

Level of Frustration Decreases as the Age Level Increases Among Women

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The present study is designed to assess the frustration level of women according to their age level. It is assumed that level of frustration decreases as the age level increases regarding aggression, resignation, fixation and regression. The methodology used in this research is empirical based on Nairaaashya Maapa also known as the frustration test. In this study the investigator selected sample of 30 women. For this study three age levels 10 from 25-35 yrs, 10 from 36-45 yrs and 10 from 46-55 yrs were selected. Result showing decrease in frustration with the increase in age level indicates that as an individual grows, his feeling of competitiveness with others diminishes, which is the main cause behind frustration.

Women enjoyed considerable freedom and privileges during the Vedic period. She was the foundation stone of family and society. She not only created life but also nurtured, guarded and strengthened it. She was the transmitter of culture and tradition. But male chauvinism has always been dominant. As the imposition of restrictions starts in the family, the level of frustration starts increasing. During ancient days, women had to live within the four walls of their homes. She had to play a submissive role in the family and was dependent on male members even for the fulfillment of her basic needs.

With the growth of civilization, education and urbanization woman has become dynamic, versatile and ambitious. She is walking shoulder to shoulder to men in almost all the fields but the

traditional responsibility of nurturing her children, carrying out household works and transmission of culture and traditions is still defined as the work of a woman. As a result she has to undertake double responsibilities of offices and home and it is this dual burden which leads to frustration and aggression among women. Frustration among women diminishes as she grows and learns to adjust with the situations and thus learns to resolve stresses of her life. Frustration as mentioned the thwarting or blocking of goal directed behavior. In other words, people experience the desire to harm others, when they are prevented from obtaining what they want.

Good defined frustration to mean "emotional tension, resulting from the blocking of a desire of need." Kolesnik explains "Frustration is the

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feeling of being blocked or thwarted in satisfying a need or attaining a goal that the individual perceives as significant. Frustration can be external i.e. obstruction in achieving physical assets, following rules regulations or working as per others desire." Internal frustration is related to internal traits such as phobia, weakness, inferiority etc. Frustration among women can make them aggressive or resigning and isolated from others.

Rosenweig (1944) believes, "whenever the organism meets a more or less insurmountable obstacle or obstruction in its route to the satisfaction of any vital need, frustration is caused. Writ (1956) concludes the person is aware of his inability to satisfy his drives and his failure to reach the goals he has set for himself and so he feels helpless and suffers from injured pride".

Objectives

1. To know the frustration level of women age range 25-35 yrs.
2. To know the frustration level of women age range 36-45 yrs.
3. To know the frustration level of women age range 46-55 yrs.

Hypothesis

Level of frustration decreases with the increase of age level

- a) Regarding Aggression
- b) Regarding Resignation
- c) Regarding Fixation
- d) Regarding Regression

Methodology

The methodology used in this research is empirical based on Nairaashya Maapa also known as the frustration test. In this study the investigator selected sample of 30 women. For this study three age levels 10 from 25-35 yrs, 10 from 36-45 yrs and 10 from 46-55 yrs were selected.

Tools

To measure frustration level the investigator used NAIRASHYA MAAPA (FRUSTRA-

TION TEST). Each of the 40 items has five answers (multiple choice) graded on 5 point scale on the positive dimension and a zero point in the negative dimension. There was no time limit given. Reliability of this test is: Aggression: .87, Resignation: .85, Fixation: .92 and Regression .78

In this test frustration measures four types model as:

Aggression:

Aggression is a behavioral phenomenon which indicates that aggression behavior may stem from learned habits of responding as well as from excessive response. It may be expressed in terms of irritation, quarreling and fighting, disrespecting elders, negativity towards traditions and beliefs etc. McClelland and Apicella (1945) have also done significant works in the context of frustration aggression hypothesis by creating frustration in the laboratory.

Resignation:

In Resignation behavior there is extreme elimination of needs, no plans, no future orientation, withdrawal from social contacts, isolation, lack of interest in surroundings etc. Persons who are severely frustrated in a given situation may try to escape or withdraw from that situation. It may be due to the psycho-physical factors. The organism makes withdrawal responses and so called physical and psychological processes are involved in varying degree.

