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Frustration among girls of private and Government school wearing jeans/non-jeans

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ABSTRACT

Dressing up is an art, which is favourite to all, and when it comes to girls, it looks top in their lists. Wearing variety of clothes is somehow depending upon area and locality of individual. Girls studying in private schools are supposed more trendy in terms of wearing western clothes as we can say jeans are very common and popular among girls these days and issue of being in frustration arrived due to wearing or not wearing jeans. Frustration scale is used over 60 girls in whom 30-30 is from private and government schools respectively, 15 each specifically wearing/not-wearing jean. While studying the facts described in the scale and with the help of t-test, it was found that there is a significant difference between level of frustration among jeans/non-jeans of both private and government schools. It may due to peer pressure, inferiority complex due to body shapes or parental issues. So it may consider that outlooks or dressing affect emotional health of the individual.

Key Words : Dress, Frustration, Education

INTRODUCTION

If we are talking about youth, today's youth is very conscious about their things if it is their gadgets or dress up; they are all concern about new updates. Young ones are modern but no longer free from problems. Dressing up can take extra effort, but it also feels good, especially if you receive extra compliments. There is a real connection between clothing and mood. Researchers determined from the results that there is a possibility that wearing certain clothes can affect emotional states. The strong link between clothing and mood state suggests we should put on clothes that we associate with happiness, even when feeling low. Today girls are like to wear jeans or modern dresses as they watched their favorite stars are wearing those. Most of the girls are loved to wear latest stuff and may get stressed if they can't. Girls studying in private school vary in choices of dresses from girls studying in government schools. It is found that wearing jeans may responsible for stress in school going girls. Many researchers show that cloths are bigger problem among women for depression or frustration. Dressing up can be reason for frustration among most of the young girls. Most importantly, a research suggests that we can dress for happiness, but that might mean ditching the jeans. In the study, 51% of females would wear jeans when they felt sad or depressed, and only 33% of them would wear jeans when they felt happy or positive. (Rheyanne Weave, 2012). Jeans are so ubiquitous everyone seems to have a pair; girls on average have eight pairs each. It is interesting that many girls wear them a lot but there is still a variation according to mood. Girls are facing issues in choosing dress (jeans) for their wardrobe because of certain reasons. School going girls are even facing stress due to

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such factors like peer pressure and many more.

Factors affecting:

Mostly every young girl is facing body image problems either they are of private or government school. Teenage girls suffer a daily barrage of views and opinions on how they should look, dress and behave. With so much external pressure, these girls can often suffer from both physical and psychological health issues. Since the advent of social media, the pressures that teenage girls face have greatly increased. Reasons behind all are peer pressure, parental pressure among them, consciousness about their body size and shape, cyber bullying etc.

Body and weight pressures :

For teenage girls, body image and weight are important issues. Unfortunately, the focus is often unfairly weighed in the favor of what is perceived as desirable, rather than what is healthy. Society, as a whole, still unfairly labels teenage girls in accordance with their wardrobe choices. Popular celebrities, including actors, musicians and models, are promoted as having the ideal look that teenage girls should aspire to without disclosing that those bodies are almost unattainable under normal circumstances (Sue Scheff, 2013).

Parental pressure :

It is also why they got into frustration. When children do not get success in what their parents like, the system makes them believe that they are not capable. It is seen that childhood today is no longer a joyful experience; instead lives of children and young adults are full of stress, tension, apprehension, anxiety which many a times leads to depression. Parents blame it on the life style, modernization and dress choices of their children (Weil and Andrew, 2012).

Peers pressure :

Peer relationships can provide estruses or distress. As peers apply pressure in regard to dress, behavior, choice of friends and many other areas of life, that pressure can become a huge presence of stress on students. Among teen girls peer pressure stressed them into dressing choices and selection of dresses like jeans.

Body image pressure :

Studies suggest that comparison processes may be triggered automatically for women as soon as attractive media models are presented (Cattarin *et al.*, 2000; Dittmar and Howard, 2004). Social comparison with advertising models increases markedly between ages 8 and 12, and continues to increase thereafter with age. They argue that the observed decline with age in adolescent girls' perceptions of their attractiveness may be attributable to increasing social comparison with media models (Martin and Kennedy, 1993). Body image is central to adolescent girls' self-definition, because others have socialized them to believe that appearance is an important basis for self-evaluation and for evaluation (Thompson *et al.*, 1999).

