

VOCATIONAL FRUSTRATION AND ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Adolescence is a crucial phase in life and the presence of conditions like depression, anxiety and stress at this stage of life is a matter of concern. 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. 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 vocational 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 adolescents from upper middle and lower socio-economic group were suffering from moderate level vocational frustration and anxiety.

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

INTRODUCTION:

Adolescent substance use, self-harm, suicides and delinquency are large-scale problems in most economically advanced societies and of growing concern in developing countries. 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. 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 un-surmountable. In such a scenario, it's solely natural for one's to be annoyed. Frustrations are felt more by adolescents because of expectation to excel in the career. 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:

Dinesh and Syamakumari (2011) carried out a study on 667 school children between the age group of 4 to 17 years, in Trivandrum, Kerala. To study the prevalence of stress in school children, the interrelationship of stress and various areas like school based competence, their attitude behaviour and their physical and health problems. Standardized stress assessment tool was used. The result indicated that 98.2% of the children aged 4 to 17 years showed medium to moderate and even severe stress. More than ninety seven of the children on top of ten years showed above average stress. The majority of the children between 13 and 15 showed moderate or severe level of stress. Similar study done in adolescence (12 to 17 years) showed that more than 90% of the children are facing above normal level of stress and tension. The investigator concluded that, students often attempt to control and reduce their stress through, avoidance, religious and social support, meditation and yoga.

Rao (2011) carried out a study on 588 students to assess the academic stress and adolescent distress in Chennai, India. A combination of qualitative and quantitative method was used to assess the stress and adolescent distress. The result indicated that 94.6% were stressed by the coming school year and rates of anxiety and depression were very high in the same sample. The same data was used to understand the role of parents. The result was showed 83% of students face high stress and tension due to parental expectations, where as 17% of students had stress due to their self expectations. The investigator concluded that, the parents were involved in their child's education in five ways, they had specific expectations for achievements, they put pressure on their children, they compared their child to others, they controlled the study environment, and they were supportive of their children.

Arun and Chavan. (2009) conducted an investigation on 2402 school students in urban area of Chandigarh city, India, to find out the stress and suicidal ideas in adolescents. A systematic sampling technique was used. The result showed that, out of 2402 students, 1078 (45.8%) had psychological problems, half (1201 students) perceived problems in their role as students, 930 (45%) reported academic decline, 180 (8.82%) students said that life was a burden, 122 (6%) reported self-destructive ideas and eight (0.39%) students rumored self-destructive attempt. The investigator concluded that, students with academic problems and unsupportive environment at home perceived life as a burden and had higher rates of suicidal ideations.

OBJECTIVES OF THE STUDY:

1. To study the vocational frustration among male and female adolescents of upper, middle and lower socio-economic group.
2. To know the vocational 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 to 12 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 vocational 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	04	08	03	06	01	02	01	02	01	02	01	02
2.	Moderate	27	54	35	70	25	50	34	68	32	64	32	64
3.	Low	19	38	12	24	24	48	15	30	17	34	17	34

F = Frequency

P = Percentage

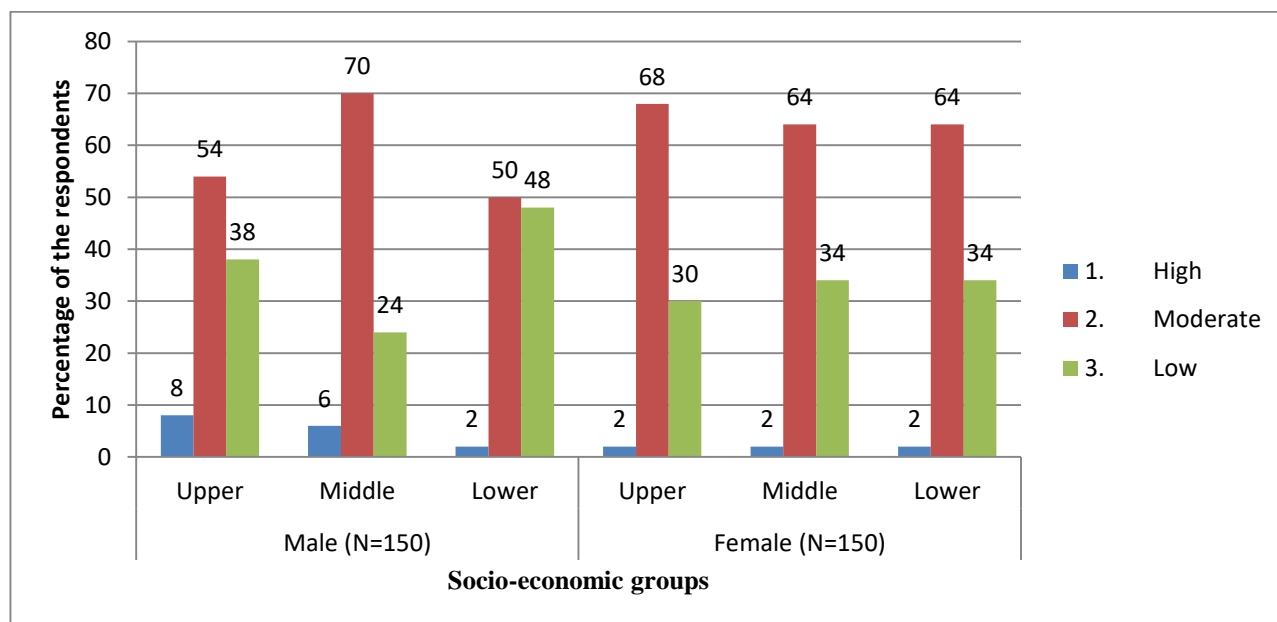


Fig. 1.1:- Distribution of adolescents in reference to their vocational frustration across socio-economic groups