Fixation:

Maier (1956) contends that fixed behavior cannot be explained by using learning principles. He makes it clear that frustration instigated behavior is without goal orientation. This type of behavior is a terminal response and not a means to an end. He described fixated behavior deriving from frustration as being stereotyped and extremely persistent. Mowrer (1950) considers fixated responses to be simply well conditioned responses where certain human habits persist in spite of other apparent non-adaptive nature.

42 / Level of Frustration Decreases as the...

Regression:

Freud (1933) has also suggested frustration regression hypothesis this notion was that frustration could cause an individual to reveal to modes of action that had characterized his behavior to earlier development age.

Thus frustration has system. It has four mod-

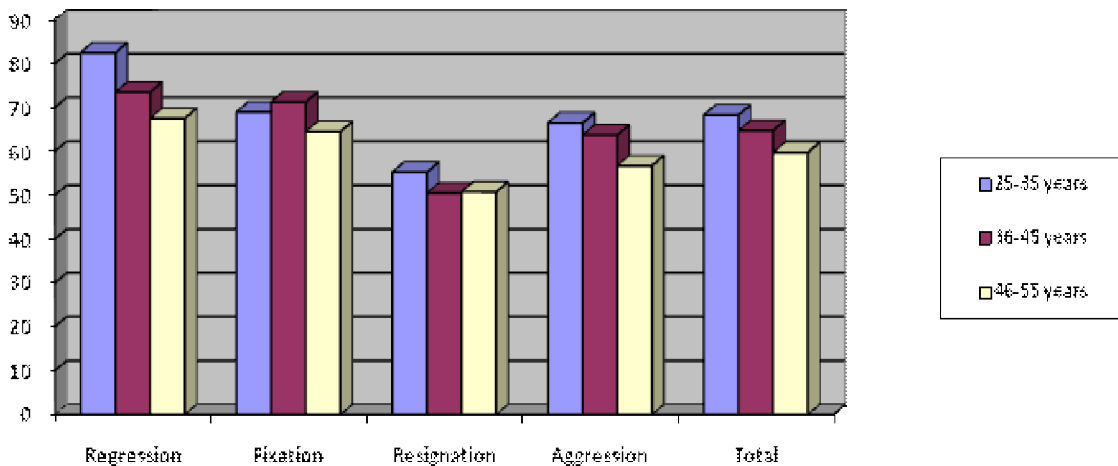
els of reactions to a situation Aggression, Resignation, Fixation and Regression, Aggression indicates frustration dynamics in hostile situation, resignations the extreme escapism from reality, regression is the condition to go back and fixation is the repetitive behavior.

Results

Table showing comparative scores as per age level

Age	Regression	Fixation	Resignation	Aggression	Total
25-35 yrs	82.5 %	69 %	55.25%	66.5%	68.31%
36-45 yrs	73.5 %	71.25%	50.5%	63.75%	64.75%
46-55yrs	67.5%	64.5%	50.75%	56.75%	59.75%

Bar Diagram showing the above data:



Conclusion

Result showing decrease in frustration with the increase in age level indicates that as an individual grows, his feeling of competitiveness with others diminishes, which is the main cause behind frustration. (Brown and Farber 1951). With the growth of individual emotional stability is practiced. Frustrations are deeply related to emotions in a typical way (Sargent 1948).

Another reason behind decrease of frustra-

tion level may be assigned to tendency of individuals to learn to compromise with situations; economic conditions, family relations, existing customs and traditions and inclination towards spirituality. Stability in personality traits also checks filling of fixation turning individuals less frustrated.

Regression lowers constructiveness (Barker, Dembo et.al 1941). Active response to situation

is inhibited due to emotional lethargy and lack of ambitions may be due to economic constraints, health or circumstances. All these factors ultimately result towards decrease in frustration

among women. Thus a new system of coping up with frustration is built which is dynamic depending on condition of the individuals.

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