SELF-CONTROL AMONG INTERMEDIATE STUDENTS OF HYDERABAD IN RELATION TO SELF-REGULATION

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ABSTRACT

Self-control is the ability to control strong impulses, whereas self-regulation is the capacity to reduce the intensity of strong impulses by managing stress load. The present piece of work attempts to examine this relationship among intermediate students of Hyderabad. The sample of the study includes 122 *Intermediate Students of Sultan-Ul-Uloom Junior College, Road No.* 3*, Banjara Hills, Hyderabad, Telangana, India. The data for measuring self-control is collected by administering The Self-Control Scale (SCS* 2004*), prepared by Tangney et al., and Adolescent Self-Regulatory Inventory is used to measure self-regulation, which is prepared by Moilanen, K. L. (2007). The collected data is analysed using mean, standard deviation, and standard error under descriptive statistics and Pearson product moment correlation is computed using SPSS Software Ver.* 23 *to know the relationship between the said constructs under inferential statistics. The result is statistically significant as the calculated r = 0.467, for N = 122, p =.000, & α= 0.05 level. Applying the findings, the educational implications are discussed.*

KEYWORDS: *Self-Control, Educational Implications, Human Life*