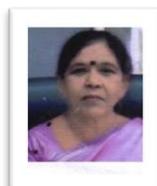


Successful Adjustment in Aging and Frustration *Tolerance*



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Abstract

Frustration is defined as a state that sets a negative impact when a goal oriented act is delayed. It is a feeling of dissatisfaction resulting from unfulfilled needs of unresolved problem. The closer person to a goal the greater are the excitement and expectation of the pleasure & the more prostrated he get by being held back. Thus frustration occurs when a person is unable to reach the desired goal. Most of the people have to face prostration in old age because most of them have lesser frustration tolerance to cope up with situation. This paper deals with the adjustment of aged person and frustration tolerance, result of the research expresses that frustration tolerance plays an important role in adjustment during old age.

Keywords: Frustration, Frustration Tolerance

Introduction

Frustration occurs when a person is unable to reach the desired goal on account of some barrier or other, or due to the absence of desired and appropriate goals. Barriers may be external such as wars, droughts, earth – quakes, storms and fire etc.

Economic fluctuations can also thwart the achievement of desired goals and may create frustrations. The source of frustration may be internal also, resulting from his own incapability and inadequacy. Inability to achieve one's goal may also lead to self devaluation and inferiority.

Frustration is an elaborated phenomenon of motivation unless a man is motivated, he can't be frustrated (Karen and weitz, 1955). Frustration is generally understood 'as the condition of being thwarted in the satisfaction of a motive' (Harriman, 1947) as 'any interference with a goal response as with the instrumental act leading to it (Sears, 1946).

Tucker DM, Luu p.2007 examined that if a person is continuously, a feeling of prostration, fear and depression will after result.

Frustration Tolerance

All individuals at one time or another, in greater or lesser amount have to tolerate frustration in their life.

The term frustration tolerance refers to the amount of stress one can tolerate before his integrated functioning is seriously impaired. Thus, frustration tolerance refers to the capacity of the individual to show persistence in efforts despite repeated failures and antagonistic environment. Thus it is necessary to tolerate the frustration resulting from such events as failure in examination, loss of status etc., to maintain the integration of the personality. According to Rosenweig (1944), "Frustration tolerance is an individual's capacity to withstand frustration without failure of psychological adjustment; i.e., without resorting to inadequate modes of behaviours".

A large no of independent variables related to frustrate. Tol Have been studied they are organic variables environmental variables tasks characteristic cultural variables other variables.

Organism variables the person who are gay, cheerful, healthy and social have a greater degree of frustration tolerance. Age (Fairing and Leness 1979, Rao & Ramalingaswami, 1974) and see (Fairing and Lewis 1979, Rosenweig 1969 a, 1969 b) and personality (Ickes, Espil and Glorig, 1979) of the individual affect frustration tolerance. Males are supposed to tolerate frustration more than females extroverts are supposed to tolerate frustration more than introverts and neurotics the we variables is environmental variables when the environment is not suitable and interferes in the achievement (Wohlwill, Nasar, Dijoy and Foruzoni, 1976).

Next variables is cultural variable, frustration tolerance varies from culture to culture, (Reek, NC Cary and Weatherly 1969).

Mother's role is an important factor responsible for the development of the ability to tolerate frustration (Trubouchi and Jenkins, 1969), the attitudes of the parents, teachers and their peers also have an influence on the ability of the children to tolerate frustration (Thompson, 1977) and finally many more other variables such as success in any task increases the ability to tolerate frustration (Dyck, stove and Lawrence 1973).

Reinforcement also affects frustration tolerance. When a person is rewarded for showing tolerance to frustration, his capacity/persistence to tolerate frustration increases (Nelson, 1969)

Objectives of the Study

1. To study the frustration tolerance in old age.
2. To study the successful adjustment with in Aged person.
3. To study the effect of frustration tolerance on successful adjustment in aging.

Material and Method

The following tools & methods were utilized for research investigation.