Clothing can be important in not only affecting mood but also in making impressions on other people. A study reveals that it takes less than 3 minutes someone has already decided who and what you are. First by your appearance (87%), second your body language (8%), and then your verbal communication (5%). It takes another 20 times meeting that person to change that original perception, "So the value in our clothing is profound." That's why today teenagers are more into their choices related to their appearance. The author of a study, Karen Pine, added in the news release that jeans are more associated with a depressed mood state and that girls should consider abandoning them for a different clothing choice in order to feel better "Jeans don't look great on everyone. They are often

poorly cut and badly fitting," Pine said in the news release (Rheyanne Weaver, 2012).

Objectives :

To assess the difference in the level of frustration between jeans/non-jeans girls of Private schools.

To assess the difference in the level of frustration between jeans/non-jean girls of Government schools.

To assess the difference in the level of frustration between girls of Private and Government schools.

Hypothesis :

There will be significant difference in level of frustration between jeans/non-jeans girls of Private schools.

There will be significant difference in the level of frustration between jean and non-jean girls.

There will be significant difference in the level of frustration between girls of Private and Government schools.

METHODOLOGY

Sample :

For present research, a total sample of 60 girls aged 16-22 years has been taken. Among these candidates 30-30 is from private and government schools in which 15-15 candidates are categorized as jean/non-jean from each school.

Variables :

There are two types of variables in the study.

Independent variable:

Education/Gender

Dependent variable:

Frustration

Tool ;

Frustration test conducted and standardized by Dr. N.S. Chauhan and Dr. Govind Tiwari was used to find out frustration level among girls. The scale consisted of 40 items out of which each of the four modes of frustration had 10 items. All the 40 items of the scale were presented in simple and brisk style. Each of the items had five answers graded on 5-point scale on the positive dimension and a zero point on the negative dimension.

Statistical analysis :

Mean, standard deviation and t-test are used to analysis the collected data.

RESULTS AND DISCUSSION

There is a significant difference between levels of frustration between jeans/non-jeans girls of Private schools as shown as in Table 1 mean and standard deviation for the jeans girls of Private School is 92 and 14.06 and for non-jeans girls of Private School is 110.86 and 14.73 and T-value was

found to be 4.06 which show significant difference between them.

Table 2 shows that there is a significant difference between levels of frustration between jeans/ non-jean girls of Government schools. The mean and standard deviation of the jeans girls of Government School is 92.46 and 12.11 and for non-jeans girls of Government School is 109 and 16.93 and T-value3.96 indicates that the outcome is significant.

Another calculation was done to identify the level of frustration between girls of Private and Government schools, which was found to be insignificant as shown under Table 3. The mean and standard deviation of the Private School girls is 101.43 and 17.1 and for of Government School is 100.73 and 16.73 and T-value is -0.199209, which indicates that the outcome is insignificant.

Table 1 : Mean scores, standard deviations and t-ratio of frustration among jean/non-jeans girls of private schools

Sample	Mean (Σ×)	Standard Deviation	t-test	p-value
Sample 1(Jeans girls)	92	14.06	1.06	<0.00001
Sample 2 (Non-jeans girls)	110.86	14.73		

Table 2 : Mean scores, standard deviations and t-ratio of frustration among jean/non-jeans girls of government schools

Sample	Mean (Σ×)	Standard deviation	t-test	p-value
Sample 1 (Jeans girls)	92.46	12.11	3.96	<0.00001
Sample 2 (Non-jeans girls)	109	16.93		

Table 3 : Mean scores, standard deviations and t-ratio of frustration among girls of private schools and government schools

Sample	Mean (Σ×)	Standard deviation	t-test	p-value
Sample 1 (Private School)	101.43	17.1	-0.199209	0.84
Sample 2 (Government School)	100.73	16.73		

Conclusion :

Study can be concluded as follows:

There is a significant difference found in the levels of frustration between jeans/non-jeans girls of Private schools and even in the levels of frustration between jeans/non-jean girls of Government schools.

It was found that there is insignificant difference in level of frustration between girls of Private and Government schools.

Limitations :

There was certain limitation, which was found under this study:

First, one is the sample size it consisted only 60 participants, which may not be a representative of the all girls of given schools. Sample data may increase for further researches as generalization is not possible in case quantitative work.

Age bar was also limited and only school girls are taken into consideration.

Suggestion for further work :

Following suggestions can be follow for further studies:

The sample of the study can be increased and can be done on large scale.

One age group can be taken into consideration and girls of all ages can be analyzed under the same methodology.

The present study can further be done on a large sample of girls from other various areas and institutions.

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