



Research Paper

An Anthropological Study of Frustration Among The Youths: The Causes And The Reaction: A Case Study Of Indore (Madhya Pradesh, India)

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ABSTRACT

The behaviour patterns of the youths are guided by their basic needs and the desires, which ultimately help them, attain the goals set for the satisfaction of these needs and the desires. However, this apparently simple looking process does not remain so simple for many of them. There are various reasons which block their paths to attaining the goals and push them towards failure. Repeated failures in attaining the goals make the youths frustrated and lead them towards abnormality as well. Some times, besides failures, some other socio-cultural factors also become the potential sources of frustration for them and the fight between the desires and the needs aggravates the situation further.

This article explores some of the basic causes of frustration among the youths. An attempt has also been made to highlight their reactions in frustration. Since the case study method of research helps in understanding human mind and behaviour in general, this method was used as a principal tool for this study.

Key words: Frustration, Frustrated youths, Cause of Frustration, Basic needs, Desire, Failure, Abnormality, Socio-cultural factors, frustrated reaction.

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I. INTRODUCTION

The number of frustrated youths is growing fast in the contemporary Indian society. Frustration is one of the major causes that leads the youths towards abnormality and provokes them to commit suicide (WHO 2008). India tops the list of countries having high suicidal rates in the world and only in 2010, almost 18,7000 persons had committed suicide in this country. It is noticeable that large portion of suicide death occurred between the age of 15 years and 29 years (Patel et. al. 2012). Studies conducted in two major cities (New Delhi and Mumbai) in India reveal that in between 2005 and 2008 more than 16,000 students have committed suicide in these two cities (Agency 2008) and doctors attribute this extreme step of students to their depression, worry, stress and the frustration. The number of the persons who had committed suicide in the Madhya Pradesh is high. According to a report in this state, as many as 3096 persons had committed suicide in between 16 June, 2010 to 5 November, 2010. Not only this, five states in India including the Madhya Pradesh have been declared as 'suicidal zones' in country. The other four states are Andhra Pradesh, Chhatisgarh, Karnataka, and Maharashtra (Report 2010).

During the investigation undertaken in course of this study, it was noted that in Indore, one of the major cities in Madhya Pradesh, besides failure or fear of failure in attaining the desired goals, there were various socio-cultural factors responsible for generating frustration among the youths. It was found that in majority of cases the problem of such frustration had started disturbing the life of many youths from their early age, when they were students of the middle school or so.

It was observed that just like many others, the youths of Indore, too, were ambitious by nature. They had many aspirations and desires, which they liked to be fulfilled. Many of them had duly planned and worked hard in view of the realization of their ambitions and fulfilment of their desires. Some of them got success in their efforts but others, either due to their own incapability or many other different reasons, could not reach their

goals. Failure candidates tried again and again but in vain. When the consequence of their repeated attempts proved utter disappointing they reached the state of frustration. During the state of frustration the youths were not able to concentrate fully, to work hard as well as to think about the other alternatives for follow up action. They were so much disgusted that they were not able to take to any purposeful or prospective decision. They were eager to do something but were apprehensive of the undesirable consequences. Thus their frustration had resulted in their mental predicament.

Psychologists (Mishra 2004) claim that to some extent anxiety puts any one into action but anxiety disorder results in opposite way and this statement is coming true in the case of the frustrated youths, who participated in this study. Extreme anxiety had made many of them anxious and uncomfortable and many of them were not able to perform even their daily routine properly. For them all the paths, which would have led them ahead, were blocked and many of them claimed that there was no one to help them.

Social scientists (Barney and Lehner 1953; Carroll 1967; Coleman 1970; Gilmer 1970; Good 1996) conclude that the significance of needs and desires as well as the strength of the blocking increases the degree of the frustration. It was noticed that with the increased degree of the frustration; many of the frustrated youths had lost their hopes, much needed for working hard. If there is no hope, a person stops doing any thing because hoping means seeing the out come you want is possible, and then working for it (Siegel 1996).

