

ROLE FRUSTRATION AND ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Adolescent's stress is an important health issue. The early adolescents are marked by rapid changes — physical, cognitive, and emotional. Young people also face changing relationships with peers, new demands at school, family tensions, safety and role issues in their communities. Frustration is that the state of some need or tendency being unsuccessful. Adolescents struggle with their anxieties, conflicts and confusion. These days most of adolescent face a haul in creating adjustment with others that result in frustration. Family problems, financial problems, harassment, backwardness in a particular subject, role played may also frustrate an individual who is motivated to learn a particular course or choose a particular career, conflicting desires or aims, individual's moral values, code of ethics and high ideas which also lead to frustration. Therefore an attempt was made to know the role frustration and anxiety among adolescents across different socio-economic status. For the aim a complete sample of three hundred adolescents from 6 schools of Lucknow district were arbitrarily chosen, whereby one hundred fifty boys and one hundred fifty girls were further selected for this study. Hundred fifty boys & equal number of girls were further divided into fifty respondents belonging to lower, middle and higher Socio-economic status. For the study Bisht Battery of stress scale by Abha rani Bisht and Socio-economic scale by Kuppu swami was used. The result indicated that most of the male from middle socio-economic group and female from lower socio-economic group were going through moderate level of family frustration. It was also observed that adolescents were suffering from moderate level role frustration and anxiety.

Keywords: Adolescents, Role, Frustration, Anxiety, Socio-economic status

INTRODUCTION:

In psychology, frustration could be a frequent emotions reaction to opposition associated with anger and disappointment. It arises from the perceived resistance to the fulfillment of individual will the gratification. An adolescent frequently finds that the attitudes of his enlarging social group differ greatly from those that he has acquired in the home. Some of these differences may be comparatively insignificant, but to the adolescent they may take catastrophic proportions. Anxiety disorders are the foremost prevailing psychological health concern facing adolescents these days, nonetheless they are mostly undertreated. There typically is constant argument regarding matters which will appear comparatively trivial to the parent, although they loom large

in the mind of the developing adolescents. Some individuals who have phenomenal will power overcome all such obstacles but sometimes the obstacles that obstruct an individual's objective are so caused as to be unsurmountable. In such a scenario, it's solely natural for one's to be annoyed. Frustrations are felt more by adolescents. Parenting behavior is often highlighted as an important extrinsic influence in etiological models of anxiety and is singled out as the environmental etiological factor of interest in this thesis alongside genetic influences on anxiety.

REVIEW OF LITERATURE:

Malhotra (2005) found that children living under conditions of perpetual stress and trauma; experiencing breakdown of societal and family structure is tremendously effected in their ability to live healthy, happy and productive life. Several adults' disorders are thought to be caused by problems during childhood.

Agnew (1992), Brezinia (1996), Kalpan (1986) Role stress is as an antecedent to aggression has been documented in both the stress and deviant literature.

Agnew (1992) and Kalpan (1986) In general scholars argue that the person under severe role stress may resort to conventional and /or unconventional coping responses in order to assuage the emotional pains induced by such stress.

Kalpan(1986),Use of aggression thus may constitute one of the unconventional and deviant coping responses to severe role stress.

OBJECTIVES OF THE STUDY:

1. To know the role frustration among male and female adolescents of upper, middle and lower socio-economic group.
2. To study the role anxiety among male and female adolescents of upper, middle and lower socio-economic group.

RESEARCH METHODOLOGY:

The present study was conducted in Lucknow city, drawing sample from the six schools of the city. The sample for the study was collected adopting stratified random sampling technique. The sample for the study consisted of 300 adolescents of class 7 to12 between the age group of 12-18 years, studying in co-educational Senior Secondary schools belonging to lower, middle and upper socio-economic groups. A total sample of 300 adolescents was selected, wherein 150 boys and 150 girls were selected for the present study. Hundred fifty boys & equal number of girls were further divided into 50 respondents each belonging to lower, middle and upper Socio-economic Status.

TOOLS USED:

Bisht Battery of stress scale (BBSS) by Dr. Abha Rani Bisht and Socio-economic status scale by Kuppu Swami were administered for data collection.

