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RESEARCH ARTICLE

A COMPARATIVE STUDY OF FRUSTRATION AMON ADOLESCENTS OF WORKING AND NON WORKING MOTHERS

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ABSTRACT

The study examining a comparative study of frustration among adolescents of working and non-working mothers. The random sampling technique was used. The sample of the study was 200 adolescents (100 boys and 100 girls).the quantitative analysis technique was used to collect the data. The tool used in the investigation was Reaction to frustration scale by Dr. B.M. Dixit and Late D.N. Srivastava (2011). The result shows there is significant difference between frustration of adolescents of working and non-working mothers. The result reveals that there significant difference between frustration of adolescent boys of working and non-working mothers. The result shows there is significant difference between mean scores of adolescent girls of working and non-working mothers on frustration. Teachers, administrators and counselors should be sensitized about the level of frustration and coping strategies of children of working mothers so that they would take proper measures for planning, counseling intervention for them.

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INTRODUCTION

Adolescence is the most important and critical period of individual's life. It is considered transitions between childhood and adulthood and so the adolescent has to learn many social skills and make new adjustments during this stage. Adolescence is a period of multidimensional transition from childhood to adulthood and is thought as a period of 'Storm and stress'. It is a time of heightened emotional state resulting from the physical and glandular changes that are taking place. It is necessary, therefore, to look for other explanation of the emotional state which is characteristics of this age. With passage of time, adolescents complete physical growth, develop intimate relationships and move towards emotional maturity and have high level of self-confidence. Working Women refers to women who are mothers and who work outside the home for income in addition to the work they performed at home in raising their children. These women are earning equal part of their livelihood by engaging themselves in any occupation or work for pay and profit. Non-working women, the term is used for those women who are not gainfully employed and are totally involved in the household jobs. They have to perform only one role i.e. to remain at home and perform her duties as a mother and house wife at home.

Frustration depends upon the intensity of needs and dimension of its blocking. The interference to the goal directed activities of an individual leads to deviation from natural behavior and results in frustration. Frustration is the big problem of society. At present, not only mature persons, but teenagers seem to be in state of frustration. In frustration the person's goals are threatened by the demands and limits of environment and result in disorganized behavior and decreased social adjustment.

Need and justification of the study: Mother is the most influencing factor because child comes in constant contact with his mother and he is greatly influenced by her attitude and ways. He always prefers and seeks mother's help during his childhood, because mother understands her child better than his father and the positive attitudes of mother have a desirable impact on children in picking up favorable attitudes. It is her function to guide children in this right direction, the role endows mother with a responsibility in guiding and framing child's personality. The changing status of working women affects their attitudes, behaviour and their role in home and society they have no time for their children. They want only their children to be intelligent and successful and they emphasize more studies on their children.

The emotional level of child is neglected to a great extent. Since the adolescence is the age of stress and strain, storm and strife and in this critical change, a lot of changes take place both internally and externally. Some times when they are unable to cope with these changes then they start frustrating. So there is a need to check the frustration level of adolescents working and non-working mothers.

Review of Related Literature: Dave (2013) found no gender difference in frustration of students of Secondary schools in his investigation on Construction and tryouts of Frustration Inventory. It means that gender does not create effect on frustration. Pasricha (2014) indicated that conduct problems were highest with 22.6 percent, followed by peer problems with 12.8 percent and an emotional problem with 12.2 percent. 117 students felt that these problems interfered with home life, friendships, classroom life leisure activities and difficulties upset or disturbed them there are 236 students whose mothers were not working and 264 students whose parents were employed. Mental health problems were significantly higher among those children whose parents were employed. Patil (2016) studied on the stress among the working and non-working women's. It was hypothesized that the working women's has more stress than the non-working women's. In order to verify the above hypothesis a sample of 90 women's were taken. From which working women's (N= 45) and non-working women's (N= 45). The study revealed that the working women's has more stress than the non-working women's. Kumar and Kumar (2018) analyzed by using t-test and results reveals that housewives have better marital adjustment and low level of stress than working women. The results also show that there is no significant difference between working and non-working women on life satisfaction. Singh et al (2020) examined the result shows that there is a significant difference between adolescents of working and non-working mothers on mental health. The results indicate the significant difference between adolescents of working and non-working mothers on mental symptoms but not somatic.