In course of field visit it was noticed that the youths were suffering from a kind of helplessness. They wanted to achieve success, but being unable they wanted to change some of the old social systems but in vain. All these factors were leading the youths to mixed reactions and except a few, none of them were positive. Not only this, on the contrary these factors were creating mental tension besides all sorts of stress and strain among the youths, proving health hazards or so. The medical community estimates that in 70% to 90% of the medical cases the stress plays a vital role (Goudey 2004) and the condition of the youths, participated in this study was, by far a the good example of this finding.

This article analyses some of the basic causes of the frustration among the youths as well as their reaction while in the state of frustration. An attempt has also been made to explain the coping strategies the youth had adopted to come out from their frustration. This study has been done on the comparative basis of the male and the female participants and the major findings indicate significant differences between them in terms of their behaviour, in the hour of frustration. These differences can be attributed to the socialization of a male and a female child in the Indian society.

Here it is necessary to mention that barring three or four, none of the participants of this study were taken to the psychotherapist, counsellor or for any other medical help. When asked why they did not go to counsellor or for any other medical help some of them replied, "What will they (medical professionals) do? They cannot solve our problems. They cannot change the behaviour of our seniors or of our parents. They cannot make us able to get full marks in examinations or achieve success in competitions. Instead, they will give us either some tablet to eat or give us long lectures just like our elders do sayings accept the thing the way it comes to us". Many of them did not agree with the view that their mental state needed treatment by a specialist. A few of them said that they had gone to doctors for the help and the doctors after giving them some medicine had advised them to change their life styles, which they were not able to do.

Psychiatrist (Mahajan 2002) claims that the youths of today are seldom willing to change their life styles. When they are being advised to do the yoga, the exercise, or the meditation, they simply say that they have no time for the yoga or the exercise. For them spirituality and the meditation are post retirement distraction. At present, they have to win the race. The reluctance of taking medical help, to change the life style and being impatient in attaining the goals aggravate the situation further and increasing the level of the frustration.

It was found during investigation that the frustration starts developing in very early age of a student when he/she reaches in class X and starts preparing for State or Central School Board Examinations. The constant threatening of parents to face the consequences after not getting good marks in examinations, make their children nervous. The pressure of studies, worries of performance in examination and anxiety make a school student frustrated. Since the parents of the students between the age group of 15 to 17 years did not allow their candidates to participate in this study their cases were eliminated from the list.

II. RESEARCH METHEDODOLOGY

PARTICIPANTS

One hundred and the fifty youths (eighty males and seventy females) participated in this study. Their minimum educational qualification was High School pass and they all belonged to such families whose yearly income was between sixty thousand to two hundred thousand Indian rupees. They were of the age groups of eighteen to thirty years and many of the males were unmarried, whereas in case of female participants majority of them were married. This specific age group of participants was selected anticipating that during this period of age a boy or girl takes admission into professional course, gets a job and plans to start a family and in this

process faces many barriers which block his/her paths of attaining his/her desired goals and gets frustrated. However, parents of the participants were not included quantitatively in this study on some occasion their view and opinion were sought while analysing the data only to make some points clear.

III. METHODOLOGY

In India, where majority of persons avoid or hesitate to take medical help for their psychological problems, it was not possible to collect data from medical centre. Therefore, it was decided to collect the data by meeting the persons personally. The data were collected mainly from the students of different schools, colleges and institutes, from those who were struggling for jobs and from those who had taken their jobs recently. Data collection began with presenting participants a self-administrated schedule cum questionnaire in which they were asked to give some basic information such as age, sex, education, marital status and economic condition. After this, the participants were asked to reply to some questions such as *blames other when things do not go right *slaps or shouts on others with no valid reason *quick to anger during conversations or starts crying *argumentative with others *get upset easily by mistake either own or others *always crushing others *becomes angry when things do not go right *finds difficult to remember things *blames successful persons saying they have used unfair means *bothered easily by others' behaviour *becomes angry if there is change in routine *is often cranky and so on in 'yes' or 'no'. The persons who gave 50% or more affirmative answers, were considered frustrated for this study. However, the number of persons who were found frustrated were more only 150 among them agreed to participate further. The persons participated in this study also informed about the causes of suicidal death of their close associates, which were further confirmed with the relatives of the persons who had committed suicide.

