International Journal of Applied Social Science
Volume 6 (2), February (2019) : 293-297
Received : 12.12.2018; Revised : 26.12.2018; Accepted : 12.01.2019

RESEARCH PAPER
ISSN : 2394-1405 (Print)

Family Frustration and Anxiety among Male and Female Adolescents

TATHEER FATMA*[1], ANSHU[2] AND ANJALI MATHUR[3]
[1]Research Scholar, [2]Associate Professor and [3]Assistant Professor
Department of Human Development and Family Studies, Sam Higginbottom Institute of Agriculture Sciences and Technology, Allahabad (U.P.) India

ABSTRACT

Frustration is that the state of some need or tendency being unsuccessful. Evidently frustration is the outcome of impediment in the part of an individual's goal or purpose. Adolescence is the period of psychological and social transition between childhood to adulthood. Adolescents struggle with their anxieties, conflicts and confusion. These days most of adolescent face a haul in creating adjustment with others that results in frustration. Family problems, financial problems, harassment, backwardness in a particular subject 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 family 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 and 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 male from middle socio-economic group and female from lower socio-economic group were going through moderate level of family frustration. It was also observed that male from middle socio-economic group and female from upper and middle socio-economic group had moderate family anxiety.

Key Words : Family frustration, Adolescents, Male, Female

INTRODUCTION

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. These are the problems of Family - Adolescent Relations. An adolescent frequently finds that the attitudes of his enlarging social group differ greatly from those that he has acquired in the home. Some of these differences may be comparatively insignificant, but to the adolescent they may take catastrophic proportions. The conflicts that arise between an adolescent and his parentages do not limit themselves to differences of opinion a large issues. 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. Conflicts could arise between the adolescent and his families that are totally different to resolve if neither is willing or ready to negotiation. The conflicts may be due to a number of factors already discussed concerning the maturation of the adolescents and the maturation of the parents: the biological changes of puberty, cognitive changes relating increased idealism and logical reasoning, social changes focused on independence and identity, violated expectations and physical, cognitive and social changes in parents associated with middle adulthood. There is typically an absence of communication between

How to cite this Article: Fatma, Tatheer, Anshu and Mathur, Anjali (2019). Family Frustration and Anxiety among Male and Female Adolescents. *Internat. J. Appl. Soc. Sci.,* **6** (2) : 293-297.

mature adults and 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. 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 :

Mitra and Mukherjee (2012) conducted a study on one hundred female, adolescent students and their mothers. Three tools were used namely Perception of Satisfaction from Communication with Parent Scale modified and adapted by Mukherjee (1993), adapted version of Stait, Trait Anger Expression Inventory and Family Pathology Scale. Underachievers were found to face slightly a lot of family pathology than achievers. Communication satisfaction related to negatively with both anger expression and family pathology. Family pathology and anger expression were found to be absolutely related to. The study discovered that family connected issues as crucial for predicting student's achievement. On the opposite hand, satisfaction from communication with parents could be a positive feeling that equips individual happily and higher adjustment.

Bhat and Aminabhavi (2011) conducted a study on the impact of home environment with psychosocial competence of adolescents. Data was collected from 100 adolescents studying in IX and X standards in English medium high schools of Dharwad. The home environment was assessed by using Misra's Home Environment Inventory, psychosocial competence was measured using Dindigal and Aminabhavi's Psychosocial Competence Scale. Results disclosed that adolescents with high control, social isolation, deprivation of privileges and rejection at home have shown considerably lower drawback determination, deciding, addressing feeling, addressing stress and overall psychosocial competency. youngsters with high affection, punishment, conformity, reward, tending and tolerance have higher sympathy, crucial thinking, empathy, knowingness, addressing stress, social relations and effective communication likewise as overall psychosocial competency. Findings of the study reveal the significance of the home environment in the development of life skills.

