

An Analytical Study of Frustration Tolerance of Adolescents Students with Reference to Music



Shiva Vyas

Associate Professor
Deptt. of Music
Rajasthan Sangeet Sansthan,
Jaipur, India



Sunita Shreemali

Associate Professor
Deptt. of Music
Rajasthan Sangeet Sansthan,
Jaipur, India

Abstract

Adolescence is a critical period of life emerging from childhood and merging into adulthood. During this period great physical and mental changes occur and thus, this is period of great un-certainty. Stress and frustration may be due surrounding environment, parents, family members and society etc. This problem is highly prominent among adolescent students. Music can be great help in removing the frustration of adolescents it impacts calmness and piece of mind thus the music has a great effect reducing frustration tolerance. This study aims to analyzing frustration tolerance of Adolescents Students with reference to Music.

Keywords: Adolescent, Frustration, Tolerance, Music.

Introduction

Frustration occurs when a person is unable to reach their desired goal on account of some barrier or due to the absence of desired and appropriate goals. All individuals at one time or another in their lives have to tolerate frustration in their lives. Frustration Tolerance is the amount of stress one can tolerate before the integrated functioning of their mind is seriously impaired. It is the capacity of the person to show indulgence in efforts in spite of the repeated failures.

Low Frustration Tolerance (LFT), called impatience or discomfort anxiety, is created by distorted views of a situation and the ability to put up with it. Sometimes exaggeration is added to the Low Frustration Tolerance to amp it up in his mind.

Need and Significance of the Study

The period considered here of adolescents is marked with so many complexities and problems that the teachers and parents must know the every detail of this period. This study will help the teachers and parents by understanding the unique problems of adolescents.

Statement of the Problem

An analytical study of Frustration Tolerance of Adolescent Students with special reference to Music.

Definitions of the Terms

1. Analytical study: To gain or acquire knowledge using analysis.
2. Frustration tolerance.

Conceptual Definitions

1. Discontentment and ability to tolerate it.
2. Frustration Tolerance is to combat or to sustain over the condition that results when as impulse or actions that are worked by an external and internal force.
3. Frustration tolerance is the ability of a person on a task when frustration occurs due to setbacks and difficulty.

Music

Music is an finest form of fine arts. It is a combination of singing, playing of an instrument and dancing. It is a language of emotions with touches the heart of the learner as well as listener. Music enlightens the person and makes him calm, and peaceful. Music gives to acuity of mind and imparts happiness.

Review of Literature

Bhattacharjee, M (1985) in his study on the needs and frustration of Bengal's intolerance and mental health, revealed that the requirements for materialistic, sexual relations, security and independence were high. The incidence of mental illness was high. It was found that there was a high positive coordination between frustration intolerance and mental illness in adolescents.

The frustration tolerance of the word reflects the amount of stress that anyone can tolerate, before its integrated functioning is severely impaired. Thus, frustration tolerance often refers to the person's ability to show firmness in efforts despite failures and anti-environment (Rai, & Gupta, 1988).

Dragomir, G.M. et al. (2011) investigated teenage frustration tolerance for violence-based films. The objective of this study is to compare the frustrated tolerance of criminal teenagers as well as non-criminal people, people participating in research. After looking at violence-related films, it has tried to compare the differentiation of frustration tolerance in the context of group conformity and index of overall trend for different categories of juveniles, culprits or non-criminal.

Anitei, M. et al. (2013) studied the effect of fatigue on youth, romantic psychological students, impulse, aspiration level, and performance inspiration and frustration tolerance. It was envisaged that there is statistically significant impact of fatigue on the accuracy, determination, impulsiveness level, performance level, aspiration level and tolerance for despair among young Romanian psychological students.

Objectives of the Study

1. To study of frustration tolerance of the adolescent students with reference to a Locale and Gender.
2. To study relation of frustration of Music of Adolescent Students of Rural and Urban areas.

Hypotheses

1. There is no significant difference between the mean scores of the frustration tolerance of the rural and urban adolescent students.
2. There is no significant difference between the mean scores of the frustration tolerance of the male and female adolescent students.
3. There is no significant correlation in frustration and music of adolescent students of rural and urban areas.

Method

The normative survey method uses statistics and values considered normal for the group being surveyed to understand and collect data on a specific subject.

Population

The population of the study consists of Adolescent Students of 151 C.B.S.E. Board Students of Jaipur City.

Sample

The sample of 400 Adolescent Students is taken from 29 C.B.S.E. Board Schools of Jaipur City. Sample is collected by using random sampling technique.

