

# FRUSTRATION LEVEL AMONG UNDERGRADUATE PROSPECTIVE TEACHERS IN RELATION TO CERTAIN DEMOGRAPHIC VARIABLES

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## **ABSTRACT**

*The present study aimed at investigating the Frustration Level among Undergraduate Prospective Teachers in Relation to Certain Demographic Variables. This study adopted Descriptive survey method of research. Participants were 200 Undergraduate Prospective Teachers were randomly selected from various Colleges in Fazilka District. The results of the study revealed that there is significant difference in level of frustration among male and female Undergraduate Prospective Teachers but the locality wise level of frustration among Undergraduate Prospective Teachers was found insignificant.*

**Keywords:** Frustration, Teachers Trainees, Gender, locale

## **INTRODUCTION**

Education in India is seen as one of the ways to upward social mobility. Good education is seen as a stepping stone to a high flying career. Education system in India currently represents a great paradox. On the one hand we have IIMs & IITs that rank among the best institutes in the world and on the other hand there are number of schools in the country that don't even have the basic infrastructure. Even after more than 50 years after independence we are far away from the goal of universal literacy. But on a positive note, Indian professionals are considered among the best in the world are in great demand. This signifies the inherent strength of Indian education system.

Student life has always been regarded to be the nicest period of human life. It is a period when young people can be carefree without the burden of responsibility which bring the parenthood or daily winning of one bread. But youth seemingly a free time of life also brings some specific problems.

The major problem faced by students is frustration, stress, anxiety. The problem faced by youth as a result of parental in difference problems in schools, problem due to teachers, personal handicap constitute youth problem. Education, parents, business and government leader agree that we need to develop individual with healthy high self-esteem characterized by tolerance and respect for other, individual who affect responsibilities for there action, have integrity take pride in there accomplishment, who are self motivated, willing to take risk capable of handling criticism loving and loveable, seek the challenge and stimulation of worth wild and demanding goals and take command and control of life

Today is the era of advanced knowledge and competition and everyone wants to excel in their life and carrier as parents, teachers, the all want our children and student to be successful in their schooling, school achievement comprises many aspects of student development such as learning, good behavior, social adjustment, social responsibility etc. However there are other things which have been relatively neglected in school literature for example frustration in students. Frustration level is also much higher in students who have stepped in to a new face of choosing their streams and adjustment at home and school. There performance is affected due to this, as so many physical, intellectual, emotional etc. Changes occur in a rapid time that they are unable to adjust with changing things, at one or the other point they feel frustrated.

## **FRUSTRATION**

Frustration is a common emotional response to opposition. Related to anger and disappointment, it arises from the perceived resistance to the fulfillment of individual will. The greater the obstruction, and the greater the will, the more the frustration is likely to be. Cause of frustration may be internal or external. In people, internal frustration may arise from challengers in fulfilling personal goals and desires, instinctual drives and needs, or dealing with perceived deficiencies, such as a lack of confidence or fear of social situations.

Frustration is negative feeling when one is prevented from reaching a goal. Motivation is an internal urge to act towards a particular goal. When motives are hindered or blocked .Frustration occurs for people who cannot achieve their important goals feel depressed, anxious, fearful, guilty or angry. There may be several other reasons of frustration like criticism, fault finding, scolding, scorn, ridicule behavior, restriction imposed by social laws and standards.

Human beings are constantly striving to establish a satisfactory relationship with the environment. In other words, we are trying to fulfill our needs in order to live happily and function effectively .But the process of adjustment or of attaining and enjoying mental health is not always smooth .Our needs cannot always be adequately satisfied in all situations .We have to face hostile attitude of criticism , fault finding, scolding, scorn. All these factors may turn the individual in to a frustrated one. Continuous frustration of our basic needs may lead to serious maladjustment or conditions of illness.

Frustration refers to the situation or event that blocks to goal. It also means a sense of disappointment that is the result of being blocked. The cost of life is not always smooth. In our daily life be encounter barrier between our goals and our selves. The process of blocking needs, causes, frustration in human beings. Frustration has important part of our development to death. We have number of desire, which are not fulfilled due to certain obstacles. There is more or less minor frustration, which is encounter every day a person misses the bus; causing a late arrival for an appointment; the office assistance is ill; delaying the preparation of an important report. There is, of course, much greeter frustration in life. A boy who aspires to be football player loses a leg. A boy who

all ready wanted to marry his childhood beloved is jilted for another. A student fails in the college entrance examination and is denuded admission. A sense of psychological disorder interrupts a brilliant carrier.

The literature available on frustration is related with level of frustration (Mathur 1970; Mahadik 1988; Kaur 2009; Khan 2009), Gender (Malviya 1968; Tripathi 1978; Sonia 1995; Sharer and Rayan 2002; Joshi 2009; Siddiqi 2010) locale (Verma 1993; Devi 2004) it projects that frustration is studied with variables like family environment, family relationship level of aspiration, personality development, adjustment, retention and intelligence.

