

## A Study of Frustration Among College Students of Ambala District



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### ABSTRACT

*Emotions are the personal experiences seeing situations arouse emotions in mind in a person and the other person can have a different emotion. The woman life is more emotion than that of a man. Everybody experience emotions whether literate, illiterate, educated, uneducated, child, youth, old man, Woman, healthy or unhealthy. The difference existing in the field of knowledge and education is not found in the field of emotion. This sort of affairs along with the repeated failure in the attempts put one into a state or condition that can be termed as frustration.*

### Introduction

Frustration is one of the most dominating factors influencing the individual behavior. The sources of frustration are many diversified. The specific situation that bring about frustration are endless but they can generally be put into three main categories- Physical environment, Man's biological limitations and Psychological make-up. Besides its inevitability, frustration is a phenomenon of a great consequence to human happiness. Many psychologists have pointed out the importance of frustration towards constructive side. The frustration may increase the strength of the motive and to redouble the efforts to go ahead with the blocked line of activity. Many of the outstanding achievements in human, social and individual history have sprung out of deeply frustration situations or backgrounds. Frustration has a different set of behavior mechanism. It is expressed in various modes- aggression, resignation, regression and fixation. Aggression indicates frustration dynamics in hostile situation, resignation is the extreme escapes from reality, regression is the condition to go back and fixation is the compulsive type of behaviors.

### Justification Of The Study

In today's fast changing world, frustration among students is increasing day by day. Frustration which leads to depression and psychopath or neuroticism as its highest peak needs to be tackled properly. It is the problem which makes youth go astray and become deviant. Thus teachers and parents must know about this behavioral problem

and helped adolescents in canalizing help there energy.

### Statement Of The Problem

A Study of Frustration among College Students of Ambala District

### Objectives Of The Study

- To study the difference in frustration between male and female college students of Ambala.
- To study the difference in frustration between urban and rural college students of Ambala.

### Hypothesis Of Study

- There is no significant difference in frustration between male and female students of Ambala.
- There is no significant difference in frustration between urban and rural students of Ambala.

### Delimitation Of The Study

- Sample taken for the present study was restricted to 100 students only.
- The present study was restricted to male and female college students.
- The present study was restricted to urban and rural college students.
- The study has been restricted to the colleges of Ambala District Only.

### Research Methodology

The methodology used in the present study was survey method.

### The Sample

Keeping in view the limited resources of time, money and practical difficulty, a sample

**Table A** -Calculation of mean, standard derivation and 't' value of Male and Female college students of Ambala district in relation to their frustration

Groups	N	M	S.D	't'	Significance level
Male	50	110.82	12.33	1.707	Not significant at both the levels
Female	50	98.8	11.6		

**Table B**

Groups	N	M	S.D	't'	Significance level
Urban	50	101.38	9.97	2.24	Not significant at both the levels
Rural	50	108.05	19.08		

consisted of 100 students of Ambala.

#### Tools Used

In the present study the investigator has used the standardized tool i.e Reaction to frustration scale by B.M. Dixit and D.N. Srivastava.

#### Statistical Techniques Used

Mean, SD, T-Test

#### Tables Showing The Findings:

Calculation of mean, standard derivation and 't' value of Urban and Rural college students of Ambala district in relation to their frustration

#### Main Findings

- It was hypothesized that there is no significant difference in frustration between male and female college students of Ambala District after analysis and interpretation of the data, it was found that calculated 't' value is less than tabulated value at .05 and .01 level of significance. Therefore the null hypothesis was accepted. However by comparing the mean of two groups it may be inferred that male students as compared to female students are more frustrated.
- It was hypothesized that there is no significant difference in frustration between urban and rural college students of Ambala District after analysis and interpretation of the data, it was found that calculated 't' value is less than tabulated value at

.05 and .01 level of significance. So the null hypothesis was accepted. However by comparing the mean of two groups it may be inferred that rural students as compared to urban students are more frustrated.

#### Educational Implications Of The Study

Every research is worthwhile when it has implications for the society. The present study has implications for the teachers and parents which are as follows:

- The teachers should teach in a way that leads to the healthy personality development thus avoiding frustration.
- The teachers and parents should guide the child properly.
- The value of patience and tolerance should be developed in order to avoid frustration.
- Group technique of teaching should be used to help students think positively and help them in proper adjustment with their respective environment.

#### Suggestion For Further Study

- The similar type of study can be undertaken on a large sample for better generalization.
- The study could be conducted on students of educational colleges..
- The study could be conducted on students of professional colleges.

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