating that gender has no significant effect on self-control was rejected. Possible Explanation: The lower self-control among males may be attributed to higher levels of firmness and decisiveness, which can lead them to act quickly without much restraint. Females, on the other hand, tend to score higher in tolerance and flexibility, allowing them to regulate their impulses and demonstrate greater self-control.

Null Hypothesis (H08): There will be no significant effect of area of on self-control.

Means and F- Value of Self-Control with Reference to Area*				
Gender	N	Mean (M)	F	Significance (p)
Male	120	17.10	0.01	NS
Female	120	17.06		

Sig. level = 0.05 = 3.86
0.01= 6.78
NS=No significant

A one-way ANOVA was conducted to examine the effect of area (rural vs. urban) on self-control. The obtained F value was 0.01, which was lower than the critical value at the 0.05 level of significance. This indicates that the effect of area on self-control was not statistically significant. The mean self-control score of participants from rural areas (M = 17.10) was slightly higher than that of participants from urban areas (M = 17.06). However, the difference between the mean scores was negligible and not statistically significant. Therefore, the null hypothesis stating that area has no significant effect on self-control was accepted.

Null Hypothesis (H09): There will be no significant interaction effect of gender and area of residence on self-control.

Means and F -Value of of Self-Control with Reference to Gender and Area*				
Variables	Mean		F	Sign.
	Male	Female		
Rural	16.68	0.26	0.26	NS
Urban	16.47	17.65		

Sig. level = 0.05 = 3.86
0.01= 6.78
NS=No significant

A two-way ANOVA was conducted to examine the interaction effect of gender and area on self-control. The obtained F value was 0.26, which was lower than the critical value at the 0.05 level of significance. This indicates that the interaction between gender and area was not statistically significant. The mean self-control scores indicate that in rural areas, females (M = 17.52) demonstrated higher self-control than males (M = 16.68). Similarly, in urban areas, females (M = 17.65) showed higher self-control compared to males (M = 16.47). However, these differences were not statistically significant. Therefore, the null hypothesis stating that there is no significant joint effect of gender and area on self-control was accepted.

Relationship between Ego Strength and Impulsiveness*

Null Hypothesis (H010): There will be no significant correlation between ego strength and impulsiveness.

Means and Correlation (r) between Ego Strength and Impulsiveness*			
Scale	N	Mean (M)	r
Ego Strength	240	20.48	0.32
Impulsiveness	240	12.22	

Sig. level = 0.05 = 0.11
0.01 = 0.15

Pearson's product–moment correlation coefficient was calculated to determine the relationship between ego strength and impulsiveness among youth. The analysis revealed a negative correlation (r = –0.32) between ego strength and impulsiveness. The obtained r value exceeds the critical values at both 0.05 and 0.01 levels of significance, indicating that the relationship is statistically significant. This finding indicates that higher ego strength is associated with lower impulsiveness. The magnitude of the correlation suggests a low negative relationship, implying that individuals with stronger ego functioning tend to exhibit better emotional regulation and fewer impulsive behaviors. There is no significant relationship between ego strength and impulsiveness. Since the obtained r value (–0.32) is statistically significant, the null hypothesis is rejected.

Relationship between Ego Strength and Self-Control*

Null Hypothesis (H011): There will be no significant correlation between ego strength and self-control.

Means and Correlation (r) between Ego Strength and Self-Control*			
Scale	N	Mean (M)	r
Ego Strength	240	20.48	0.37
Self-Control	240	17.08	

Sig. level = 0.05 = 0.11
0.01 = 0.15

Pearson's product–moment correlation coefficient was computed to examine the relationship between ego strength and self-control among youth. The analysis revealed a positive correlation (r = 0.37) between ego strength and self-control. Since the obtained r value exceeds the critical value at both 0.05 and 0.01 levels, the correlation is statistically significant. This finding indicates that individuals with higher ego strength tend to demonstrate better self-control. The relationship may be described as a low positive correlation, suggesting that ego strength plays a supportive role in regulating behavior, emotions, and impulses. There is no significant relationship between ego strength and self-control. Since the obtained r value (0.37) is statistically significant, the null hypothesis is rejected. From the perspective of ego psychology, ego strength enables individuals to manage internal conflicts and external demands effectively. Self-control is one of the key outcomes of a well-developed ego. Therefore, the positive relationship found in the present study supports theoretical assumptions that stronger ego functioning contributes to greater behavioral regulation and emotional stability.

Relationship between Impulsiveness and Self-Control*

Null Hypothesis (H012): There will be no significant correlation between impulsiveness and self-control.