RESULTS AND DISCUSSION:

Table 1.1:- Distribution of adolescents in reference to their role frustration across Socio-economic groups

S.N.	Stress level	Male (n=150)						Female (n=150)					
		Socio-economic groups						Socio-economic groups					
		Upper		Middle		Lower		Upper		Middle		Lower	
		F	P	F	P	F	P	F	P	F	P	F	P
1.	High	00	00	00	00	00	00	00	00	00	00	01	02
2.	Moderate	39	78	36	72	26	52	42	84	35	70	43	86
3.	Low	11	22	14	28	24	48	08	16	15	30	06	12

F = Frequency

P = Percentage

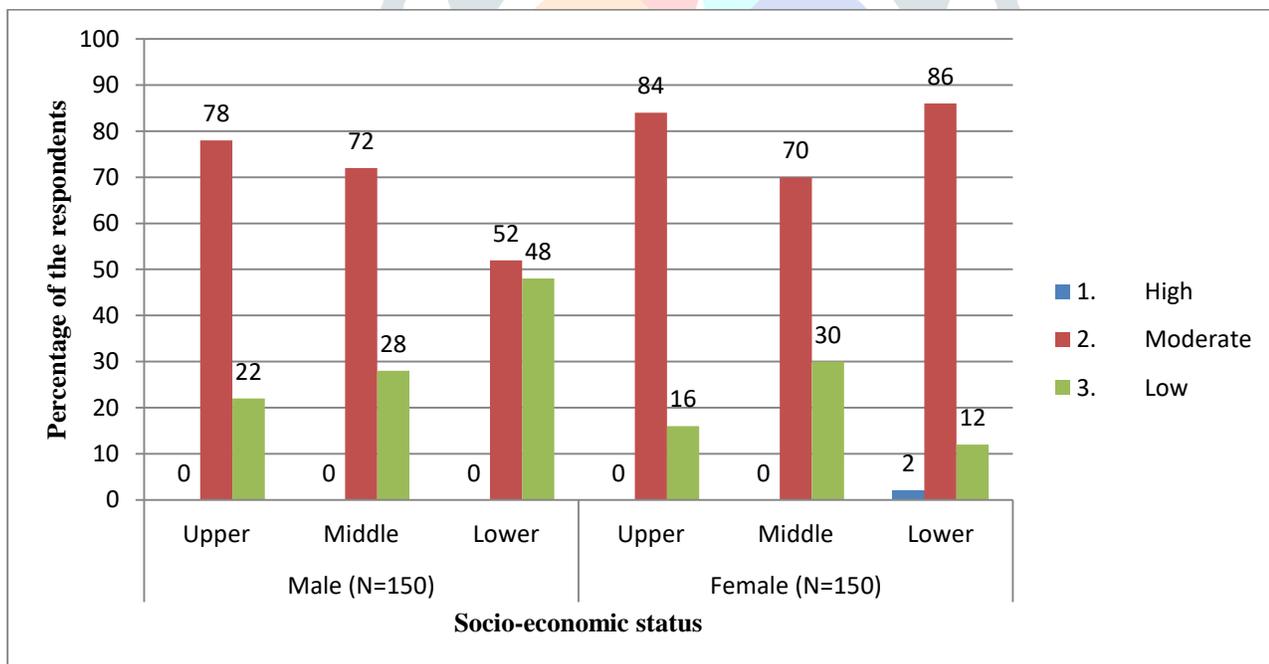


Fig. 1.1:- Distribution of adolescents in reference to their role frustration across Socio-economic groups

Table 1.1 and Figure 1.1 indicates the distribution of adolescents in reference to their role frustration across socio-economic groups and it was found that majority of the male i.e. 78 per cent and majority of the female i.e. 84 per cent from upper Socio-economic group followed by the adolescents of the middle Socio-economic group i.e. 72 per cent males and 70 per cent females, then respondents from the lower socio-economic group i.e. 52 per cent males and 66 per cent females had moderate level of role frustration whereas 22 per cent male and 16 per cent female from upper, 28 per cent male and 30 per cent female respondents from middle and 48 per cent male and 12 per cent female adolescents from the lower socio-economic group were suffering from low level of role frustration. None of the respondents across socio-economic groups were having high role frustration. It was found that most of the male and female adolescents from upper socio-economic group were facing role frustration

Table 1.2:- Distribution of adolescents in reference to their role anxiety across socio-economic groups

S.N.	Stress level	Male (n=150)						Female (n=150)					
		Socio-economic groups						Socio-economic groups					
		Upper		Middle		Lower		Upper		Middle		Lower	
		F	P	F	P	F	P	F	P	F	P	F	P
1.	High	03	06	01	02	00	00	01	02	00	00	02	04
2.	Moderate	26	52	32	64	31	62	42	84	40	80	42	84
3.	Low	21	42	17	34	19	38	07	14	10	20	06	12

