

## FRUSTRATION AMONG SENIOR INTERMEDIATE GIRLS

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**Abstract:** *This paper illustrates the levels of frustration of girls at Intermediate level. It is an eye opener to others to know how these frustration levels are increasing and how dangerous they are, as sometimes an individual may end up one's life. By knowing the causes, sources and kinds of frustration, one can think of methods to surmount those problems which are too high at rural area government colleges. It found out significant differences in frustration levels between government and private college girls, urban and rural, aided and unaided, residential and non-residential and science and arts students who are studying Senior Intermediate. This paper evokes some propositions to teachers, students, college authorities and educational departments in order to guide the girl students to step out of the inherent psychological problems successfully. It explores primary responsibility of parents and teachers to pick out abnormal students and to guide them to boost up their spirits. This work is also a torch bearer and paramount stone for those who want to study it further.*

**Key words:** Frustration, Regression, Aggression, Fixation, Resignation.

### Introduction:

Education is the light, which enlightens one's life. It is like a lighted torch which guides to take the right path. Good education enables us to distinguish between the right and the wrong doing and guides us which way to be chosen. It releases our burdens of life because it tells us how to deal with the problems. All round development is possible with it. It is a potent instrument to sow the seeds of success. The success of drama of life depends upon the development and enrichment of personality.

A child is put under constant stress because of many differences prevailing in the society. Unless a child is properly adjusted he cannot live in the society peacefully. Stress and strain for a child starts as soon as he is sent to school. Education is a potent instrument to sow these types of seeds. It plays an important role in the process of developing the personalities of children. At home, mother and father especially, mother should help the child to adjust to the home and outside environment. In school there is every scope for the teacher to know the adjustment problems of children and teach them how to tackle different issues in different contexts. If it is not done so it may lead to frustration.

Adolescence is the most dangerous and important period in everybody's life. At this stage, there will be more influence of the peer group especially opposite sex rather than their parents. One of the important purposes of education is to aid an individual to personal, social and economic progress. The various agencies like school, home, mass media and peer group affect the individual.

Good adjustment is realistic and satisfying for which frustrations, tensions and anxieties are to be reduced to the minimum. Teacher's role is very important as most of the time students are spending in the classroom with their teacher. So, there is every scope for the teacher to mould the personality of the students and to enable them to have good adjustment capacities by finding out the levels of frustration among the students.

Frustration: Man is ambitious by nature. He/She has aspirations and desires to be fulfilled. He plans and strives hard for the realization of goal but it may not be possible. Despite one's best planning and efforts one may not get the desired success. At times he finds himself in a state of confusion with all the paths ahead blocked. With the repeated failures, he reaches a stage or condition of frustration.

**Sources of Frustration:** The Sources of Frustration are Situational barrier, Interpersonal barrier and Intrapersonal barrier.

**The Causes of Frustration:** The causes of frustration are external and internal factors. External factors have Physical factors, Social and Societal factors and Economic factors. Internal Factors have Conflicting desires of aims, Individual's morality and high ideals and Lack of persistence and sincerity in efforts.

**Reactions to Frustrations:** There are Simple and Violent reactions. In Simple reactions there are Increasing trials or improving efforts, Adopting compromising means, Withdrawal and Submissiveness. In Violent reactions there are External aggression and Internal aggression.

**Kinds of Frustration:** Frustrations may be classified into three main categories. They are Environmental frustration, Personal frustration and Conflict frustration.

**Frustrations Leading to Self Devaluation:** In contemporary life there are a number of common frustrations that lead to self-devaluation and hence are particularly difficult to cope with. Among the most important of these are failure, losses, envious status comparisons, personal limitations, guilt etc.

**Components of Frustration:** Regression, Resignation, Fixation, Aggression and Displaced Aggression. Regression means going backward or returning to the past. It is a retreat for an individual from the complexities of the present to an earlier and simpler form of behavior.

Resignation is an emotionally tinged attitude shown by cessation of active response to situation, which we have previously been making efforts to alter.

Fixation has been taken as defense against answer by stopping the recess of development.

Aggression may be defined operationally in terms of rude answering to elders, irritation, feeling of unfairness, carrying grudges, and frequent quarrelling impulses to take revenge and reactionary attitude to tradition and beliefs.

Displaced Aggression: Often an individual directs his hostile feelings towards some object or person other than the one actually causing his frustration.

**Need and Importance:** The adolescent period is very critical in terms of social adjustments and maturation. An adolescent world is different from others and he is full of energies and ambitions for future life and develops positive value system. Every human being has needs. All needs can not be fulfilled. There will be individuals who may be able to satisfy many of their needs and only a few, which they are not able to fulfill. In some situations, some persons deprive themselves of certain needs voluntarily. The deprivation easily makes the individual easily irritable, moody and quarrelsome and may result in lack of concentration. Despite all efforts some of the desires/needs remain dissatisfied in one's life and they give rise to conflicts.