Means and Correlation (r) between Impulsiveness and Self-Control*			
Scale	N	Mean (M)	r
Impulsiveness	240	12.22	- 0.39
Self-Control	240	17.08	

Sig. level = 0.05 = 0.11
0.01 = 0.15

Pearson's product–moment correlation coefficient was computed to examine the relationship between impulsiveness and self-control among youth. The analysis revealed a negative correlation (r = –0.39) between impulsiveness and self-control. The obtained r value exceeds the critical value at both the 0.05 and 0.01 significance levels, indicating that the relationship is statistically significant. This result suggests that higher impulsiveness is associated with lower levels of self-control. The magnitude of the correlation indicates a low negative relationship, meaning that as impulsive tendencies increase, the ability to regulate behavior and emotions tends to decrease. There is no significant relationship between impulsiveness and self-control.Since the obtained r value (–0.39) is statistically significant, the null hypothesis is rejected. The present finding aligns with psychological theories emphasizing that impulsive behavior reflects poor inhibitory control. Self-control involves deliberate regulation of actions and emotions, whereas impulsiveness is characterized by spontaneous and unplanned responses. Therefore, the observed negative association supports the view that increased impulsiveness undermines effective self-regulation among youth.

XI. RESEARCH CONCLUSIONS

The final stage of the study presents the conclusions derived from the analyzed data. Based on the statistical computations and observations, the following conclusions are drawn:

- No significant difference in ego strength was found between males and females. Therefore, the null hypothesis regarding gender differences in ego strength is accepted.
- No significant difference in ego strength was observed between rural and urban participants. Hence, the null hypothesis regarding area differences in ego strength is accepted.
- No significant interaction effect was found between gender and area on ego strength. Thus, the null hypothesis is accepted.
- No significant difference in impulsiveness was observed between males and females. The null hypothesis is accepted.

- No significant difference in impulsiveness was found between rural and urban participants. The null hypothesis is accepted.
- No significant interaction effect was observed between gender and area on impulsiveness. The null hypothesis is accepted.
- A significant difference in self-control was found between males and females at the 0.05 level. Therefore, the null hypothesis is rejected. Females exhibited higher self-control than males.
- No significant difference in self-control was observed between rural and urban participants. Hence, the null hypothesis is accepted.
- No significant interaction effect was found between gender and area on self-control. The null hypothesis is accepted.
- A negative correlation of r = -0.32 was observed, indicating a low inverse relationship. As ego strength increases, impulsiveness tends to decrease slightly.
- A positive correlation of r = 0.37 was found, suggesting a low direct relationship. Higher ego strength is associated with slightly higher self-control.
- A negative correlation of r = -0.39 was observed, indicating a low inverse relationship. As impulsiveness increases, self-control tends to decrease slightly.

XII. LIMITATIONS OF THE RESEARCH

- Limited Sample: Data were collected only from a restricted number of male and female youth participants. Therefore, the interpretations and conclusions cannot be generalized to the entire youth population.
- Restricted Geographical Area: The sample was drawn exclusively from the Saurashtra region, which limits the geographical representativeness of the findings.
- Limited Variables: The study focused only on individual characteristics (ego strength, impulsiveness, and self-control) and did not consider other environmental or social factors that may influence youth behavior.
- Self-Report Measures: The information was collected through questionnaires, which rely on participants' self-perception and responses, introducing potential biases.
- Response Bias: There was a possibility that participants may have provided socially desirable or favorable answers rather than completely accurate responses.
- Urban-Rural Limitation: Only youth from rural and urban areas were included, excluding other possible contexts or settings.
- Influence of Demographic Factors: Variables such as gender, age, and education may have influenced the results, and these factors were not fully controlled.

XIII. SUGGESTIONS FOR FUTURE RESEARCH

- Larger Sample Size: Future studies can include a larger sample to enhance the generalizability and accuracy of findings, and to conduct more extensive research on the topic.
- Inclusion of Additional Variables: Researchers may explore other variables related to ego strength, impulsiveness, and self-control, to develop more comprehensive models of youth behavior.
- Alternative Research Methods: While the current study used questionnaires, future research could employ interviews, observations, experimental methods, or mixed-method designs for deeper insights.
- Broader Geographic Coverage: Including participants from different regions or states can help obtain more representative data and allow broader generalization of findings.
- Different Age Groups: Future research could extend the study beyond youth, examining adolescents, adults, or older populations, to compare developmental or age-related differences.
- Psychophysiological Measures: Studies can investigate how ego, impulsive behaviors, and self-control influence psychological and physiological outcomes, such as stress, decision-making, or emotional regulation.
- Intervention Studies: Researchers can design intervention programs to enhance self-control or reduce impulsiveness and measure the impact on youth behavior and well-being.

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