This study was carried out to find out the effect of frustration tolerance on successful adjustment in Aging. For this vary purpose a sample of 300 old person selected. Thus elderly person of different income group, nuclear and joint family, educated, normally belonging to are group of 60 to 80 years from urban areas form the universe of the present study. The study sample was collected from greater Gwalior which divided in to 62 wards, Gwalior city was divided Gwalior city was divided into 62 wards. To execute the research plan in the first step of work, list of old age persons from their Voter cards and their Rashan cards was prepared.

From the above list 300 old age persons aged between 60 to 80 years, was short listed through the convenient sampling after rapport faming following test were administered individually then. Frustration tolerance (FRTO) scale By S.N. Rai, Psychological test were used.

Analysis of Data

The following tables proves the objective set by the investigator

Table No.-1

Frustration tolerance with reference to attempt and time taken according to age of Ederly person.

| Frustration Tolerance | Age of Aged people | | | | Statistic al value | |
|-----------------------|--------------------|-------|-------------|-------|--------------------|---|
| | 60-70 N=121 | | 70-80 N=179 | | T | P |
| | Mean | SD | Mean | SD | | |
| Attempt | 2.59 | 1.68 | 1.61 | 1.38 | 5.521 | < |
| Time taken | 67.79 | 33.67 | 56.28 | 45.72 | 2.369 | < |

Table No.-2

Assessment of Adjustment in aged people

| Category | No. | Mean | SD |
|----------|-----|--------|-------|
| Low | 48 | 61.21 | 5.05 |
| Average | 193 | 82.00 | 8.27 |
| High | 59 | 103.15 | 5.03 |
| Total | 300 | 82.83 | 14.47 |

Table No. – 3

Correlation between frustration tolerance and various adjustment among elderly people (attempt made activity)

| Parameter | Statistical value | | | | |
|--------------|-------------------|--------------|---------------|--------------|-------------|
| | Mean | SD | r | t | p |
| Attempt | 2.00 | 1.58 | | | |
| Health | 14.16 | 5.59 | +0.253 | 4.514 | < |
| Home | 16.77 | 4.35 | +0.178 | 3.123 | < |
| Social | 13.76 | 3.85 | +0.101 | 1.752 | > |
| Marital | 12.68 | 2.86 | +0.069 | 1.194 | > |
| Emotional | 15.59 | 3.68 | +0.037 | 0.639 | > |
| Financial | 9.88 | 3.10 | +0.030 | 0.518 | > |
| Total | 82.83 | 14.47 | +0.195 | 3.432 | < |

Table No. – 4

Correlation between for frustration tolerance and various adjustment among elderly people (with time taken activity)

| Parameter | Statistical value | | | | |
|--------------|-------------------|--------------|---------------|--------------|-------------|
| | Mean | SD | r | t | p |
| Time taken | 60.92 | 41.67 | | | |
| Health | 14.16 | 5.59 | +0.069 | 1.194 | > |
| Home | 16.77 | 4.35 | +0.132 | 2.299 | < |
| Social | 13.76 | 3.55 | +0.068 | 1.177 | > |
| Marital | 12.68 | 2.86 | +0.001 | 0.017 | > |
| Emotional | 15.59 | 3.68 | +0.118 | 2.051 | < |
| Financial | 9.88 | 3.10 | +0.052 | 0.899 | > |
| Total | 82.83 | 14.47 | +0.126 | 2.193 | < |

Result

The following conclusions are drawn in the present study as the table No. 1 shows that aged person differ significantly in their frustration tolerance because every individual differs in A/c personality attitude environment & cultural values. This variation effects the level of frustration tolerance between them.

Table No.2 shows the successful adjustment of aged person according to degree. The total sample was classified into Low Middle & high category. The value of SD & mean within the group shows the significant difference between the group. Thus result shows that successful adjustment during old age also differs from age to age. The average level shows the maximum number of adjusted people where as high & low category shows 2nd & 3rd position accordingly.

3rd & 4th table shows the relationship level of frustration tolerance and successful adjustment. Result also shows that, as the frustration tolerance increases the adjustment in different areas also increases. Where as the decrease in frustration tolerance also decreases successful adjustment in aging.

Conclusion

Thus the investigator concluded that frustration tolerance is important aspect in successful adjustment during old age.

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