
**A Study of Frustration among Adolescent Girls in Relation to their
Background Factors.**

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ABSTRACT

The study was conducted to assess the frustration among adolescent girls in relation to their background factors. For this purpose 260 adolescent girls were randomly selected from different high schools located in Samastipur district area of Bihar state. The age ranges of sample were from 13 years to 15 years with an average age range of 14 years. Data were collected through selected scales (Frustration scale of Chauhan and Tiwari (1972) and Self-Prepared Personal Data Sheet). The collected data were analyzed with t-test method. The findings revealed that rural, urban related factor, family type, occupation and health related factors significantly affect frustration. In another side rural related inhabitation factor, unemployment status and poor health status was also found causal factor for frustration related problems among adolescent girls.

Keywords : *Frustration, Adolescent, Relation, Background, Factors.*

INTRODUCTION :

Frustration is a common emotional response to opposition, related to anger, annoyance and disappointment. Frustration arises from the perceived resistance to the fulfillment of an individual's will or goal and is likely to increase when a will or goal is denied or blocked. There are two types of frustration: internal and external. Internal frustration may arise from challenges in fulfilling personal goals, desires, instinctual drives and needs, or dealing with perceived deficiencies, such as a lack of confidence or fear when one has competing goals that therefore with one another, can also be an internal source of frustration or annoyance and create cognitive dissonance. External causes of frustration involve conditions outside an individual's

control, such as a physical roadblock, a difficult task, or the perception of wasting time. There are multiple ways individuals cope with frustration such as passive-aggressive behaviour, anger or violence, although frustration may also positive processes via enhanced effort and strive.

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 home, neighbour, school, mass media and peer group affect the individual.

Several studies has been conducted related to frustration among adolescents. Laxmi & Kumar (2012) studied the frustration among senior adolescent girls and found that frustration was significantly differed between government and private, urban and rural, aided and non-aided, residential and non-residential and science and arts students.

Patil (2016) studied the aggression and frustration among rural and urban secondary school students and found that rural students have more aggression and frustration than urban students.

Kozina (2007) conducted the study on aggressive behaviour refers to the behaviour that is intended to cause harm or pain. It can be external or internal, direct or indirect. A negative influence on society in general in obvious, but the influence on school work, should not be neglected as well.

Lopera et.al. (2008) studied the influence of family and classroom environments on the development of particular individual characteristics, including level of empathy, attitude to institutional authority and perceived social reputation, and the role of these characteristics and found that family environment seems to be a stronger protective factor for girls in the developmentt of problems of behaviour at school, whereas for boys this is the case for a positive classroom environment.

Girls are the beautiful and wonderful creation of 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 higher class. As the conditions are changing

now a days more girls are studying are higher class by competing with boys in equal manner and playing important role.

PURPOSE OF THE STUDY :

The main purpose of the assess was to study the stress among adolescent girls in relation to their background factors.

HYPOTHESES :

The following hypotheses were formulated for study :

- (i) There would be significant difference between rural and urban girls in term of their frustration measures.
- (ii) The girls belonging to joint family would have high frustration while girls belonging to single family would have low frustration.
- (iii) The girls of employed parents would have low frustration whereas girls of unemployed parents would have high frustration.
- (iv) There would be significant difference between respondents of better health and poor health status.

METHODOLOGY :

(i) The Sample :

Total 320 adolescent girls were randomly selected from different high schools located in Samastipur district area. The age ranges of sample were from 13 years to 15 years with an average age range 14 years.

(ii) Schedules :

- (i) Frustration Scale of Chauhan and Tiwari (1972)
- (ii) Self-Prepared Personal Data Sheet.

PROCESS OF DATA COLLECTION :

The researcher contacted the selected schools and preliminary contacted the head of the schools. After that, they conveyed them for purpose of meeting. After the obtaining permission, the schedules were administered and collected data. Thus, the relevant data collection work was finished.

ANALYSIS OF DATA :

The collected data were analyzed with comparative method and prepared results.

RESULT AND DISCUSSION :**Table no. - (i)****Comparison of Frustration between Rural and Urban Girls:**

Group	N	Mean	SD	t-value	p-value	df
Rural Girls	160	39.63	7.58	10.18	<.01	318
Urban Girls	160	31.89	6.31			

The result that shown in above table no. i revealed that rural girls were found more frustrated than those of urban girls counterpart. The calculated t-value ($t = 10.18$, $df = 318$, $p < .01$) was found significant.

The reason such findings may be that rural girls suffers from different type of problems like academic, financial, parental and familiar status related facilities than urban girls. Thus, the earlier made hypothesis no. i, that “there would be significant difference between rural and urban girls in term of their frustration measures” was confirmed by empirical verification.

Table no. (ii)**Comparison of Frustration between Joint Family and Single Family:**

Group	N	Mean	SD	t-value	P-value	df
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Joint Family Respondents	160	37.89	7.43	9.22	<.01	318
Single Family Respondents	160	29.97	6.12			

The result that shown in table no. (ii) clears that frustration was significant differed between joint family and single family respondents. According this result it is clear that girls belonging to joint families had more frustration than those of single family respondents. The calculated t-value (t-value =9.22, df =318, p-value <.01) was found significant. The reason behind such findings may be that girls in joint families always feels more problems and become frustrated while girls of single families comparatively do not feel problems like joint family respondents. Thus, the earlier made hypothesis no. (ii) that “the girls belonging to joint family would have high frustration while girls belonging to single family would have low frustration.” was confirmed by empirical verification.

Table no. (iii)

Comparison of Frustration between Girls of Employed and Non-Employed Families :

Group	N	Mean	SD	t-value	p-value	df
Girls of Employed families	175	30.32	4.32	7.01	<.01	318
Girls of Unemployed families	145	34.67	6.89			

The findings given in above table no. iii revealed that girls of unemployed families found more frusted while girls of employed families were found less frusted because of girls respondents of unemployed families were obtained more Mean and SD (M=34.67, SD=6.89). Whereas girls of employed families were obtained less Mean and SD (M=30.32, SD=4.32). The calculated t-value (7.01) was found significant at less than .01 level of confidence. According to this result it can be say that girls of unemployed families feels more lack of facilities to their necessity than girls of employed families. Thus, the earlier made hypothesis no. (iii) that “the girls of employed parents would have low frustration whereas girls of unemployed parents would have high frustration.” was confirmed by emperical verification.

Table no. (iv)

Comparison of Frustration between Girls of Better and Poor Health Status :

Group	N	Mean	SD	t-value	p-value	df
Girls of Better health status	140	28.67	6.73	4.69	<.01	318
Girls of Poor health status	180	32.52	7.85			

The findings that contained in above table no. (iv) that girls belonging to poor health status were found more frustrated while girls of better health status were found less frustrated comparatively. According to this result it can be said that girls of poor health status become more frustrated by means of their health related anxieties. The calculated t-value ($t=4.69$, $df=318$, $p<.01$) was too found significant beyond chance. Thus, the earlier made hypothesis no. iv that “there would be significant difference between respondents of better health and poor health status” was confirmed by empirical fact .

CONCLUSION :

Conclusively it is clear that rural, urban related factor, family type, occupation and health related factors significantly affect frustration. In another side rural related inhabitational factor, unemployment status and poor health status was also found causal factor for frustration related problems among adolescent girls.

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