

IMPACT OF FRUSTRATION ON ACHIEVEMENT OF ADOLESCENT GIRLS IN SECONDARY LEVEL SCHOOLS IN WEST BENGAL

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INTRODUCTION

During adolescence, the brain is more plastic and so more easily shaped by experiences than at other times in our lives. Also, brain circuits that are no longer used are eliminated, so it appears to be the best chance in life to learn new skills and develop lifelong habits. Of course, learning new skills and developing old ones is possible throughout our lives, but this becomes more difficult in adulthood. During adolescence, the prefrontal cortex, responsible for self-control, judgment, organization, planning and emotional control undergoes the most change. Unsurprisingly, as it gradually matures, young people tend to find these skills difficult to manage. The psychologist Laurence Steinberg of Temple University, has specialized in child and adolescent psychological development for the last 40 years. He says that adolescence should be conceived of as lasting from puberty to the early 20s; he views it as a unique opportunity for positive growth which is too often squandered, in part because adults tend to think of it as a time both they and their children have to survive. Steinberg says that until teens learn to “brake” their “overactive engines”, they need support, guidance and sympathetic understanding.

CAUSES OF FRUSTRATION

Frustration could be as a result of internal factors, personal traits or beliefs and might as well be of external factors. The constant in the feeling of frustration is stress either mentally or physically, and this could be experienced in different areas of our lives. Further, teenage girls may find it hard to cope with all

the physical and emotional changes they experience during this stage. As a result, they may face and have many questions about teenage girl problems such as menstruation, dating, depression, issues with their sexuality, and friendships.

One or more of the following are the possible culprits of stress and frustration:

1. Unexpected turn of events
2. Struggling finances
3. Unresolved conflicts
4. Failing or unhealthy relationships
5. Unhealthy work standards
6. Unmet deadlines
7. Unfulfilled sexual desires
8. Mental disorders such as Depression and Post Traumatic Syndrome Disorder (PTSD)

TYPES OF FRUSTRATION

Frustration can come from internal or external sources. A helpful part of solving daily frustrations is to recognize if your frustration is internal or external.

Internal frustration

This means you are frustrated with yourself or your reaction. It can mean you're unhappy with the way you reacted in a situation.

External frustration

With external frustration, the stressor, or the thing that's causing your frustration, is outside of you. That can mean things like wasting time in traffic, or barriers to something you want to achieve.

Examining the situation to determine where the cause of frustration stems from can be a useful first step in solving your dilemma.

ANALYSIS AND INTEPRETATION

DEAL WITH FRUSTRATION

Since feeling frustrated is not foreign in our daily activities and we can't totally put a stop to such emotional response, it is important to figure out how to deal with the feeling of frustration and reduce feeling angry and frustrated at every little inconvenience. The first measure includes identifying the sources of the frustration to know what to work upon, though this can be challenging as frustration could be as a result of collective factors. Afterwards, some or all of the following measures could be employed:

- 1. Be emotionally intelligent:** emotional intelligence is the ability to identify, utilize and manage the emotions of oneself and others. Having a high EI contributes to how one deals with frustration, this can help you give a more appropriate response to people's actions and circumstances that could lead to frustration.

Having less expectations from decisions made by other people which is beyond your control is necessary to avoid getting angry and frustrated constantly, while you might have no control over people's actions, you decide the way you react to such actions and how you allow it affect you.

Anova: Single Factor						
SUMMARY						
Groups	Count	Sum	Average	Variance		
Daily hassles %.	4	201.54	50.385	155.5656		
Finances %	4	235.26	58.815	230.9614		
Interpersonal conflicts %.	4	184.1	46.025	369.1926		
Relationships %	4	180.48	45.12	288.3095		
Environmental Frustration %	4	176.88	44.22	246.9601		
ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	579.8721	4	144.968	0.561461	0.694208	3.055568
Within Groups	3872.968	15	258.1978			
Total	4452.84	19				

2. Be optimistic: the complexity of a situation or job depends on your view and thought patterns. Getting frustrated might also be from a negative point of view where we see challenges as being beyond our control. Learning to see challenges from a brighter view of learning and development rather than what you've been able to achieve can help to get rid of the feeling of frustration at work or over a project and help you build resilience which reduces the effect of stress.

Learning to not only focus on what you can't do or don't do well enough but to be grateful for the things you have also is an optimistic view of the situation.