Venmathi (2011) did a study on management of stress in adolescents. The findings of the study are summarized, Stress levels: Additionally, more than 50 per cent of adolescents secured scores which grouped them under high stress levels. More than 50 per cent of the adolescents' stress levels were high. Nearly 75 percent of them had come under the high risk group. Factors affecting stress: 1) Type of family had a significant impact on the stress level of adolescents at the one per cent level. 2) There was a major impact of size of family on the stress level of adolescents at one per cent level. 3) Family financial gain had a major impact on the strain level of adolescents at the one per cent level. 4) There was no vital influence of fathers' education on the strain level of the adolescents. 5) Mothers' education had a significant impact on the stress level of adolescents at the one per cent level. 6) There was a significant difference in stress levels between hostel students and day scholars.

Crawford *et al.* (2010) opined that key stressors among students were relationship issues, expectations of others, and a lack of control over their lives. Many adolescent students shared their experiences of stress as rising out of relationships with parents and peers, academic pressure, general feelings of overload, discrimination, racism, bullying, and body image. As a result of the stress in relationships, many youth feel angry and express that anger by yelling, verbally attacking, or physically fighting (Nazer-Bloom, 2010).

Objectives of the study:

1. To know the family frustration among male and female adolescents of upper, middle and lower socio-economic group.

2. To study the family anxiety among male and female adolescents of upper, middle and lower socio-economic group.

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 and 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 and Fig. 1 indicates the distribution of adolescents in reference to their family frustration across socio-economic groups, the majority of the male *i.e.* 78 per cent and 68 per cent female respondents from middle socio-economic group followed by upper socio-economic group *i.e.* 68 per cent male and 66 per cent female had moderate family frustration whereas majority of the female *i.e.* 86 per cent and male 62 per cent from lower socio-economic group were having moderate family frustration. 36 per cent male and 12 per cent female from lower socio-economic group followed by middle socio-economic group *i.e.* 18 per cent male and 24 per cent female were having low family frustration whereas 24 per cent male and 18 per cent female from upper socio-economic group were having low family frustration. It was also observed that 16 per cent female and 8 per cent male respondents from upper socio-economic group 4 per cent male and 8 per cent female from middle and 2 per cent each, male and female had high family stress. It can be concluded that most of the male from middle socio-economic group and female from lower socio-economic group were having moderate family frustration.

Compas (2004) supported the study and found that the exposure to stressful events and circumstances is a primary pathway through which distal risk factors exert effects on adolescent mental and physical health, including

Table 1 : Distribution of adolescents in reference to their family frustration across socio-economic groups

Sr. No.	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	02	04	01	02	08	16	04	08	01	02
2.	Moderate	34	68	39	78	31	62	33	66	34	68	43	86
3.	Low	12	24	09	18	18	36	09	18	12	24	06	12

