A Study of Frustration in Students of Higher Secondary School & Impact of certain variables of frustration

INTRODUCTION

"Frustration refers to the situations or the event that blocks the way to goal. It also means a sense of disappointment that is the result of being blocked". Our life is not always smooth. We encounter many barriers, which act as a hindrance to achievement of our goal. We have many desires, needs and expectation from life, but we could not satisfy all of them. All this leads to major frustration in our life. We are also facing minor frustration also in our day to day life. Example of minor frustration includes inability of completing the task on time, late arrival for appointment & missing the bus. Students are also facing many types of frustration. The research paper presents the finding of extensive research conducted on 1008 students of standard 11th of 5 Major districts of Gujarat.

LITERATURE REVIEW

According to Dictionary of Education, frustration is, "Emotional tension resulting from the blockage of the desire or need or attempt mode or reaction."

"Frustration is the feeling of irritation and annoyance when something blocks you from achieving a goal"

There are two major factors of frustration. Factors that lead to non-fulfillment of desires are the causes of frustration.

1. External Environment Factor: It includes all those factor on which students doesn't have any control. External factors includes
- Physical Factors: Physical obstacles like rain, flood, famine, fire, and earthquake may destroy normal condition and lead to non-fulfillment of needs and desires.
- Social Factors: Obstacle due to norms and rules of society. Members of society have to work according to those norms and rules.
- Economic Factors: obstacle due to economic condition. Poverty is the cause of many frustrations. Unemployment, lack of security in job, inadequate wages and bad treatment by employers and lack of Opportunities cause frustration.

2. Internal Factor: Source of frustration is internal. Controlling the frustration is in the hand of individual. These factor include physical defects or abnormality, mental deficiency, moral values, conflicting desire & high level of aspiration.

Reaction to Frustration

1. Projection: Projection is to blame another person for one's actions.
2. Regression: Regression has been defined here as a change which is opposite to development.
3. Aggression: Aggression is a malicious behavior or attitude towards someone or something, usually triggered by frustration. In other words expressing a negative behavior. It leads to an unpleasant behavior of the individual. Sometimes it may be physical and mental attack upon someone.

4. Fixation:
   Under fixation, the frustrated person show repeatedly the same behavior time and again, even though there is no possibility of achieving any output or accomplishing his/her goal.
5. Resignation: It is the formal act of giving up or quitting. It is State of uncomplaining, utter frustration.
6. Rationalization: It is also known as making excuses. It is a defence mechanism in which controversial behaviors or feelings are justified and explained in a seemingly rational or logical manner to avoid the true explanation, and are made consciously tolerable—or even admirable and superior—by plausible means.

MOTIVATION OF THE STUDY & STATEMENT OF THE PROBLEM

Researcher is a teacher, teaching to 11th commerce students of GSEB. During teaching researcher found that maximum students are facing the frustration. Due to the frustration teacher could not be able to teach students with her full efforts. Parents are also worried about the future of this kids.

The study was initiated to know the level of frustration in the students of the higher secondary schools of Gujarat. The level of frustration found out by checking the behavioural pattern of the students with the help of standardised tool. The study also tries to understand impact of certain variable like stream, area and gender on the level of frustration.

VARIABLES OF THE STUDY

In present study the following variables were selected

Table showing types of variable and its level

Sr. No.	Types of variables	Variables	Level
1	Dependent	Frustration	---
2	Independent	Gender	1. Boys 2. Girls
3	Independent	Area of the Study	1. Rural 2. Urban
4	Independent	Stream of Education	1. Science 2. Commerce

OBJECTIVES OF THE RESEARCH

The objectives of the present study are as under-
- To study the frustration level of the students in Higher Secondary school
- To study impact of gender on Level of frustration in students of Higher Secondary school of Gujarat
- To study impact of stream on Level of frustration in students of Higher Secondary school of Gujarat
- To study impact of Area of the City on Level of frustration in students of Higher Secondary school of Gujarat

HYPOTHESIS OF THE STUDY

The null hypothesis formed by researcher are as follows
- **Ho$_1$** There is no significant difference between the mean score of frustration in Boys and Girls students of higher secondary school.

- **Ho$_2$** There is no significant difference between the mean score of frustration in science and commerce students of higher secondary school.
- **Ho$_3$** There is no significant difference between the mean score of frustration in urban and rural area of the students of higher secondary school.

RESEARCH METHODOLOGY

The research have studied the level of frustration in grade 11 students of Gujarat. It is quantitative study. Survey method has been used to collect data.