The forces of environment like teachers, parents and society may be responsible for conflicts. The faulty up-bringing at home, unhealthy or unpleasant relationships among the family members is the potential source of conflict in children. Over-protection, dominance, submissiveness or negligence on the part of parents does not help children to cope up with social contacts with other children at school. Uncongenial school or college environment, dominant or submissive role of the teachers, faulty methods of teaching, denial of opportunities for self expression, contradictory demands of the teachers and class mates generally form the basis for conflicts in the youngster. The social environment and cultural values may also prove a potential source of conflicts which result in 'stress' which may lead to frustrations. The state of psychological upset or disequilibrium in the human beings is caused by frustrations, conflicts and other internal as well as external strains and pressures.

Environmental obstacles, both physical and social and the internal factors in the form of personal limitations, biological conditions and psychological barriers may lead to frustration. The obstacle or the barrier plays an important part. The frustrated individual would like to get rid of or surmount the barrier. If the individual could not achieve his goal, he may blame the society, or the authorities or himself. If a

person is incapable of finding new solution to the frustrating situation, he will have stereotyped behavior even if he has failed in number of occasions.

Senior Intermediate students lie in the later adolescent period which is between fifteen to eighteen years with increased hetero-sexual interest. Young adolescent has three social worlds namely family, college and one or two of his best friends with whom he shares his thoughts, feelings and worries. Adolescents usually believe that their peers understand them better than their parents do and they have problem of identify crisis.

Failure in any of the aspects of adolescence can lead to different forms of delinquency. The sense of alienation may increase because of lack of communication skills. This increase in alienation may lead them to join 'hippie' movement or drug addiction. Lack of skills may also lead to develop hatred towards society, revengeful, cruel and in order to boost his ego tries to do anti-social activities and employs proceed through which the individual is encouraged to make the most of himself.

As the girls are more sensitive and easily prone to unanticipated and unexpected hazards in their day today activities, there is more possibility for them to get frustrated easily than boys do. So the present study is taken on girls.

**Rationale:** Life is a challenge from dawn to dusk and birth to death. In addition to happy things, problems, stress, difficulties, dishonour come in the way of our life. As adolescence is the most important and dangerous stage, Senior Intermediate students who lie in the later adolescent stage are taken for the present study.

Girls are the beautiful and wonderful creation of the God. They are delicate creatures. At the same time they are more vulnerable to stress and strain. They take things to their heart even though they are petty. When we look back there were only a few girls who studied Intermediate course. As the conditions are changing now - a - days more girls are studying Intermediate course by competing with boys in equal manner and playing important roles later. Because frustration is more in girls as they are tender, the present topic is directed towards girls only.

The present study is limited to Prakasam District as there are many educational institutions and students are much sportive to compete in all educational levels. Residence is taken as one of the variables as there is a lot of difference in the frustration levels. Most of the aided colleges are government colleges and unaided colleges are private colleges. So the variables aided and unaided government and private are taken for study. As there is a lot of difference between the hostel and day scholars in their frustration levels, residential and non-residential students are taken for study. As students take up subjects according to their interest, group is also taken as one of the variables.

**Title of the Study:** 'Frustration among Senior Intermediate Girls'.

**Objectives of Study:** The objectives of the study are:

1. To find out the level of frustration among Senior Intermediate students and classify them.
  - To find out the level of frustration with respect to the following areas and classify them:
    - Regression
    - Fixation
    - Resignation
    - Aggression
2. To find out the influence of the following variable on frustration:
  - Residence
  - Type of institution
  - Type of management
  - Nature of college
  - Discipline

**Hypotheses of the Study:**

- There would be no significant difference in frustration between Urban and Rural area students studying Intermediate.

- There would be no significant difference in the level of frustration between Government and Private college students studying Senior Intermediate.
- There would be no significant difference between Aided and Unaided college students studying Senior Intermediate.
- There would be no significant difference in the level of frustration between Residential and Non-residential college students studying Senior Intermediate.
- There would be no significant difference between the Science and Arts college students studying Senior Intermediate.

Method: The present investigation falls under the survey method. According to Best, "The Survey Method is to gather data from a relatively large number of cases in a particular time. It is concerned with the generalized statistics that result when data abstracted from a number of individual cases. It is essentially cross sectional. It is an easier method and also time saving. Normative survey is selected for present investigation for which the scope is very fast.

**Sample and Sampling:** For the present study the investigator has taken a stratified random sample of 200 Senior Intermediate students from colleges in Prkasam District.

**Tool Used:** Frustration test conducted and standardized by Dr. N.S. Chauhan and Dr. Govind Tiwari was used.

**Adaptation of Tool:** The scale consisted of 40 items out of which each of the four modes of frustration had 10 items. All the 40 items of the scale were presented in simple and brisk style. Each of the items had five answers graded on 5 point scale on the positive dimension and a zero point on the negative dimension.

### Objective 1

To find out the level of frustration among Senior Intermediate students and classify them.

**Table 1**

**Mean, S.D., % of Mean of the levels of frustration for the total sample**

Sample	Men	S.D.	1/5 <sup>th</sup> of Mean	% of Mean
200	133.2	16.227	26.64	66.6

### Objective 2

To find out the level of frustration with respect to the following areas and classify them.

