



Research Article

ROLE OF THE TEACHERS IN DEVELOPING FRUSTRATION TOLERANCE AMONG STUDENTS

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ARTICLE INFO

Article History:

Received 13th March, 2021

Received in revised form 11th

April, 2021

Accepted 8th May, 2021

Published online 28th June, 2021

Key Words:

Frustration, Frustration Tolerance,
Teacher.

ABSTRACT

Frustration are the part of life. We can't imagine a world without frustration, stress, anger etc. Frustration is a form of emotion which arises when our desires are blocked. All the frustration is not bad, some frustrations play the role of motivator especially in the case of students. Frustration tolerance is the ability of the individual to overcome the frustrating situation. The ability to tolerate varies from individual to individual. But, teacher as a person whom with students spend most of their time after the age of four, can play a major role in the development of frustration tolerance among their students. This paper deals with the role of teachers in developing frustration tolerance among their students.

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INTRODUCTION

In the modern technological world, everyone is busy to fulfil their needs to lead a happy life by forgetting today and focussing more on tomorrow. There is no guarantee that all of our needs will get fulfilled successfully. All the needs cannot be fulfilled due to the presence of some obstacles or obstructions in the path while travelling to the goal. These obstacles or obstructions induces a state of emotion called frustration and it ultimately results in stress, anxiety, anger, aggression, tension etc. The students must have the ability to manage frustration in order to led a happy life.

Frustration

Frustration is the inevitable part of life. According to Freud (1920) "Frustration occurred whenever pleasure seeking or pain avoiding behaviour was blocked". According to Oxford Advanced Harness Dictionary (2002), "Frustration is the feeling that make somebody feel annoyed or impatient because they cannot do or achieve what they want".

According to these definitions, the individual feel frustrated when they are blocked from attaining their goal or if the result is less than their expectation in the motivated state because the motivated behaviour of the individual induces the individual to try to reach the goal at any cost. Once the individual attains the goal, he feels pleased and if he is prevented from reaching the goal then he feels irritated, stressed, aggressive.

The degree of frustration depends on the importance of the goal. The factors affecting frustration may be internal or external, material or social, personal or impersonal, physical or mental. If the needs or goal of the individual is blocked continuously, it will result in mental illness, that is, frustration plays an important role in determining the personality of the individual. So, we have to concern more about the tolerance of frustration at any cost.

Frustration Tolerance

According to Crow and Crow (1962), "Frustration tolerance is the extent to which a child is able to endure frustrating experience without becoming emotionally disorganized". According to Resenwing (1944) "Frustration Tolerance is an individual's capacity to withstand frustration without failure of psychological adjustment. i.e., without resorting to inadequate modes of behaviour". The ability to tolerate frustration varies with age, health, previous experience, the nature, size and importance of the obstacle and the purpose of the frustration. The level of frustration tolerance is different for the different individual under same circumstances. Frustration tolerance can be divided into two viz. low frustration tolerance and high frustration tolerance.

The individuals who hold rational beliefs have high frustration tolerance. They are not irritated easily with the blockage of their goal or needs, that is, they can withstand annoying situation without getting disturbed while the individual who holds irrational beliefs have low frustration tolerance and they

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get angry easily and are easily annoyed with the disturbances/obstacles around them in attaining the goal.

Studies Related to Frustration and Frustration Tolerance

Pasricha, A (2014) conducted a study on level of frustration among adolescent girls and boys using a sample of 200 higher and senior secondary school students. The study revealed that there is no significant difference in frustration between adolescent male and female.

Kaur, M (2014). Conducted a study of Adolescence problems in relation to frustration of Mansa District and the study consists of a sample of 60 students from different schools of Mansa district. The study reveals that there exists significant relationship between adolescence problems and frustration of students of schools of Mansa district and there is no significant difference in frustration with respect to the gender.

Yadav, P (2017) examined the level of frustration tolerance among girls and boys of senior secondary school students with a sample of 100 senior secondary students. The study shows that girls have high frustration tolerance as compared to boys.