- Sample Size & Sampling Method: Total sample size of the research was taken as 1008 students of 11 grade. The students were selected from five districts of Gujarat. Sample size was determined using Taro Yamen's Formula for sample size calculation. Stratified random sampling has been used as sampling method. Respondents are selected from Ahmedabad, Mehsana, Rajkot, Kutch/Bhuj and Surat district of Gujarat.
- Research Instruments: The research was conducted using standardise tool of frustration created Dr. Pallaviben P Patel & Dr Hitesh P Patel. The reliability of the tool by test retest method was 0.95 & by spilt half method 0.80. The congruent validity of test is 0.75.
- Data Collection: The research was conducted using standardise tool and by using survey method. The researcher first collected the information and list of the all the Higher Secondary schools of five district from website. With prior permission of the principal the researcher went to schools and gave test to the students and thus collected data.
- Analysis of Data: Researcher has classified and interpreted data by Frequency Distribution. The data was analysed by statistical techniques like Mean, Median, Standard Deviation, ANOVA, Chi Square and Factor Analysis. Total 6 Dimension of frustration of the students are studied in detail. These dimensions are projection, regression, aggression, fixation, resignation and rationalisation. Total 70 Variable in all this six dimension has been identified. Frustration score of the 1008 students were calculated. Then students have been classified on the basis of their level frustration. The instrument is having following number of question to measure various facets of frustration.

Section wise Number of Questions

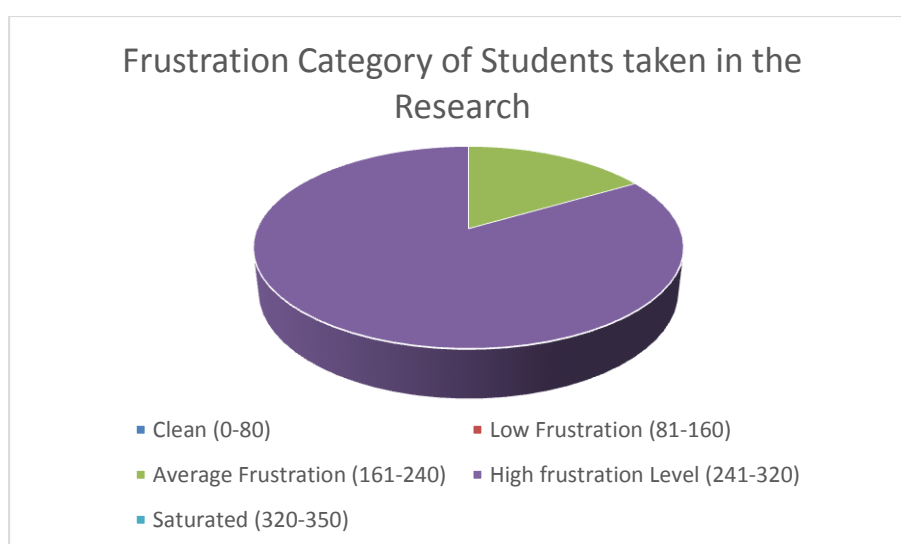| Sr. No.	Name of Sections	positive	negative	Total
Section-1	Projection		12	12
Section-2	Regression	7	5	12
Section-3	Aggression		12	12
Section-4	Fixation	4	8	12
Section-5	Resignation	7	3	10
Section 6	Rationalization	5	7	12
				70

The inventory contains with five option i.e. strongly agree, agree, neutral, disagree and strongly disagree. For positive statements the marking was 5,4,3,2 and 1 while for negative statements 1,2,3,4, and 5 accordingly.

The inventory classify respondent in five level of frustration category. These categories are Clean, Low Frustration Level, Average Frustration, High Frustration and Saturated level.

ANALYSIS AND INTERPRETATION OF THE DATA

Classification of respondent based on frustration level

Sr. No.	Total Score [Class Interval]	Level of frustration due to overburden	No. Of Students
1	0 to 80	Clean	0
2	81-160	Low Frustration	0
3	161-240	Average Frustration	167
4	240- 320	High Frustration	841
5	320-350	Saturated	0
		Total	1008

Frustration Category of Students taken in the Research

- Clean (0-80)
- Low Frustration (81-160)
- Average Frustration (161-240)
- High frustration Level (241-320)
- Saturated (320-350)

From the research, it was found that out of 1008 students respondent, 167 students having average level of frustration and 841 students have high level of frustration. This data provides alarming information about mental status of the students in 11th Standard.