**Table 2**

Mean, S.D. and % Mean for the different modes of frustration

S. No.	Area	Mean	S.D.	1/5 of Mean	% of Mean
1	Regression	38.325	1.20	7.66	76
2	Fixation	33.425	1.06	6.68	66.8
3	Resignation	27.075	1.40	5.415	54.15
4	Aggression	33	1.02	6.6	66

### Objective 3

To find out the influence of the following variables on frustration of students

- Residence (Rural/Urban)
- Type of institution (Govt./Private)
- Type of management (Aided/Unaided)
- Nature of college (Residential/Non-residential)
- Discipline (Arts/Science)

**Table 3**

Variable, Number, Mean, S.D., S.E.D. and 't' value of the whole sample

Variable	Number	Mean	S.D.	S.E.D.	't' value
Rural	120	137.75	11.50	2.2	6.19**
Urban	80	124.12	16.35		
Private	120	124.72	16.24	2.23	6.2**
Government	80	138.55	15.4		
Aided	137	137.75	13.40	2.356	7.04**
Unaided	63	121.25	16.35		
Non - Res	105	129.10	17.07	2.25	3.84**
Residential	95	137.74	14.12		
Science	115	125.45	15.75	2.079	7.14**
Arts	85	140.3	13.60		

\*\* Significant at 0.01 level

**The following are the main findings:**

- Senior Intermediate students are having above average level of frustration.
- The students have high level frustration with respect to Regression area when compared to Fixation, Resignation and Aggression.
- The mean level of frustration of rural college girls is greater than urban college girls.
- The level of frustration of aided college girls is greater than that of their counterparts.
- The level of frustration of government college girls is greater than that their counterparts.
- Residential college girls showed more level of frustration than non-residential college girls.
- Arts students showed high level of frustration than Science students.
- Avoid negativity.
- Lecturers should be within the reach of students.

**Recommendations for the lecturers, parents, students, College authorities, and Educational Department****Lecturers:**

- Avoid negativity. Try to ask guided questions to help the student discover his/her mistakes or offer the correct answer if he/she cannot correct the mistakes.
- Lectures have to be within the reach of the students to clear their doubts and to give academic and non-academic guidance.
- Teachers need to be adaptive to different content areas and apply more interesting and enriching pedagogy at higher grade levels, such as allowing more

student-centred than teacher-centred instruction to help students gain more positive learning experiences.

- Life experiences of lecturers and seniors have to be given to students to make them free from tension to show that they are not exception.
- Life skills have to be developed to give scope for all round development.
- Moral education has to be imparted as the standard of lives is degrading day by day.
- Create healthy competition in order to develop quality of subject.
- Standard of lecturers has to be increased to be on par with present technological development.

**Parents:**

- Parents have to be friendly with their children to educate them in all aspects.
- Parents should not be nervous because that nervousness and tension may be transmitted to their children.
- Make the home environment congenial both physically and mentally.
- Examination pattern has to be changed to give more scope for the development of the student.
- Let the children live in combined families at least in holidays to know love, care and affection.

**Students:**

- Wisdom along with knowledge has to be developed to know the pros and cons of situations.
- Develop healthy habits.
- Stop the habit of by-heart nature. Develop analytical and reasoning power.
- Be clear about goals. Plan a smart way of accomplishing each task. Give a big star on the calendar when ever you achieve even a small goal.
- Listen to the music every now and then and marvel at the nature around you.
- Set boundaries. Decide what you will do and what you don't. Try to avoid anyone, anything which wastes your time.
- Take suggestions from seniors.
- Try to forget about the bitter past but try to build your future in a better manner.
- Develop intellectual courage and confidence.
- Practice yoga and meditation and develop the habit of positive thinking.

**College Authorities:**

- The college should far from the din and clutter.
- Atmosphere should be peaceful and comfortable.
- Programmes needed for the all round development of the students should be arranged regularly. Give needed freedom to both lecturers and students.
- Establish counseling cells for all the parents, lecturers and students.
- When students burst out, treat them calmly and listen to them carefully to help them positively.

**Educational Department:**

- Conduct regular inspections to help in smooth running of college
- Change education and examination to give more scope for the development of students.
- Give scope for aesthetic development.
- Impart moral education.

**Suggestions for further study:**

- The present research can be conducted on Intermediate students also. Frustration levels of two stage students could be taken and compared with each other.
- Frustration in relation to personality adjustment can be taken up.
- A comparative study of socio-economic status and their frustration levels can be taken up.

### Conclusion:

Education is important for all the round development of man. Adjustment is needed for all round development of man. If an individual lack adjustment mentality he will definitely face some problems. Frustration is one of them. Frustration, maladjustment, distress and despair are more in girls than in boys. Teenage is the most dangerous and at the same time colourful stage of life. With the help of investigation, the researcher found out that there is above average level of frustration on the whole. Regression has high level of frustration than the rest. There is significant difference between rural and urban, government and private, aided and unaided, government and private, residential and non-residential, science and art students. There is no pupil without frustration as the future citizens there is every necessity to see that students especially at Intermediate level are to be properly adjusted to create a new heaven on earth.

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