Objectives of Study

- To study the frustration among adolescents of working and non-working mothers.
- To compare the frustration of adolescent boys of working and non-working mothers.
- To compare the frustration of adolescent girls of working and non-working mothers.

Hypotheses

- There is no significant difference between frustration of adolescent children of working and non-working mothers,
- There is no significant difference between frustration of adolescent boys of working and non-working mothers.
- There is no significant difference between frustration of adolescent girls of working and non-working mothers.

METHODOLOGY

Keeping in the mind of above objectives of the study, the investigator used random sampling technique. The sample of

the study was 200 adolescents. The quantitative analysis technique was used to collect the data. The tool used in the investigation was Reaction to frustration scale by Dr. B.M. Dixit and Late D.N. Srivastava (2011). The study was delimited to students of 1st year of graduation. The study was restricted to Ludhiana City only.

RESULTS

The table depicts that the mean scores of frustration adolescents of working and non-working mothers on frustration as 103.77 and 93.73 and S.D is 10.41 and 9.58, t-ratio is calculated as 7.10.

There is no significant difference between frustration of adolescents of working and non-working mothers.

N	Adolescents	Mean	S.D	t-ratio
Working Mothers	100	103.77	10.41	7.10
Non-working Mothers	100	93.73	9.58	

There is no significant difference between frustrations of adolescent boys of working and non-working mothers

N	Adolescent Boys	Mean	S.D	t-ratio
Working Mothers	50	103.52	11.64	5.50
Non-working Mothers	50	91.80	9.58	

There is no significant difference between frustration of adolescent girls of working and non-working mothers.

N	Adolescent Girls	Mean	S.D	t-ratio
Working Mothers	50	104.02	9.13	4.54
Non-working Mothers	50	95.66	9.28	

The result shows that there is significant difference between frustration of adolescents of working and non-working mothers. So the hypothesis there is no significant difference exists between frustration of adolescents of working and non-working mothers is rejected. The table depicts the mean scores of adolescent boys of working and non-working mothers on frustration as 103.52 and 91.80 S.D is 103.52 and 91.80 and t-value is 5.50. The result shows that there significant difference exists between frustration of adolescent boys of working and non-working mothers. So the hypothesis there is no significant difference between frustrations of adolescents' boys of working and non-working mothers is rejected. The table depicts that the mean scores of adolescent girls of working and non-working mothers on frustration as 104.02 and 95.66 and S.D is 9.13 and 9.28, t-ratio is calculated as 4.54. The result revealed that a significant difference between mean scores of adolescent girls of working and non-working mothers on frustration. Hence hypothesis there is no significant difference between frustration of adolescent girls of working and non-working mothers is rejected.

Conclusion

- The result shows there is significant difference between frustration of adolescents of working and non-working mothers. The adolescents of working mothers are more frustrated than non-working adolescents.

- The result reveals that there significant difference between frustration of adolescent boys of working and non-working mothers. The adolescents of working mothers are more frustrated than non working adolescents.
- The result shows there is significant difference between mean scores of adolescent girls of working and non-working mothers on frustration. The adolescents of working mothers are more frustrated than non working adolescents.

Suggestions

The findings of the study showed that frustration level of adolescent children of working mothers is higher than non-working mothers. The study will help the parents, teachers, administrators and guidance workers to prepare themselves will work as an eye opener to parents and teachers at large.

Following measures can be taken

- Parents should try their best to understand the needs, motives of their children and help them to channelize their energy in positive action.
- Psychological counseling services can be provided for make the students emotionally stables who have higher level of frustration.
- Different activities can be planned for children to decrease their frustration level.
- Teacher should deal patiently with their students. Educating children take time, what once they have learnt.
- Teachers, administrators and counselors should be sensitized about the level of frustration and coping strategies of children of working mothers so that they would take proper measures for planning, counseling intervention for them.

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