For this study, both the qualitative and the quantitative methodologies of data collection were preferred. This preference were driven by the opinion that the qualitative study better address the questions and provides the best fit for adding empirical understanding to the experiences whereas, the quantitative study helps knowing the trend of the of the problems or the consequences of the problems. After selecting the people in frustration it was tried to collect qualitative data for which the case study method through focus group (of 3 to 4 participants) discussion/interview was used as a principal tool. Focus group discussion/interview provides the advantages of a conversational discourse; it presents the possibility of recollections and minimizes anxiety because of its informal style. In addition, this style of data collection provides an opportunity of a type of dialogue where both the researcher and the researched seek to clarify and expand the understanding (Acker and Esseveld 1983). It is an in-depth look at the individual in the context of his environment (Flybjerg 2011).

In some cases when the participants were not ready to participate in the group discussion single in depth interview was taken, because according to social scientists (Reinharz and Chase 2002) one-on-one interviewing has remained a commonly used technique for its capacity to give voice to the victims. The participants shared their experiences with the author, which were noted carefully.

LOCALE OF THE STUDY

Study was conducted in Indore, which is one of the major cities in Madhya Pradesh (India). Indore is the commercial centre of an agricultural region in which wheat, millet, corn, cotton; opium and oilseed are produced. In the city are factories that manufacture cotton textiles, hosiery, chemicals, furniture, and metal products.

IV. RESULT AND DISCUSSION

4.1. CAUSES OF FRUSTRATION

Data obtained make it clear that the causes of the frustration were present both in the individual him/herself and in his/her environment. Based on this fact the data were divided in to two groups: (a) External factors and (b) Internal factors (see Table 1).

A. EXTERNAL FACTORS

Factors which were involved out side an individual such as social as well as the economical factors and were responsible for frustrating a youth were considered as external factors in this study.

SOCIAL CAUSES

It is a well known fact that every individual is considered his/herself to be unique with a set of personal opinions, preferences, habits and quirks (Ember and Ember 1993). It is supposed that the person whose vision is limited strictly to his/her own needs and the desires or the so called ego centric person is generally ineffective in dealing with the other people.

During field visit it was noticed that in Indian society, the head of the family, generally the father of the younger generation, takes the decision in the every important situation and the other family members do not

oppose him. If any one tries to do so he/she has to face the wrath of the elders. It was observed that in majority of the cases the fathers of the younger generations while taking decision had not consulted or given importance to the needs of the younger generations. They had taken care of their own wishes and the desire in the name of the welfare of the family or tradition. Sometimes giving the examples of the mythological heroes such as the Prahlad and the Ram who had followed their fathers neglecting their own comforts, the fathers of the younger generations had tried to convince them to think about the needs of the family first. The younger generations were finding it difficult to maintain a balance between ideal pattern and actual behaviours. It was found that there were various social reasons responsible for blocking the path of the youths in attainment of some of their important goals or in the satisfaction of basic needs and the desires. The reasons such as not allowing a person to go for inter-caste marriage, not giving permission to boy to go to another city to work, forcing a girl to do cooking instead of doing assignment given to her in college are some of those which had become the source of frustration among them. These reasons may be not look big for the others but were significant for the youths.

One of the male participants, who was jobless said that he was frustrated because he was not permitted to go to another city to join a well paid job on the ground that he was the only son of his family and he had to take care of his old parents. He was ready to take his parents with him but his parents were not ready to leave their hometown where they had spent sixty-five years of their life. He said not only his parents but also all his family members, the neighbours and some of his friends were against his joining the job in another city. They all advised him to take care of his parents living with them. He said that first all of them forced him not join the service but after two years they all started passing comments on him saying that he was living on the breads given by his father. He was finding himself helpless and was looking for a person who could have guided him.

One of the female participants narrated her case in this way:

“I am a Master degree holder and working as teacher in a school. I am in love with a boy who is working in an office. My parents are not allowing me to marry him because he belongs to different caste, which is considered lower than the caste I belong to. The parents of the boy are ready for this marriage but our society does not permit a girl marrying a boy belonging to a caste considered lower than the caste of the girl. Whenever I try to make my parents understand that one should not remain rigid for this caste issue in present time, they refuse to listen to me saying they have provided me better education not to teach them. I am frustrated. If any body can help me in coming out of this situation, I would remain obliged to him for ever.”

