

**An Investigation of the Factors Associated with
Learned Helplessness among Undergraduate
Students of University of Kelaniya**



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ABSTRACT

The current research was done for the fulfillment of Master of Philosophy in Philosophy at the University of Kelaniya, Sri Lanka on the research topic, an investigation of the factors associated with learned helplessness among the undergraduates of the University of Kelaniya. Accordingly, the research consisted of six objectives, two hypotheses and six research problems and the research was carried out for two years. The randomly selected sample included 200 undergraduates representing all the five faculties of the University of Kelaniya. Two questionnaires were administered to collect quantitative data. The questionnaire-I was administered to measure the level of learned helplessness and the questionnaire-II was used to identify the causal factors of learned helplessness. The data collected by administering those two questionnaires was analyzed by using SPSS. To gather qualitative data, Semi-Structured Questionnaire was used for the interviews and qualitative data was analyzed as the Theme Analysis. As the results, a significant level of learned helplessness among the undergraduates of the University of Kelaniya, and a significant difference in the level of learned helplessness between male and female undergraduates were found. Twenty five causal factors of learned helplessness of undergraduates were identified. Those causal factors are categorized based on the number of the participants who experience such factors. In the categorization of the causal factors, speaking in English was the highest and maintaining the rapports with friends was the lowest. The study made the possible suggestions to minimize learned helplessness among undergraduates. The researcher also suggested topics for future researches such as effects of learned helplessness, attribution style and learned helplessness, biology of learned helpless people, academic achievements of learned helpless undergraduates, overcoming undergraduates' learned helplessness and culture and learned helplessness.

Keywords: learned helplessness, stress, procrastination, depression, learned optimism, sense of control, attribution, personality