## **NEED AND SIGNIFICANCE OF THE PROBLEM**

The task of a student is full of stress. He or she wants to do so many things but has no freedom; parents, teachers, society and other accept too much that causes frustration. In this present era of ever increasing competition a frustrated student can never compete and may turn in to failure one. Experience obstacles from the environment or from within himself keep him away from satisfying a desire or achieving a goal he has set for himself when a child is frustrated, he generally responds with an angry outburst. He ventilates his frustration by reporting to aggression, sublimation, drugs abuses etc. At present student seem to be dissatisfied with the system of education prevailing curriculum, methods and techniques of education. All these put them in to the darkness of frustration. The responsibility of growth and development of a nation lies on the shoulders of our youth and they can fulfill this responsibility only when they are mentally fit and emotionally healthy. So in the present study we will check the frustration behavior of our teachers trainees as they are the future of our nation.

The world today is moving and we are becoming more and more advanced. In this situation everyone is busy in his /her own life no one has any time for other. But in this race people some time forget and neglect a lot of things which are important to them. Parents always wants their children to be intelligent and successful and for this they emphasis more on the studies of their children. The emotional level of child is neglected to great extend. Frustration is a significant problem that can predispose young children to immediate and long time negative consequences to need of hour is to check what these students feel and think.

The present a society is termed as anxious tension ridden, stressful and frustration one each individual which is of course an intrinsic the part of society, is lost in a world of confusion due to heavy stress and frustration. The problem of stress and frustration increases due to increase in our needs. The one of the major cause of stress and frustration among Undergraduate Prospective Teachers is unemployment.

## **OBJECTIVES OF THE STUDY**

- To study the frustration level of Undergraduate Prospective Teachers in relation to their gender.
- To study the frustration level of Undergraduate Prospective Teachers in relation to their locale.

## HYPOTHESES

- There exists no significant difference between frustration level of Undergraduate Prospective Teachers in relation to their gender.
- There exists no significant difference between frustration level of Undergraduate Prospective Teachers in relation to their locale.

## DELIMITATION OF THE STUDY

The study will be delimited to 200 Undergraduate Prospective Teachers of Tehsil Abohar.

## DESIGN OF THE STUDY

The descriptive survey method of research was employed to investigate the level of frustration among Undergraduate Prospective Teachers of education colleges.

## SAMPLE

For the present study sample of 200 Undergraduate Prospective Teachers were selected randomly from education colleges of district Fazilka

## TOOL USED

Frustration test by N.S. Chauhan & Dr. G. Tiwari was be used.

## DATA COLLECTION

Sample of the present study consisted of 200 Undergraduate Prospective Teachers, which were drawn randomly from different education colleges of District Fazilka. Survey method was used for collection of data The questionnaires were distributed among students. Instructions were given beforehand. The students were asked to clarify their doubts. If any, to minimize the errors. After data collection statistical techniques were applied to interpret the data collected as a result of investigation.

## STATISTICAL TECHNIQUES

The investigator used descriptive and inferential statistical techniques to analyze data.

## ANALYSIS AND INTERPRATION OF DATA

The data in the present study was collected with the help of level of stress questionnaire. The analysis and interpretation of the data obtained with the help of the tool is given as under.

**TABLE 1**

**Gender- wise comparison of level of frustration among Undergraduate Prospective Teachers**

Sr. No	Group	MEAN	S.D.	t -test	Level of Significance
1	BOYS	87.00	67.4	3.2	Significant at 0.01 level
2	GIRLS	110.40	25.4		

Table 1 indicates that t-ratio (3.2) is significant at 0.5 level and 0.1 level of significance. Therefore, from the table it may be concluded that there is significant difference between level of frustration of male and female Undergraduate Prospective Teachers. Hence the null hypothesis that there is significant difference in level of frustration of male and female Undergraduate Prospective Teachers were not retained with the help of mean it indicates that girls showed high level of frustration than boys

**TABLE 2**

**Locality- wise comparison of level of frustration among Undergraduate Prospective Teachers**

Sr. No	Group	MEAN	S.D.	t-test	Level of significance
1	URBAN	100.30	28.5	0.85	Not significant
2	RURAL	96.85	28.7		

To see the level of difference between rural & urban teachers trainees, t-ratio was calculated which was found to be 0.85. This value was less than the table value of t-ratio at .05 level (1.96) and at.01 level (2.58). Thus the difference between mean score was not significant at both the levels of significance. This shows that there is no significant difference between the level of frustration of rural and urban Undergraduate Prospective Teachers. Hence the null hypothesis that there is no significant differences in level of frustration of rural and urban Undergraduate Prospective Teachers was retained.

### MAJOR FINDINGS

Finding of an investigation are the most essential and vital aspect of entire investigation process. The investigator has found some major findings which are given below:

1. Significant difference was found in level of frustration of male and female Undergraduate Prospective Teachers.
2. Insignificant difference was found in level of frustration of rural and urban Undergraduate Prospective Teachers.

### CONCLUSION

The mean level of frustration of girls is greater than boys indicating significant level of difference in relation to frustration but the locality wise level of frustration among teachers trainees was found insignificant.

## SUGGESTIONS

- Teachers should avoid negativity and they have to be broad minded so that they can help the students to find out the solutions of the problems.
- Lecturers should be within the reach of the students to clear their doubts for their academic and non academic guidance.
- Moral Education has to be imparted as the standard of lives is degrading day by day.
- Teachers should set up an environment of healthy competition so that quality education can be imparted and good citizens can be developed.
- Teachers should motivate pupils to be courageous and confident so that they can handle any situation in their life.
- The atmosphere should be congenial, peaceful, and comfortable so that the aim of education can be achieved freely and fully i.e. harmonious development of the personality

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