In both the above mentioned cases we see that neither the elder nor the younger generation is ready to opt for any solution. May be, if they would have tried to invent better ways to come out of their problems they would have changed the situation without making one frustrated. They all needed help and guidance but found no one to help or guide them.

When the father of this participant was questioned about his behaviour, which was making her daughter frustrated he said that when he was young no father was thinking about the frustration of his child. The father, as a head of the family used to take decision and the children were following that decision blindly, and were not suffering from frustration or any other mental tension. He said that youths of these days are suffering from the frustration, depression, and stress because they have started interfering with the decision taken by their parents or by any other elders. He continued saying that he was frustrated, too, because his daughter was not listening to him.

While talking with the parents of some the other participants it seemed that many of them were frustrated as well and the reason of their frustration was the behaviour patterns of their children. It was noted that in the state of frustration they lacked the maturity for coping with the situation and taking decision acceptable for all, which were further disturbing the peace of the home.

Data obtained make it clear (see Table 1) that the social conditions are more favourable for the males than the female participants. During the field investigation, it was noticed that the female participants were facing more un-liberal condition and restriction than the male participants. In majority of cases the female participants were forced to do the household works while it was important for them to study because examination was near. They were not allowed to buy modern dresses resulted they were to wear traditional dresses. They were not allowed to go for higher studies; otherwise, it would have become difficult for their parents to search grooms for them who were equally qualified or more qualified than the girls. All such factors were responsible for generating frustration among the female participants.

ECONOMIC CAUSES

The economic factors such as the poor economic condition of the father and more responsibilities at home, long interval of un-employment, lower salaried jobs and unable to meet the basic needs are some of the causes of frustration among the youths especially among the male participants. It is quite natural, because in Indian society, in general a son is expected to share the economic responsibility of the family. One of the male participants explained his case in this way:

“I am the only son of my parents and I have four sisters. Our grand parents are also living with us. My father is working as an operator of printing machine in a press. His salary is not sufficient to meet the basic needs of us. Due to poor economic condition, I was not able to continue my study and was forced to join service after schooling. I am earning less than my father. I am giving all my earnings to my father. Now my family members are planning for my marriage. My father wants to use the money he will receive as my dowry in my sister’s marriage. I do not want to marry now. I am frustrated to think about my future. What will happen to me when I will get married and become a father? I want to give better education to my children so that they can join good salaried jobs but it seems to be impossible for me. My father with an eye to get rid of his responsibility is spoiling my future saying I should make sacrifices for my parents and sisters. In the state of frustration many times I wanted to commit suicide but for the sake of my mother I could not do so”.

However, it is the responsibility of a son to share the economic burden of the family some times a daughter is also expected to do the like if she is the eldest of all the children of her parents. A female participant said that she was frustrated because her parents and siblings were depended on her salary and due to that, she was not able to marry the boy she was in love with. She said that her father, after the death of his first wife, got married second time at the age of forty two. He became the father of three children and she was the eldest one. She was only seventeen years old when her father got retired from the job. His pension was not enough for meeting the needs of all of them. She was compelled to earn. She started tutoring small children and continued her study, too. After graduation, she became a schoolteacher. Her two younger brothers were studying in school. Her father was not allowing her to marry saying that she was to take care of her younger brothers who were in high school. When she asked her father that when she could continue her study while tutoring children why not her brothers could do so? His father replied that he wanted his sons only to concentrate to their studies so that they could do well at their examinations. She was so frustrated and in the state of frustration, she wanted to kill all those fathers of the world who were not able to feed and educate their children. She wanted to ask them if they were not capable to take care of their children why did they become father”.

In both cases, we see that though the participants were blaming their economic hardships for their frustration, the reasons given were closely related to the social problems. Every society has ideas about how the people in a particular situation ought to behave. These ideas are called as ideal cultural traits or patterns. Family is the smallest unit of the society. In a family the role and the responsibility of every family member is defined. Some times in adverse situation such as a father’s un-ability to fulfil his duty either mother, or the son or the daughter of the family has to perform his role even at the cost of his own needs and the desire. In Indian society this situation is considered quite natural. Therefore, if a boy or a girl complain about frustration no one takes it seriously which further aggravates the intensity of their frustration. It seems that changes can occur if people try to find out better ways of doing things. Michael Chibnik (1981) suggests that people who confront a new problem conduct mental or small experiments to decide how to behave. These experiments may give rise to new cultural traits or patterns. These frustrated youths claimed that they needed help from some one who can guide them, make them confident and show them the right path so that they can come out of the state of stress and the frustration.

