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## A STUDY ON ADOLESCENTS' FRUSTRATION LEVELS WITH REFERENCE TO GENDER, AGE AND ORDINAL POSITION

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### Abstract:

*The objective of the study is to study the frustration levels among the adolescence with reference to gender, age, and ordinal position. In the present investigation a total sample of 120 normal adolescents were taken with equal number of boys and girls (60 boys and 60 girls). 60 Boys was again divided according to their age and ordinal position. The same was repeated for the other category.*

*It has been observed from findings of the study that with reference to gender significant difference was found between boys and girls in three dimensions of frustration, and girls were relatively more frustrated than boys. With reference to age, significant difference was found between 14 and 17 year old adolescents only in one dimension of frustration. Similarly significant difference existed only in one dimension of frustration between first born adolescents and last born adolescents. Comparatively first born adolescents exhibited more frustration than last born adolescents.*

### KEY-WORDS:

Adolescents , Ordinal , Frustration , Developing Individual , Responsibilities.

### INTRODUCTION

Adolescence is a fascinating period of transition brought about by the onset of puberty, profound physical changes, new cognitive ability, increased social pressure and a new educational environment which exert a strong influence on the developing individual.

Many researchers had viewed adolescence under 3 sub stages Hurlock (1982):

It is divided into 3 sub stages

- 1)Early adolescence (age 10-12)
- 2)Middle adolescence (age 14-17)
- 3)Late adolescence (age 18-mid 20s)

Early adolescence is considered as the most difficult time due to profound physical, cognitive and contextual changes. Middle adolescence occurs during the high school years and late adolescence is a result of an educational structure and many postpone the assumption of adult responsibilities.(2)

Frustration is an emotional tension resulting from the blocking of desire or need or attempted mode of reaction which results in stress and strains. They may result from deprivation arising out of the environment or from the individual's inability to reach a goal because of personal inadequacy. (1)

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Frustrations are accompanied by feelings of helplessness and this gives rise to anger, which may be either mild or excessive. (3)

Various factors leading to frustration are

1. Physical factors in the environment
2. Social and societal factors
3. Economic factors
4. Personal defects
5. Incompatible goals and
6. The persons' normal standards..

There are 4 main forms of frustration. They are

1. Regression
2. Fixation
3. Resignation
4. Aggression.

In today's competitive scenario every person has his targets that he wanted to achieve timely and if he is not able to achieve his targets he is frustrated in which the person's thinking power gets slowed down. Frustrated person takes a wrong decision and is not able to come up with innovative ideas. Such a frustrated person goes far away from reality. (4)

#### **AIM OF THE STUDY**

The present investigation was undertaken with an aim to study Adolescent Frustration Levels with reference to Gender, Age and Ordinal position

#### **OBJECTIVES**

1. To study the frustration levels of adolescents.
2. To study the frustration levels of adolescent boys and girls.
3. To study the frustration levels of 14 and 17 year old adolescents.
4. To study the frustration levels among first born and last born adolescents.

#### **METHODOLOGY**

##### **Tools**

The Standard tool developed by Chauhan Dilate and Tiwari, was used for the present study.

##### **Sample Selection**

The sample for the present study was selected from various schools in Chennai city using purposive method. The total sample consists of 120 normal adolescents with equal numbers of 60 boys and 60 girls. It was again divided according to their age into 30 belonging to the age group 14 years and 30 to 17 years of age group. It was further divided according to their ordinal position, that is, 15 adolescents who were first born and 15 who were last born. The same procedure was repeated for the other category also.

#### **RESULTS AND DISCUSSION**

The results were discussed with respect to their mean scores standard deviation and 't'- test.