F = Frequency

P = Percentage

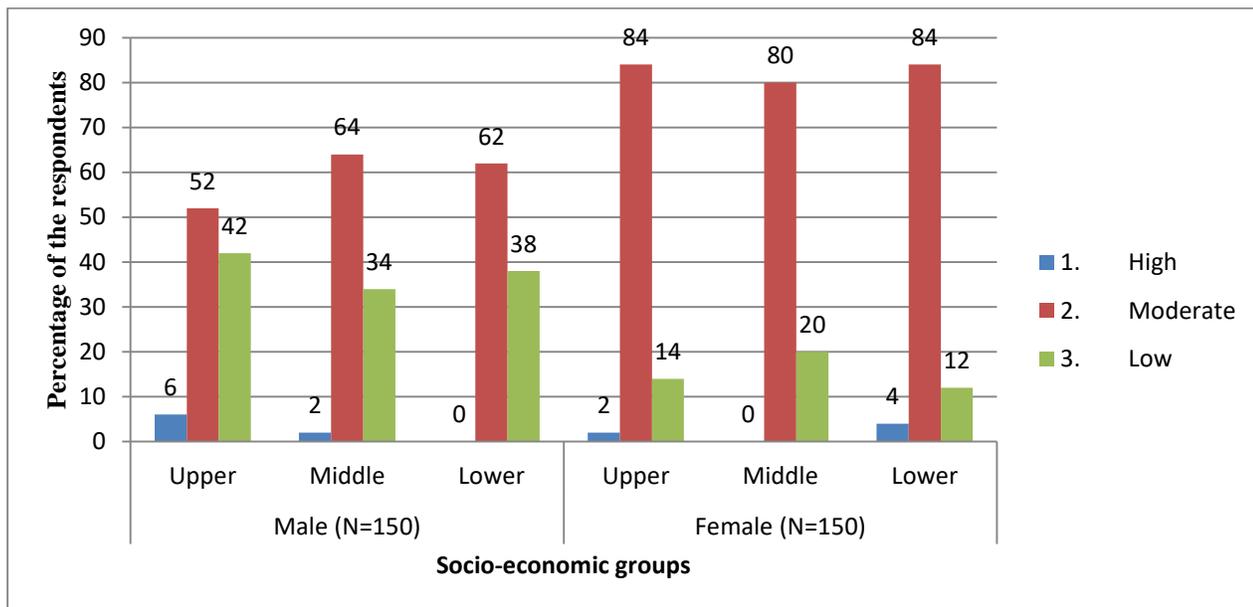


Fig. 1.2:- Distribution of adolescents in reference to their role anxiety across socio-economic groups

Table 1.2 and Figure 1.2 shows the distribution of adolescents in reference to their role anxiety across socio-economic groups the finding reveals that majority of the female respondents i.e. 84 per cent and 52 per cent male from upper socio-economic group had moderate level of role anxiety whereas 64 per cent male and majority 80 per cent female respondents from middle socio-economic group followed by lower socio-economic group i.e. 62 per cent male 84 per cent female were having moderate role conflict. 42 per cent male and 14 per cent female from upper socio-economic group followed by lower socio-economic group i.e. 34 per cent male and 20 female were having low level role anxiety where as 38 per cent male and 12 per cent female from lower socio-economic group were having role anxiety. It was also observed that 2 to 6 per cent respondents across socio-economic group were having high role anxiety.

It is clear from the table that most of the adolescent girls from lower and upper socio-economic group followed by middle socio-economic group were having moderate role anxiety whereas most of the adolescent boys from middle socio-economic group followed by lower and upper socio-economic group are having moderate role anxiety. The everyday anxiety experienced by adolescents can be affected by school environments, relationships with friends and family, as well as personal characteristics.

Garcia et al. (2001) also supported the study and found that In the Western world, adolescent girls score higher on the Social Anxiety Scale for Adolescents than do boys. It may be argued that boys are more burdened than girls with expectations due to social and cultural values.

Connor et. al., (2000) contradict the study that however, in the Social Phobia Inventory (SPIN) total score and two of its subscales, namely, fear and avoidance, boys reported higher social anxiety than girls. This may be the case because socio-cultural conventions usually imposes more emphasis on social functioning on boys, so they may become very vulnerable to the expectation and begin to suffer from social phobia. Boys with social phobia are seen to possess shyness and timidity which are considered as more conventional

characteristics of girls. The more boys try to overcome these problems, the more they tend to become concerned about their problems.

CONCLUSION:

The study concluded that most of the male and female adolescents from upper socio-economic group were facing role frustration whereas most of the adolescent girls from lower and upper socio-economic group followed by middle socio-economic group were having moderate level role anxiety while most of the adolescent boys from middle socio-economic group followed by lower and upper socio-economic group are having moderate role anxiety.

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