B. INTERNAL FACTORS

Factors, which were involved with individual’s self perception and his /her own psychology, were considered as internal factors. Data obtains (see Table 1) make it clear that various factors are frustrating the youths from within and the youths themselves are the cause of the frustration. Based on such causes the data are divided into following groups:

PHYSICAL PROBLEM

Some physical conditions such as being very long or below normal height, very bulky, dark complexion, bald and squint eyes are some of the important sources of frustration for many youths. The percentage of the female participants frustrated due to physical abnormalities was high in comparison to the male participants. In Indian society, physical beauty is one of the prime criteria for selecting a bride for a groom by the groom’s parents. May be due to this reason the female participants get more frustrated due to their physical look. At the same time, it was also noted that the male participants, too, do not want to look ugly and get frustrated by their physical abnormality. They said that spread of education and the independent earning had increased the self confidence of the girls. They have started putting their views at the time of selection of their grooms by their parents and many times refuse to marry with a boy not liked by them. One of the male participants, who was of below normal height, dark-skinned, and bald said like this:

“In previous years, the father of a girl never used to ask the preference of his daughter while selecting groom for her. At the time of marriage, the father of the girl used to consider only the job and the family lineage of the boy and not his look. That is why my father, who is dark-skinned, bulky and bald, was able to marry with my light skinned, thin and tall mother. My elder brother is a handsome man and his wife is a good-looking

woman. One well-educated good-looking girl refused to marry me after seeing my photograph. I am frustrated and angry with god for giving me the look of my father and not of my mother. I am in good job but that girl ignored it saying that there are many handsome men in good jobs”.

In a few cases it was also observed that deficiency in intelligence or difficulties in learning a particular subject was also responsible for frustrating those youths who were motivated to learn a particular course or choose a particular vocation. One of the male participants said like this:

“I am very much interested in reading botany but I hate zoology. I do not want to dissect animals in the laboratory. Our university does not permit to study botany separately but the combination of the botany, the zoology and the chemistry. I am frustrated and confused too. I find no body that can guide me or help me”.

CONFLICTING DESIRE OF THE AIMS

Conflicting desires or the aims of the youths, where they had to choose one at the cost of another were also responsible for frustrating them. In many cases, it was found that the female participants were frustrated because they wanted to marry whom they loved but had to avoid because marriage was interfering with their ambition of having higher education. The young mothers of the infants were frustrated because they wanted to take care of their babies but had to continue their jobs leaving their babies under the care of maids or in the crèche. Similarly, the male participants were frustrated because they had to avoid their desire to go abroad due to fear of losing their well-paid jobs and thereby spoiling their career. They were frustrated because they wanted to go to another city to join good jobs but due fear of losing the comfort of big parental house or intimacy of familiar city were not able to do so. Their conflicting desires had put them into the state of indecision and they were oscillating between the two different choices. Their one choice was pulling them towards a goal whereas another choice was pushing away from that goal. Many of them complaint that due to frustration they were not able to take proper care of their health and were suffering from the abdominal pain, dizziness, fatigue, headache, insomnia and the like.

Data obtained make it clear that the percentage of the female participants who are frustrated on this ground is more than the male participants (see Table 1). Social scientist (Sahay 2002) have noticed that many women who are in jobs are frustrated and suffering from stress because they think they are not doing justice either to their jobs or to their family roles. They are frustrated mainly because of their want to maintain a balance between their career and the home. During this study it was found that a significant percentage of women wanted to get married but at the same time also wanted to continue their studies without any tension of family responsibilities related to married life. One of the participants had put her case in following way:

“I am a good student and want to continue my study. My father has selected a boy for my marriage who is in good job. The father of the boy does not want that I continue with my study. Now, between the marriage and the education I have to choose one. My confused father is not able to decide what to do? I know that selecting a groom for me again will become difficult task for my father. I am frustrated and stressed. I want help but do not know who will help me in this situation”.

