

Case Study

An Overview on Frustration: A Case Study of Working and Non-Working Women

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ABSTRACT

The present study emphasized the causes of frustration among the working and non-working women. It seems that there are various types' causes of frustration in our daily life, some are common and some may be the individual. In the category of common frustration are as family problems, community and neighborhood relation, marriage hood life, cast, religious etc. While individual vary person to person and situation to situation. However, it's, sometime same in among to working or non-working women. In this study we have try to explore frustration among the both of the classes.

Keywords: Frustration, Working, Non-Working Women

It believed that frustration is an integral part of our life. The occurrence of various types of problem are regarded the causes of frustration. Frustration is an emotion that occurs in situations where a person is blocked from reaching a desired outcome or goal. In psychology, frustration is a common emotional response to opposition, related to anger, annoyance and disappointment. There are two types of frustration as internal and external can be seen in the human being. Internal frustration related to individual or personal goal desires to achieving the goal. External frustration while is given by the outside or so on. From the psychological point of view there are 3 types of frustration they may be the personal Frustration conflicting frustration and pressure Frustration.

Actually, frustration is the emotional state that a person experience when needs, wants and desires are not achieved by the person help she becomes frustrated. Generally, when we make a effort to achieved a goal in order to live happily and function effectively but it we could not get success and try again and again, but we can get a positive response, it gradually converted into the frustration. There are several factions responsible for such situation in other words a variety of obstacles or barriers in the satisfaction of our needs and desires. This results in frustration. It is a dominating factor influencing the individual behavior.

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Frustration

The word frustration is derived from a Latin word "Frustra" which means in vain. A noted Psychologist Sigmund Freud (1933) has used the term frustration in psychology, according to him "an undifferentiated way all those responses to failures of gratification that have an aggressive centre". The Sigmund Freud was the founding father of psychoanalysis. He believed that the aggression is an expression of frustration and it occurs whenever pleasure seeking or pain avoiding behavior is blocked feeling the fear of failure thus germinates frustration. According Kisker (1964) stated that frustration is psychological state which results from the blocking of a goal directed activity; thwarting of a need or desire as a hypothetical construct produced either by some type of inhibitory leading to accumulation of strength.

Sears (1942) defines that frustration as "the condition which exists when goal response" suffers interference. Gilmar (1966) defined, frustration as "the state of an organism resulting when the satisfaction of motivated behavior is made difficult or impossible when goal is blocked. The definition of frustration is the feeling of irritability to achieve something. In fact in a constant state of frustration become a various types of problems in our life."

Generally, the frustration is a common and natural phenomenon in our day to day life. Whenever a person is unable to achieve the goal or she/he hampered by the people, relatives colleagues as he feel, its results in frustration. However sometimes, a person got success in achieving the goal it is a positive indication of frustration. From the psychological point of view "frustration is a common emotions response to opposition related to anger and disappointment."

Causes of Frustration

There is a series of the causes of frustration in our life. It is differed to person or situation to situation. But some common stressor that lead to frustration. There are several studies reveals the causes of frustrations as stated follows, family and relationship, implementing the households responsibilities, community and neighborhood, participating extracurricular and creative activities, official environment, seniority position, scarcity of resources and financial problems, limited resources, unclear communication, goal difference, personal background, lack of effective personal policy etc. Such cause of frustration has negative behavior which arises when motivated drive is blocked due to above reasons. Most of the researches explore on the comparison of frustration level among men and women but frustration vice among the women have not been focused. In present study we would like to discuss the causes and end of frustration in between working and non-working women.

Objectives of the Study

Following are the basic objectives of our study-

- i. To explore the frustration level in between the working and non-working women.
- ii. To compare the frustration level in between working and non-working women.

Hypothesis

There is no significant difference in the level of frustration among working and non-working women.

RESEARCH METHODOLOGY

Selection of the study Area

Rudraur city of the U.S. Nagar district (Uttarakhand) was purposively selected for the sample survey. It is second largest city of Kumaon Division of Uttarakhand State and most of the corporate section industries are being scattered in this area. The employment level of this selected district is comparatively higher than the other cities of state secondly, Rudrapur is a district Head Quarter and various Government offices are established in the city, Apart from this there are a number of commercial/scheduled banks are working in the city. In fact it is convenient for the primary investigation.

Sample Selection

Random sampling technique was adopted for the primary survey. There 300 samples 150 working and 150 non working were interviewed by the researchers. An attempt has been made to cover all types of offices viz corporate sectors industries Govt. offices and banking sector was purposively chosen while 50% non working women (house makers/housewives) were selected from different wards of the study area.

Following table showing the clear picture of research methodology-

Selection of samples

Working women			Total	Non-working women	Grand Total
Govt. officials	Banking section	Corporate sectors			
250	250	250	150	150	300

Research Tools

To measure the frustration level RES³ formula is adopted. This tool has only 40 items out of this 20 are positive and vest is negative. There is no time limit to complete the RES, however maximum time limit is of 30 minutes. Reliability of this test is 0.79 and validity is 0.52 in aggression. 0.57 in Resignation, 0.60 in fixation and 0.58 in Regression.

RESULT AND DISCUSSION

The prime objective of the present study is to examine the frustration level among the working and non-working women.

The result from table 2 shows the frustration level in working women 104.25 and non-working women means scores is 97.74 and S.D. of working women 14.847 and non-working women SD scores is 17-070. The 't' value of frustration among working and non-working women is 3-522. Therefore, it is significant at 0.05 level.

CONCLUSION

During the survey t has been seems that the frustration level is higher in working women as compare to the non-working. Most of the working women has a common complained that they can able to participate the social functions/activities due to work pressure and their domestic responsibilities, some time they do not pay proper attention to their children/spouse. However, working women enjoying financial independence but their double duty also frosted them. During the field survey 't' has been noticed that the 20% working women were frustrated from their male colleague in terms their comments and partiality etc. In case of non-working women 65% are living under financial hardship. These

³Rection to Frustration level (1997) BM Dixit & D.N. srivastav.

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women are worried to their children future, education etc. due to the low-paid job of their spouse.

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Conflict of Interest

The author(s) declared no conflict of interest.

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