

# Reactions to Frustration among Male and Female School Physical Education Teachers in Kerala State

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## Abstract

*The present study has been undertaken to investigate reactions to frustration among male and female physical education teachers working in Government, Aided and CBSE schools in Kerala. 532 physical education teachers working in secondary schools in Kerala state were participated in this study. The Reactions to frustration scale (RFS-DS) by Dr. B M Dixit and Dr. D.N. Srivastava (2011) was used to measure reactions to frustration among the Physical Education teachers. There is a significant difference found between genders on reactions to frustration sub scale Resignation, Regression and Fixation. The mean values indicate that sub scale resignation and fixation were high among female than male counterpart where as reactions to frustration sub scale resignation was found high among the male than the female.*

**Key words:** Frustration, aggression, Regression, Resignation, Fixation, genders, physical education teachers

## Introduction

Frustration is one of the most dominating factors influencing the individual behaviour. The sources of frustration are many and diversified. The specific situations that bring about frustrations 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. "Frustration occurs whenever the organism meets a more or less insurmountable obstacle or obstruction in its route to the satisfaction of any vital need" (Rosenzweig, 1941). According to Stagner (1961), "frustration is a state of emotional stress characterized by confusion, annoyance and anger. Interruption to goal seeking behaviour causes frustration". 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 (Writ, 1956).

Freud (1933) reported that aggression is an expression of frustration. According to him frustration occurs whenever pleasure-seeking or pain-avoiding behaviour is blocked. Feeling of fear of failure, thus germinates frustration. The frustration-aggression hypothesis asserts that 'the occurrence of aggression always presupposes the existence of frustration; and contrary wise, that the existence of frustration always leads to some forms of aggression, (Filer, 1952).

The purpose of the study was to investigate reactions to frustration among male and female physical education teachers working in Government, Aided and CBSE schools in Kerala state, India.

## Methodology

The participants of the study were 532 Physical Education teachers currently working in various schools in Kerala State. Out of which 243 male and 289 female teachers were selected randomly from 14 districts of Kerala State. To achieve the purpose of the research the data were collected by administering Reaction to Frustration Scale (RFS-DS B.M Dixit & D.N Srivastava 2011) in person by the scholar. The data was analyzed by using SPSS Version 25.0 (SPSS Inc., Chicago, IL) Descriptive statistics, and ANOVA

were conducted to find out if any significant differences exists between the groups and gender. The level of significance was 0.05 levels.

## Results of the Study

**Table 1**

***Descriptive Statistics of Reactions to frustration sub scale Aggression, Resignation, Regression and Fixation among the school physical education teachers in Kerala***

Variable	Gender	Mean	Std. Deviation	N
Aggression	Male	21.83	3.976	243
	Female	21.26	5.380	289
Resignation	Male	21.42	4.766	243
	Female	24.45	6.037	289
Fixation	Male	26.23	3.681	243
	Female	27.51	3.957	298
Regression	Male	30.71	4.952	243
	Female	28.95	5.491	289

Table 1 reveals the descriptive statistics on reaction to frustration sub scale aggression, resignation, fixation and regression among the male and female physical education teachers working in schools in Kerala. In case of reactions to frustration sub scale aggression, it is observed that the mean score of male physical education teachers was 21.83 (SD=3.976) and that of the female was 21.26 (SD=5.380). The mean score on sub scale resignation among the male school physical education teachers was 21.42 (SD=4.766) and female physical education teachers was 24.45 (SD=6.037). The mean score on sub scale fixation among the male and female school physical education teachers was 26.23 (SD=3.681), whereas in women was 27.51(SD=3.957). The mean score on sub scale regression among the male was 30.71 (SD=4.951) and of female physical education teacher's was 28.95 (SD=5.491).

**Table 2**

**Univariate ANOVA on gender with dependent variable Reactions to frustration of School Physical Education Teachers in Kerala**

Source	Dependent Variable	Type III Sum of Squares	Df	Mean Square	F	Sig	Partial Eta Squared
GENDER	Aggression	26.690	1	26.690	1.201	.274	.002
	Resignation	1300.980	1	1300.980	45.925	.000*	.080
	Fixation	211.603	1	211.603	14.571	.000*	.027
	Regression	420.946	1	420.946	15.858	.000*	.029

\*Significant at .05 level

Table. 2 indicates the results of ANOVA, which reveals that the dependent variables of reaction to frustration sub scale such as resignation ( $F(1,510) = 45.925, p < .000$ ), fixation ( $F(1,510) = 14.571, p < .000$ ), regression ( $F(1,510) = 15.858, p < .000$ ) differ significantly with independent variable gender. The dependent variable of reactions to frustration sub scale aggression were not found significant. Pair wise comparison and

post hoc test (LSD) was performed on dependent variable reaction to frustration sub scale resignation, fixation, and regression to find out which are the groups in independent variable gender differ each other.

The pair wise comparison shows that, male and female differ significantly with reaction to frustration sub scale resignation (MD= -3.221), fixation (MD = -1.299), and regression (MD= 1.832). The mean values indicate that sub scale resignation is high among female (M=24.45) than male (M=21.42) which means that, chances of resigned behaviour there is extreme elimination of needs, no plans, no future orientations, withdrawal from social contacts, isolation, lack of interest in surroundings etc are high among female physical education teachers than male physical education teachers. The dependent variable fixation is high among female (M=27.51) than male (M=26.23) which means that, female physical education teachers has some difficulty in forming new attachments and adaptations than male physical education teachers. Regarding the sub scale regression, mean values found high among male (M=30.71) than female (M=28.95). Both values coming under the category of average frustration and a return to a former or less developed state due to frustration is high in male physical education teachers than female physical education teachers. The in total of frustration sub scales was 100.19 among male and 102.17 in female. According to norms given in RTSF Manual male value indicates low frustration at the same time female value indicate average frustration.

The result of the study indicates that male and female physical education teachers differ significantly with reaction to frustration sub scale resignation, fixation and regression. The mean values indicate that sub scale resignation is high among female than male which means that, chances of resigned behaviour like extreme elimination of needs, no plans, no future orientations, withdrawal from social contacts, isolation, lack of interest in surroundings etc are high among female physical education teachers than male physical education teachers. The dependent variable fixation is high among female than male which means that, female physical education teachers has some difficulty in forming new attachments and adaptations than male physical education teachers. Regarding the sub scale regression, mean value was high among male than the female Physical education teachers.

## Conclusions

1. The aggression is high among physical education teachers in Kerala.
2. There was a significant difference among male and female Physical education teachers with respect to resignation.
3. Reaction to frustration sub scale fixation is found high among female physical education teachers than the male counterpart.
4. There is a significant difference among male and female Physical education teachers with respect to regression.

5. Reaction to frustration sub scale regression is found high among male physical education teachers than the female counterpart.

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