F= Frequency
P = percentage

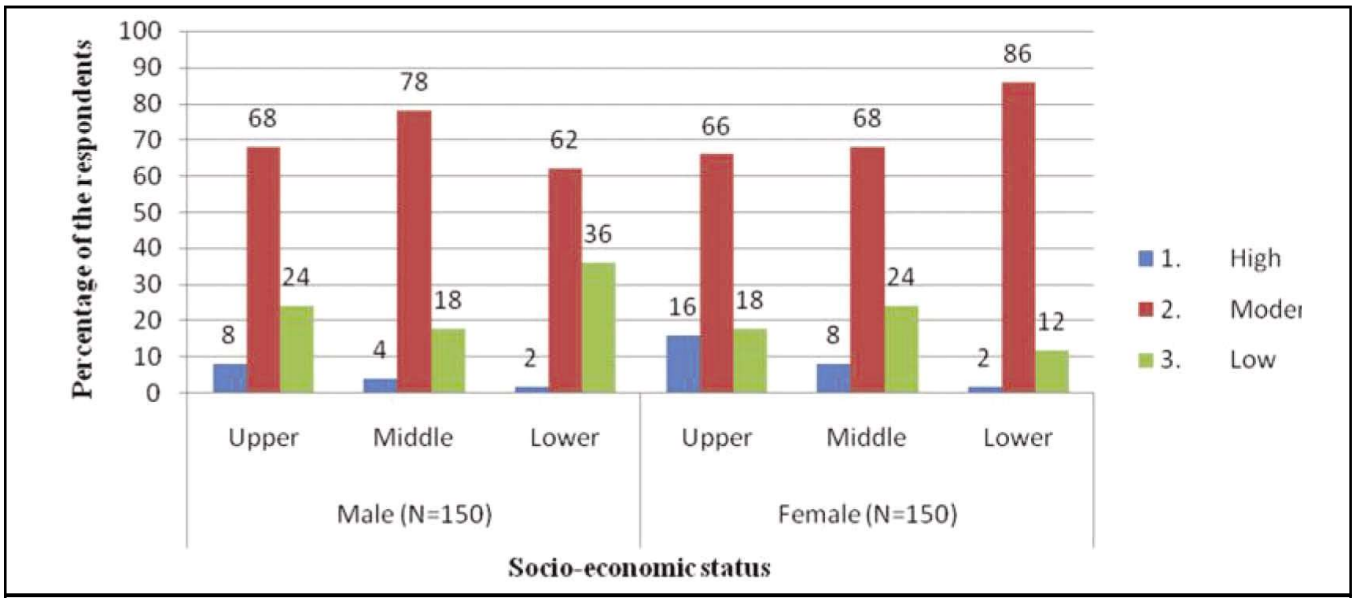

Fig. 1 : Distribution of adolescents in reference to their family frustration across socio-economic groups

the generation of stressors in neighborhood, school, peer, and family environments?. As a result of the family being such a proximal environment, stress within this context can be hypothesized to have an even greater influence on adolescent mental and physical health.

Table 2 and Fig. 2 shows the distribution of adolescents in reference to their family anxiety across socio-economic groups, it is clear from the table that majority 70 per cent female and majority 68 per cent male from middle socio-economic group 58 per cent male and 68 per cent female from upper and 40 per cent male and 64 per cent female from lower socio-economic group felt moderate level family anxiety. Whereas 54 per cent male and 36 percent female from lower socio-economic group, 34 per cent male and 32 per cent female from upper and 28 per cent male and 30 per cent female from middle socio-economic group were having low family anxiety. Very few respondents *i.e.* 4 to 8 per cent across socio-economic group were feeling high family anxiety whereas none of the female respondents across socio-economic group were feeling high family anxiety. It was observed that male from middle socio-economic group and female from upper and middle socio-economic group had moderate family anxiety.

Campbell and Rapee (1994); Costello *et al.* (2003); Poulton *et al.* (2001); Weiss and Last (2001) supported that gender effects for anxiety disorders and symptoms have been found in studies of children and adolescents in English-speaking countries. Generally, more girls than boys develop anxiety disorders and symptoms. Adolescent girls report a greater number of worries, more separation anxiety, and higher levels of generalized anxiety.

Goodman *et al.* (2005) stated that socioeconomic status has been found to be both related and unrelated to anxiety. Broadly, social disadvantage is associated with increased stress.

Deb (2001) stated that in India, the main

Table 2 : Distribution of adolescents in reference to their family anxiety across socio-economic groups

Sr. No.	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	02	04	03	06	00	00	00	00	00	00
2.	Moderate	29	58	34	68	20	40	34	68	35	70	32	64
3.	Low	17	34	14	28	27	54	16	32	15	30	18	36