Varghese, N (2010) conducted a study on frustration tolerance among secondary school students of Kerala with a sample consists of 555 students of IX standard from 15 schools at Thrissur, Malappuram and Kozhikode districts of Kerala. The study shows that there is no difference in frustration tolerance with respect to gender and management of schools but the frustration tolerance is influenced by the locale of the school.

Role of Teacher in Modern World

In the modern era of knowledge explosion, the teachers play the role of social engineers who design the younger generation according to the ideals of the nation.

“Teaching is a very noble profession that shapes the character, calibre, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me” – A. P. J Abdul Kalam.

According to the above quote by A. P. J Abdul Kalam, teacher is the noblest person on the earth as he/ she plays an important role in developing character, skills, behaviour among the students. Along with this, teacher act as a catalyst to bring major changes in the society. It is teacher one who plays either the role of a constructor or destructor of the future generation. After the age of four years, a child spends the majority of his time in school along with teachers, so the teachers can play the major role in developing good qualities among their students. Different schools of philosophy describe different roles of teacher in the teaching process.

Role of teacher in developing Frustration Tolerance

“A teacher is never an ordinary person. Construction and Destruction can be produced in his lap” – Chanakya.

The teacher can play an important role in developing frustration tolerance among his/ her students as they play an important role in developing the character and personality of the students. Traditional teachers and parents believed in character training through defeats, frustrations and challenging difficulties. They are of the belief that these frustrations and defeats help the individual to develop tolerance to frustrations. But if the frustration above the threshold value, it will lead to inferiority complex and aggressiveness. If our basic needs are

frustrated continuously it will lead to maladjustment and mental ill-health. So, the teacher should train the students by keeping this in their mind.

The following are the some of the methods that a teacher can adapt to develop frustration tolerance among the students.

1. Make awareness among the students about the frustration and frustration tolerance.
2. Teach the students about frustration and the methods to cope up with frustration.
3. Make the students aware of their abilities and capabilities.
4. Teach the students to set goals according to their level of intelligence and capacities.
5. Teach the students about the importance and methods of time management in order to reduce frustration.
6. Teach the students to led life according to social norms and values.
7. Teach the students to keep a distance from the frustrating situation.
8. Teach the students how to bounce back from the frustrating situation.
9. Teach the students about the art of self-regulation.
10. Teach the students to channelize frustration in a useful manner.
11. Teach the students to consider frustration as a motivator.
12. Teach the students about the art of forgiveness.
13. Teach the students to adapt to the situation according to the needs and changes of the situation.
14. Teach the students to evaluate themselves.
15. Fill the students with the ability to think positively.
16. Teach the students to appreciate their own abilities.

CONCLUSION

In this world of knowledge exploration, the role of teachers is not only teaching the subject matter but also guiding the students with good character too. Now-a-days, the frustration among the students are high due to the high expectations of the parents, society, peer groups, school, teachers etc. Teachers are known as social engineers who can play a major role in moulding a well-adjusted member of the society. Therefore, it can be concluded that teachers can play an important in developing frustration tolerance among their students and in developing a future generation with great personalities. So, the teacher should take care of their students and aware about the problems of their students and solve them in an appropriate manner. The teacher should take initiatives to organise workshops, seminars, programmes on the importance of frustration tolerance and the methods to develop frustration among their students. The teacher should play the role of counsellor for those students who suffer from emotional problems. Teacher should recognize the individual abilities and capabilities of each students and should motivate their students according to their abilities and capabilities. The teacher should play the role of facilitator to developing frustration tolerance among their students by channelizing their energy, emotions and frustration in a creative, right and appropriate manner.

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How to cite this article:

Afeefa Thaqib (2021) 'Role of The Teachers In Developing Frustration Tolerance Among Students', *International Journal of Current Advanced Research*, 10(06), pp. 24597-24599. DOI: <http://dx.doi.org/10.24327/ijcar.2021.4899.24599>