Tools

The standardized psychological tests are used for the study:

1. Frustration tolerance: A test designed by S.N. Rai, Prof. and Head - Department of Psychology, Meerut University are used to collect the data for Frustration tolerance.
2. Self constructed tool of Music. In this the researcher has developed a Music Training Programme for Adolescent Students.
3. Test paper of Music.

Statistical Techniques

The major statistical techniques adopted in the present study are the following:

't' test

One of the most widely used statistical methods for testing the difference between means is called the t-test.

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\frac{s_1^2}{n_1} + \frac{s_2^2}{n_2}}}$$

Correlation

It tells us how two things (usually called "variables" because they vary from high to low) are related to each other.

Delimitation

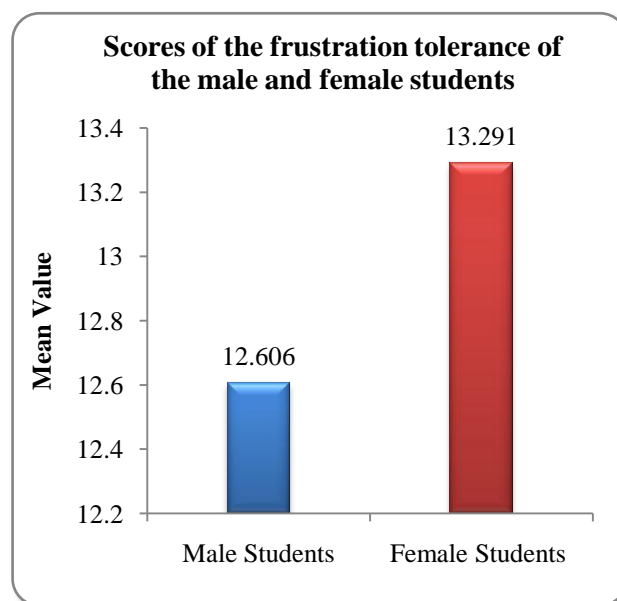
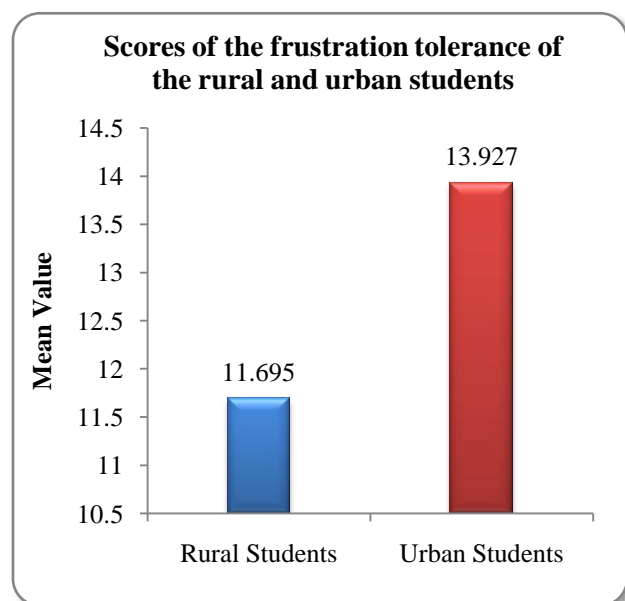
1. The study is delimited to east and west zones of Jaipur city.
2. Only adolescent students of class 9th are undertaken for study.

Results

From the collected data, analysis of the data is done and following inferences are drawn from it. The analysis drawn is tabulated in Table 1 and 2.

Table No. 1: Significance of Frustration Tolerance of Adolescent Students (n=400)

S. No.	Variables	N	Mean	SD	t	df	Level of significance		Significant/ Not significant
							0.05	0.01	
1.	Scores of the frustration tolerance of the rural and urban students	202 198	11.965 13.927	5.529 5.879	3.436	398	1.97	2.59	Significant
2.	Scores of the frustration tolerance of the male and female students	199 201	12.606 13.291	5.884 5.673	1.185	398	1.97	2.59	Not significant

**Table No. 2: Correlation of frustration tolerance of adolescent students (n=400)**

S. No.	Variables	N	r	df	Level of significance		Significant/ Not significant
					0.05	0.01	
1.	Correlation between frustration tolerance and music of adolescent students	400	0.039	398	0.098	0.128	Significant

Findings

1. It is found that there is a significant difference between frustration tolerance level of adolescent students of rural and urban areas.
2. Not significant difference is found in frustration tolerance level of male and female adolescent students.
3. Significant correlation is found in frustration tolerance level and music of rural and urban adolescent students.

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