F= Frequency
P = Percentage

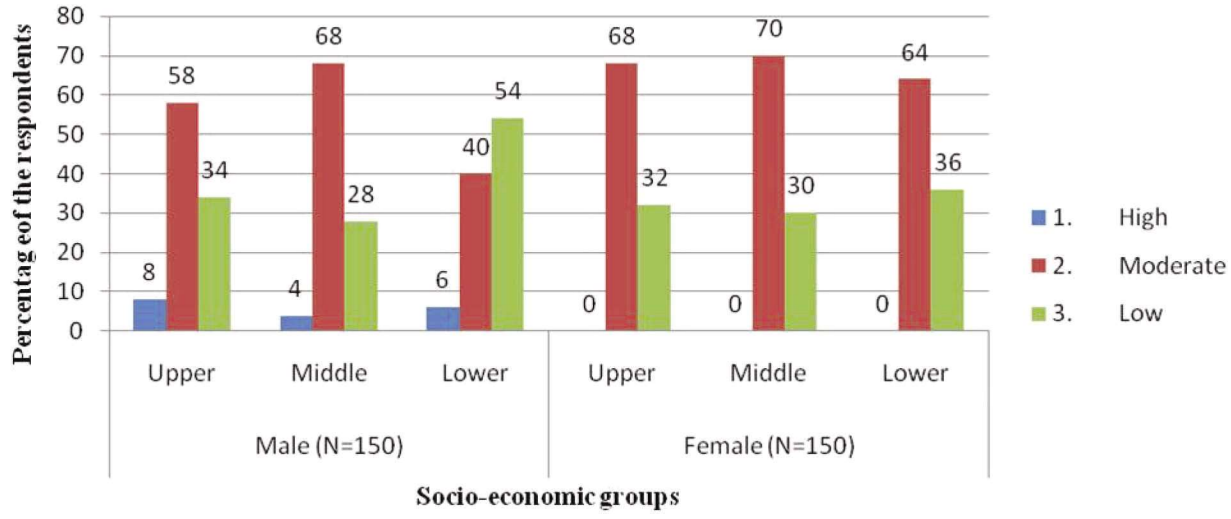

Fig. 2 : Distribution of adolescents in reference to their family anxiety across socio-economic groups

documented cause of anxiety among school children and adolescents is parents' high educational expectations and pressure for academic achievement.

Conclusion:

The study concluded that most of the male from middle socio-economic group and female from lower socio-economic group were going through moderate level of family frustration. It was also observed that male from middle socio-economic group and female from upper and middle socio-economic group had moderate family anxiety.

REFERENCES

Bhat, Anita and Aminabhavi, Vijayalaxmi (2011). Home Environment and Psychosocial Competence of Adolescents, *J. Psychol.*, **2** (1) : 57-63, DOI: 10.1080/09764224.2011.11885464

Campbell, M.A. and Rapee, R.M. (1994). The nature of feared outcome representations in children. *J. Abnormal Child Psychol.,* **22**(1) : 99-111.

Compas, B.E. (2004). Processes of risk and resilience during adolescence. In : R. Lerner and L. Steinberg (Eds.), Handbook of adolescent psychology. New York: Wiley.

Costello, E.J., Mustillo, S., Erkanli, A., Keeler, G. and Angold, A. (2003). Prevalence and development of psychiatric disorders in childhood and adolescence. *Arch. Gen. Psychiatry,* **60** : 837-844.

Crawford, E.R., LePine, J.A. and Rich, B.L. (2010). Linking job demands and resources to employee engagement and burnout: A theoretical extension and meta-analytic test. *J. Appl. Psychol.,* **95** : 834–848. doi: 10.1037/a0019364. [PubMed]

Deb, S. (2001). A study on the negative effects of academic stress. Paper presented at the International Seminar on Learning and Motivation, Kedah Darul Aman, Malaysia.

Goodman, E., Ewen, B.S., Dolan, L.M., Schafer-Kalkhoff , T. and Adler, N.A. (2005). Social disadvantage and adolescent stress. *J. Adolescent Health,* **37**(6) : 494-492.

Mitra, Sebanti and Mukherjee, Indrani (2012). Family Pathology, Anger Expression and Satisfaction from Communication with Mothers in Female Adolescent Underachievers, *J. Indian Academy Appl. Psychol.,* **38** (1) : 109-113.

Poulton, R., Milne, B.J., Craske, M.G. and Menzies, R.G. (2001). A longitudinal study of the etiology of separation anxiety. *Behaviour Res. & Therapy,* **39**(12) : 1395-1410.

Venmathi, A. (2011). Stress management in adolescents. *Asian J. Sci. & Technol.,* **2**(1): 5.

****