Hypothesis Testing:

Sr. No.	Hypothesis	ANOVA	Significant level	Rejected/Accepted
1	Ho_1	Annexure 1	0.05	Accepted
2	Ho_2	Annexure 2	0.05	Accepted
3	Ho_3	Annexure 3	0.05	Accepted

H01 Impact of Gender on Frustration Score

Frustration Category	F	Sig.	Alpha Value	Hypothesis Accepted or Rejected
Projection Score	.079	.779	0.05	Accepted
Regression Score	4.418	.036	0.05	Rejected
Aggression Score	3.380	.066	0.05	Rejected
Fixation Score	.050	.823	0.05	Accepted
Resignation Score	3.143	.077	0.05	Accepted
Rationalization score	1.282	.258	0.05	Accepted

From the ANOVA analysis, it was found that frustration level is similar in Girls and Boys students of the higher secondary schools of five district of Gujarat. The variation in frustration level found in Regression and Aggression component of frustration in both gender respondents.

H02 Impact of stream (science/Commerce) of education on Frustration Score

Frustration Category	F	Sig.	Alpha Value	Hypothesis Accepted or Rejected
Projection Score	.017	.895	0.05	Accepted
Regression Score	6.461	.011	0.05	Rejected
Aggression Score	.007	.935	0.05	Accepted
Fixation Score	6.317	.012	0.05	Rejected
Resignation Score	3.764	.053	0.05	Accepted
Rationalization score	3.796	.052	0.05	Accepted

From the ANOVA analysis, it was found that frustration level is similar in commerce and Science students of the higher secondary schools of five district of Gujarat. The variation in frustration level found in Regression and Fixation component of frustration in both stream student respondent.

H03: Impact of Area (Rural & Urban) on the level of frustration in the students

	F	Sig.	Alpha Value	Ho accepted or Rejected
Projection Score	3.633	.057	0.5	Accepted
Regression Score	.529	.467	0.5	Accepted
Aggression Score	2.575	.109	0.5	Accepted
Fixation Score	4.425	.036	0.5	Rejected
Resignation Score	5.472	.020	0.5	Rejected
Rationalization score	1.497	.221	0.5	Accepted

From the ANOVA analysis, it was found that frustration level is similar in rural and urban area of students of the higher secondary schools of five district of Gujarat. The variation in frustration level found in Fixation and Resignation component of frustration in both gender respondent.

MAJOR FINDINGS OF THE STUDY:

1. The study reveals very alarming finding, which says that students of higher secondary school are suffering from high or average level of frustration. Approximately 84% students are suffering from high level of frustration.

2. Frustration level found same in both Male & Female Students of Higher Secondary School. Variation found in Aggression & Regression portion of frustration in Male and Female segment. It was found that male students are taking more action which is against development as compare to female segment when they face frustration. Also aggression level in male students were found more and they are using it for more malicious behaviour or attitude towards someone or something. Female are less aggressive and takes more time to reach to normal condition.

3. Frustration level found same in both science & commerce Students of Higher Secondary School. The variation in frustration level found in Regression and Fixation component of frustration in both stream of student respondent. In commerce student opposite action to development found more as compare to science students. In science stream student's problem of fixation found more. They are doing repetitively the same behavior time and again, even though there is no possibility of achieving any output or accomplishing his/her goal.

4. Level of frustration is same in rural and urban students of higher secondary schools. Major variation found in fixation and resignation score. In urban students tendency of fixation is high. It means urban students repetitively doing the same behavior time and again, even though there is no possibility of achieving any output. In case of rural students resignation tendency found higher as compare to urban students. Rural area students have higher tendency to quit, when they face frustration.

Educational Implications

Following are the educational implications for present research:-

- Education Board should design the course curriculum in such a manner, so the level frustration can be reduced.
- Schools should organise some seminar and workshop for the students on controlling negative impact of frustration. Yoga camp also can help in reducing the problem of frustration.
- Parents should not pressurise more to the students of higher secondary school, and should provide guidance, motivation and support whenever the students required.
- Teacher should give homework according to the capacity of children. And homework should be given after explanation.
- If students found suffering from high frustration level, help of counsellor should be given in the school.
- The innovative method of teaching should be adopted to discuss the curriculum and reducing frustration.
- It depends on how student manage his/ her time. Some are very smart in managing their time which some loves to be lazy and dull, so it is the duty of teacher to teach student to make better planning and best implementation of the same.
- Teachers' should encourage all the children to learn how to work under pressure.

Limitation of Research:-

The following are the limitations of the study

- Present research is limited to science & commerce students
- Present research is limited to the students of academic year 2016-2017.
- Present research is limited to the 11th standard students.
- Present research is limited to only five districts of Gujarat.

Areas for future Research:-

- The present research can be extended to study frustration level of higher secondary students in different cultural environment.

- The research can be extended to establish impact of level frustration on academic achievement, self-efficacy and study habits.
- The research can also be extended by using more area of frustration.
- The study can be extend to study level of frustration level in different academic program and in different education level.

Conclusion:

The research concludes that, level of frustration is high in higher secondary students of Gujarat. It was found that there is no significant deviation in level of frustration in Male and female respondent, Science and commerce students and Rural and urban students.

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