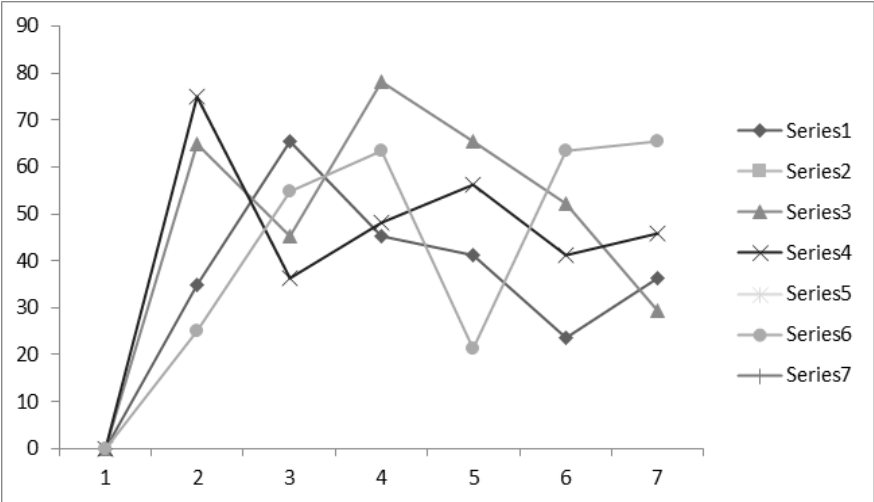
1. Practice some relaxing exercise: Breathe! This first line of action is a natural stress relief. Since most feelings of frustration are as a result of stress or being overwhelmed, trying a breathing exercise would be great to supply your brain with oxygen, help you clear your mind and keep you calm. While your mind is in a haze of turmoil, take a deep breath and slowly release it. You could also practice meditation or yoga which helps clear the mind and release built up tension.

2. Vent: pent up your feelings would only lead to you being more frustrated and choked, letting out your frustrations is not just healthy but also necessary to keep your mental state intact. This has also been proven as a good means of reducing mental stress and frustration.

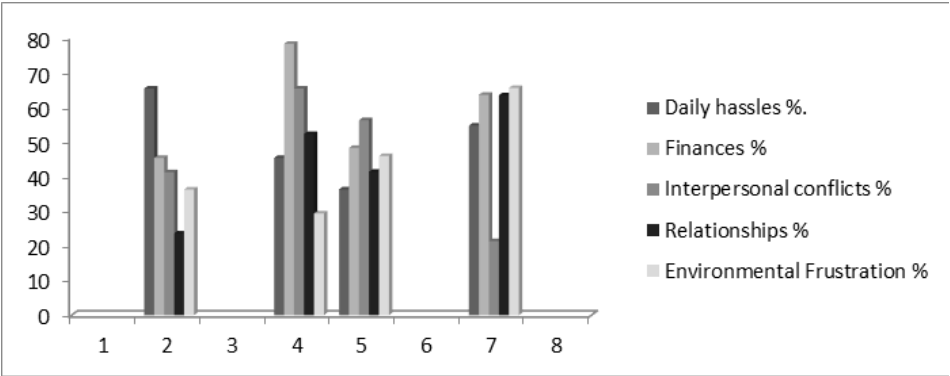
3. Get outside: it's important that you leave the environment surrounding your frustration, most times we want to figure out a solution to solve the cause of the frustration, while this is not bad in itself but running away for a short while is a better option.

4. Take breaks: managing stress is another perfect means to manage frustration and taking breaks in-between work is the best way to do so. While going about a short or long-time assignment, delegate time to go off work and do something more cheerful to give your mind the boost it needs. Psychologists have proposed that a deliberate distraction gives a boost to productivity particularly when the task is mentally demanding.

NAME OF SCHOOL	FREQUENCY	• Daily hassles %.	Finances %	Interpersonal conflicts %	Relationships %	Environmental Frustration %
Bagbazar High school	35	65.32	45.32	41.21	23.54	36.21
Shyambazar Balika Vidyalaya.	65	45.32	78.21	65.32	52.21	29.32
Kasipur Amiobala Vidyalaya.	75	36.25	48.21	56.21	41.32	45.87
Bagbazar Multipurpose Girls' School	25	54.65	63.52	21.36	63.41	65.48



5. Change your life pattern: you might also want to make some adjustments to your activities and how you go about them. This involves cutting down on responsibilities that could be promoting stress in your life while investing in those that leaves you more refreshed. It could also require you getting out of unhealthy relationships that could be causing you stress or becoming assertive as to demanding what you want or how you want others to relate with you.



6. Building resilience: Resilience is the ability to bounce back after experiencing a setback. This is like stress-proof which helps us to manage and overcome stress better. One of the ways to build resilience is to understand that change and unexpected turn of events are normal, not your fault or because you lack the abilities.

7. Set realistic goals: frustration sets in when things don't go as you plan or want. Sometimes, this could be because your expectations are unrealistic, while inspirations and ambitions are important to drive, it is necessary to have a healthy appetite for them. Rather than having huge goals accompanied with a lot of mental stress, setting smaller chunks of Specific, Measurable, Achievable, Relevant and Time-based (SMART) goals helps in building momentum as well as increasing the feeling of fulfillment.

8. Remove the Stressor: in instances where frustration is as a result of problems in your relationships either a conflict, failing relationship or unfulfilled sexual desires, talking with the person(s) involved would be a good decision. Making your pain known to the other person would help in addressing the issue which would reduce the frustration involved as well as help you find a solution to the problem. Finding other alternatives to boost one's finances and delegating tasks when necessary can be employed also to alleviate frustration.