Table 1.1 and Figure 1.1 reveals the distribution of adolescents in reference to their vocational frustration across socio-economic groups result indicated that maximum 70 per cent adolescent boys and 64 per cent girls from middle socio-economic group, 54 per cent male and majority 68 per cent female from upper and 50 per cent male and 64 per cent female from middle socio-economic group had moderate level vocational frustration, whereas, 48 per cent male and 34 per cent female from lower, 38 per cent male and 30 per cent female from upper and 24 per cent male and 34 per cent female from middle socio-economic group felt low vocational frustration. A few respondents about 2-8 per cent across socio-economic group were having high vocational frustration. Majority of the male adolescents from middle and female from upper socio-economic group were suffering from moderate level vocational frustration. Vocational interest of adolescents should be deeply understood in order to minimize the maladjustments in their vocational spheres because life satisfaction and happiness to a large extent depend upon work satisfaction which is the outcome of interest which one takes in one's vocation in addition with their creativity so more expectations from male adolescents from middle socio-economic is high and female from upper socio-economic group are also expected more to be self dependent as they are given educational facilities more than the girls from middle and lower socio-economic group, so expectations from parents causes vocational stress among them.

Table 1.2:- Distribution of respondents in reference to their vocational 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	00	00	01	02	01	02	01	02	01	02	01	02
2.	Moderate	37	74	38	76	30	60	32	64	33	66	33	66
3.	Low	13	26	11	22	19	38	17	34	16	32	16	32

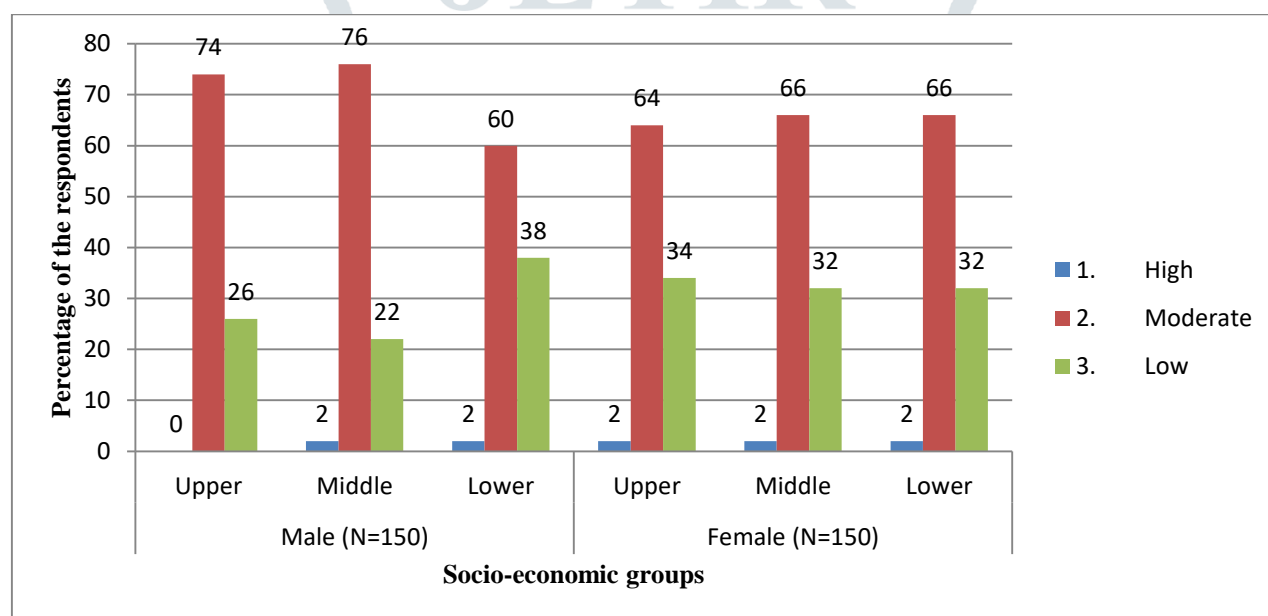
*F= Frequency**P = Percentage***Fig. 1.2:- Distribution of respondents in reference to their vocational anxiety across socio-economic groups**

Table 1.2 and Figure 1.2 indicates the distribution of respondents in reference to their vocational anxiety across socio-economic groups, result indicated that most of the boys i.e. 78 per cent from middle, 74 per cent from upper and 60 per cent from lower socio-economic group had moderate level of vocational anxiety, whereas majority of the girls i.e. 66 per cent each, from middle and lower socio-economic group followed by upper socio-economic group i.e. 64 per cent were feeling moderate level of vocational anxiety. It was also observed that 38 per cent adolescent boys from lower, 26 per cent from upper and 22 per cent from middle socio-economic group were going through low level of vocational anxiety, whereas 34 per cent adolescent girls from

upper socio-economic group followed by middle and lower socio-economic group i.e. 32 per cent each respectively were feeling low vocational anxiety. Only 2 per cent each, girl adolescents from upper, middle and lower socio-economic group and 2 per cent each, male respondents from middle and lower socio-economic group and no male from upper socio-economic group had high level of vocational anxiety. The table shows that majority of the male from middle socio-economic group and female from the entire socio-economic group with quite difference were feeling moderate level vocational anxiety. It might be because boys from upper and middle socio-economic group and girls from entire socioeconomic group are more future and career conscious which causes vocational anxiety among the adolescents.

CONCLUSION:

The study concluded that majority of the male adolescents from middle and female from upper socio-economic group were suffering from moderate level vocational frustration. The result also shows that majority of the male from middle socio-economic group and female from the entire socio-economic group with quite difference were feeling moderate level vocational anxiety.

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