##### **A) FRUSTRATION AND GENDER**

The following table-I illustrates the dimensions of frustration between adolescent boys and girls. Students 't'- test was used and the results are tabulate

**TABLE – I Comparison of frustration levels between Adolescent boys and girls.**

Dimensions of frustration	Gender	N	Mean	Standard deviation	't' value	Level of significance
Regression	Boys	60	27.35	7.548	3.449	0.01
	Girls	60	31.92	6.944		
Fixation	Boys	60	28.62	5.793	0.204	NS
	Girls	60	28.83	5.773		
Resignation	Boys	60	20.35	7.152	2.720	0.01
	Girls	60	23.88	7.078		
Aggression	Boys	60	28.07	7.213	2.270	0.05
	Girls	60	25.22	6.525		

It is evident from Table-I that adolescent girls had higher frustration scores than adolescent boys. There was a significant difference between adolescent boys and girls in the dimensions of regression and resignation ( $t=3.449, 2.270$ ) at 1% level of significance and in aggression ( $t=2.270$ ) at 5% level of significance. But there was no significant difference in fixation as the calculated  $t$ -value is less than the table value 1.96.

It is fact that as adolescent girls reach the age of puberty due to hormonal changes they become frustrated very easily more than the boys.

## 2) FRUSTRATION AND AGE

Table -2 shows the frustration levels between 14 and 17 year old adolescent

**TABLE – 2 Comparison of frustration levels between 14 and 17 years old adolescent.**

Dimensions of frustration	Age	N	Mean	Standard deviation	't' value	Level of significance
Regression	14 yrs	15	29.93	5.587	2.167	0.05
	17 yrs	15	34.67	6.355		
Fixation	14 yrs	15	30.87	4.941	0.874	NS
	17 yrs	15	29.33	4.670		
Resignation	14 yrs	15	25.00	6.106	0.888	NS
	17 yrs	15	22.80	7.408		
Aggression	14 yrs	15	25.53	5.890	1.850	NS
	Girls	60	25.22	6.525		

Table- 2 displays that there was a significant difference between 14 and 17 year old adolescents in the domain of regression ( $t=2.167$ ) at 5% level of significance. But there was no significant difference in the dimensions of fixation, resignation and aggression as the calculated  $t$ -values ( $t=0.874$ ,  $0.888$  and  $1.850$ ) are less than the table value  $1.96$  at 5% level. From the mean values it is seen that 17 year old adolescents had higher frustration scores than that of 14 year old adolescents.

The reason attributed to the above findings is that at the age of 17 years there is lot of peer pressure and as they are stepping into early adulthood there is responsibility given to them because of this they are more frustrated than the early adolescence.

### 3)FRUSTRATION AND ORDINAL POSITION

The following table illustrates the frustration between first born and last born adolescents.

**TABLE – 3 Comparison of frustration levels between first born and last born adolescents.**

Dimensions of frustration	Ordinal Position	N	Mean	Standard deviation	't' value	Level of significance
Regression	First	60	30.57	6.339	1.354	NS
	Last	60	28.70	8.593		
Fixation	First	60	29.95	4.969	2.375	0.05
	Last	60	27.50	6.259		
Resignation	First	60	22.77	7.124	0.975	NS
	Last	60	21.47	7.482		
Aggression	First	60	26.05	7.520	0.926	NS
	Last	60	27.23	6.440		

A Perusal of Table 3 shows that there was significant difference between first born and last born adolescents in the domain of fixation ( $t=2.375$ ) at 5% level of significance. But there was no significant difference in the dimensions of regression, resignation and aggression as the calculated  $t$ - values ( $t=1.354$ ,  $0.975$  and  $0.926$ ) are less than the table value  $1.96$ . From the mean values it was found that first born adolescents had higher frustration scores than last born adolescents.

It can be inferred from the above results, that the first born child is said to be as the role model for the last born he is pressurized more whereas the last born is regarded as the baby of the family. Due to this first born are more frustrated than the last born.

### CONCLUSION

It has been concluded from the present study that with reference to gender significant difference was found between boys and girls in three dimensions of frustration and girls were relatively more frustrated than boys. With reference to age, significant difference was found between 14 and 17 year old adolescent only in the domain of regression and 17 year old was found to be more frustrated than 14 years old. According to ordinal position significant difference existed only in the dimension of fixation. More frustration was found in first born adolescents in comparison with last born adolescents.



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