EMPOWER ADOLESCENT GIRLS

First and foremost, the parents need to take utmost care of their own emotional and mental state while dealing with their child's behavior. They need to trust and work towards creating a healthy bond with him or her. This could include sharing stories from their teenage and listening intently to the child's newly developed interests, without being judgmental. If the child is going through something and is not willing to share, the parents should make him or her feel comfortable by accepting the situation. They must then guide the child in a calm and gentle manner. As they say in Hindi, "jaisa sang vaisa rang", we are strongly influenced by the company we keep. Parents should talk to their children about the significance of being in the company of like-minded people. Collective consciousness can impact our mindset in a significant way.

Working towards making the world a better place helps the teenager rise above personal worries and see his or her skill-sets being used for a larger purpose. This can work wonders in making the child feel more responsible and secure, and diminish the need for recognition and approval from outside.

Just as every phase of life is a new opportunity and a challenge in itself, teenage is also a special period in a child's life, and also in a parent's life. Let it be an adventure worth remembering. An adventure filled with a positive outlook towards life.

ENVIRONMENT AND IDENTITY

An adolescent's environment plays a huge role in their identity development. While most adolescent studies are conducted on white, middle class children, studies show that the more privileged upbringing people have, the more successfully they develop their identity. The forming of an adolescent's identity is a crucial time in their life. It has been recently found that demographic patterns suggest that the transition to adulthood is now occurring over a longer span of years than was the case during the middle of the 20th century. Accordingly, youth, a period that spans late adolescence and early adulthood, has become a more prominent stage of the life course. This, therefore, has caused various factors to become important during this development. So many factors contribute to the developing social identity of an adolescent from commitment, to coping devices, to social media. All of these factors are affected by the environment an adolescent grows up in. A child from a more privileged upbringing is exposed to more opportunities and better situations in general. An adolescent from an inner city or a crime-driven neighborhood is more likely to be exposed to an environment that can be detrimental to their development. Adolescence is a sensitive period in the development process, and exposure to the wrong things at that time can have a major effect on future decisions. While children that grow up in nice suburban communities are not exposed to bad environments they are more likely to participate in activities that can benefit their identity and contribute to a more successful identity development.

Daily hassles %.	Finances %			Interpersonal conflicts %		Relationships %		Environmental Frustration %	
Mean	50.385	Mean	58.815	Mean	46.025	Mean	45.12	Mean	44.22
Standard Error	6.236298	Standard Error	7.598707	Standard Error	9.607192	Standard Error	8.48984	Standard Error	7.857482
Median	49.985	Median	55.865	Median	48.71	Median	46.765	Error Median	41.04
Mode	#N/A	Mode	#N/A	Mode	#N/A	Mode	#N/A	Mode	#N/A
Standard Deviation	12.4726	Standard Deviation	15.19741	Standard Deviation	19.21438	Standard Deviation	16.97968	Standard Deviation	15.71496
Sample Variance	155.5656	Sample Variance	230.9614	Sample Variance	369.1926	Sample Variance	288.3095	Sample Variance	246.9601
Kurtosis	-1.01253	Kurtosis	-1.76432	Kurtosis	-0.78305	Kurtosis	-0.20575	Kurtosis	0.584726
Skewness	0.156267	Skewness	0.712162	Skewness	-0.64628	Skewness	-0.49431	Skewness	0.99492
Range	29.07	Range	32.89	Range	43.96	Range	39.87	Range	36.16
Minimum	36.25	Minimum	45.32	Minimum	21.36	Minimum	23.54	Minimum	29.32
Maximum	65.32	Maximum	78.21	Maximum	65.32	Maximum	63.41	Maximum	65.48
Sum	201.54	Sum	235.26	Sum	184.1	Sum	180.48	Sum	176.88
Count	4	Count	4	Count	4	Count	4	Count	4
Largest(1)	65.32	Largest(1)	78.21	Largest(1)	65.32	Largest(1)	63.41	Largest(1)	65.48
Smallest(1)	36.25	Smallest(1)	45.32	Smallest(1)	21.36	Smallest(1)	23.54	Smallest(1)	29.32
Confidence Level(95.0%)	19.84668	Confidence Level(95.0%)	24.18248	Confidence Level(95.0%)	30.57437	Confidence Level(95.0%)	27.01846	Confidence Level(95.0%)	25.00601

CONCLUSION

The faulty upbringing at home, unhealthy relationships, over protection is the sources of conflict from home environment. Unpleasant school or college environment, role of teachers, faulty method of teaching, denial of opportunities for self expression and classmates are some of the sources of conflict in youngsters. While many people think anxiety immediately leads to feelings of anger, it usually leads to frustration first. If not properly managed, anxiety may make an individual frustrated about their circumstances or the people involved.

Once the frustration has settled in as a regular emotion from the anxiety, it can then quickly lead to anger. This next stage is often expressed outwardly due to the fear that a person feels about the scenario that made them anxious in the first place.

Allowing this anger to overcome general emotions can potentially lead to damaged relationships, issues at work, struggles in school, and other problems in everyday life. Anger caused by anxiety can make someone lash out both verbally and physically, sometimes leading them to hurt others or themselves.

It's important to understand that not all anger issues are caused by anxiety. But for those who take a closer look at why they're having these strong emotions, it often leads them to recognize feelings of fear, insecurity, and worry.

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