MORALITY AND THE HIGH IDEAS

According to social scientists (Dalhouse and Frideres 1996), every socialization theory gives importance to the transmissions of values, beliefs, traditions and attitudes from the parents to the children. Such influences from the parents to the children are considered the important factors in formation of the attitudes. In Indian families, the parents of a child start putting some high ideas and moral standards into their child’s mind from the beginning of his/her childhood such as a girl should maintain distance from a boy, a boy should not drink or attend late night party. It is the part of socialization of a child in almost every family. During this study it was noted that for many youths their moral standards, code of ethics and high ideas had become the source of frustration for them. They were caught between their moral standards and the desire, and when they failed to maintain a balance between the two they became frustrated.

One of the female participants was frustrated because she had to go out with a boy to do her fieldwork assignment. She felt that she was going against the tradition of her family where the girls avoid meeting the boys. One of the male participants was frustrated because he had to attend a late night party and to drink in connection to promote his business. His morality was not permitting him to do so but he was helpless. The struggle between the feeling and the thinking and the conflict between the needs and the inhibitions because of their high ideals were leading them towards emotional tension and consequently they were frustrated.

HIGH LEVEL OF ASPIRATION

It was found that many youths had very high aspiration though they had their own limitation and the capabilities. The youths wanted to become rich but they were not ready to wait. They were impatient and wanted their desire to be fulfilled soon. Similarly, a girl wanted to become a lecturer in a college in spite of the fact that she was a mediocre student. Such aspiration was found to be the result in frustration. We see that the

percentage of the male participants belonging to this group was high than the female candidates (see Table 1). The reason for this difference is difficult to find out. However, after the analysis of data obtained it can be said that in an Indian family when a son is born the parents start thinking about his future and the related comforts they would receive during their old age. It was noted that in general many Indian parents by possessing high expectation from their male children, had increased their aspiration level unknowingly. They just kept saying, "One day my son will buy a Mercedes and will take us on long drive" or "One day my son will become a famous doctor". May be such expectations from a child can produce good result because to please their parents the children work hard and achieve the goal expected by their parents. However, during this study it was found that the high expectations from the children put them under the mental pressure. It was noted the youths, due to their limited capabilities or inability, were not able to achieve the goal they had aimed at and that had induced the frustration among them. In frustration, they had started behaving in a manner that had led them farther from their goals. One of the male participants narrated his case in this way:

"When I was reading in class IV my father used to tell me that one day I would become a famous doctor. I also started thinking to become a doctor. However, when I went to class X, I noticed that I was not doing well in biology. Actually, I was not doing well in science. My interest was in literature. I was confused and was not able to decide what to do but to please my father I wanted to become a doctor. I continued studying science. Now I have appeared three times in PMDT (Premedical and Dental Test), but failed to get admission for the medical course, hence frustration".

LACK OF SINCERITY IN THE EFFORTS

In many cases, the frustration was caused due to weakness in putting continuous and persistent efforts with concentration, courage and the willpower. One of the male participants joined the service of medical representative but after three months, he left that job and joined as sales man in a super market and after three months left that job, too. His complaint was that he was not able to do any thing perfectly. He developed the feelings of inadequacy that ultimately led him to frustration. His friends said that he was not listening to the instructions given to him by his supervisor and was not putting the required efforts needed the job to be done". The percentage of the female participants belonging to this group was less than the male participants (see Table 1). May be male participants in want of getting success as soon as possible were getting impatient when ever they were finding any trouble or delay in getting success.

4.2. REACTIONS IN FRUSTRATION

It was noted that the frustration, depending on its intensity and nature, had resulted in various types of reactions of the individuals such as trying to protect self, obtaining satisfaction from a hostile world, destroying the source of pain and overcoming an obstacle. Some had frustration tolerance to the extent that they bore the consequences with a little injury to self or society, while others became violent and aggressive. Based on these facts, data obtained (presented in Table 2) were divided into two major categories—Un-aggressive Reactions and the Aggressive Reactions.

A. UN-AGGRESSIVE REACTION

In this study the reactions such as improving traits, compromising, with-drawl and submissiveness have been considered as simple reactions.

IMPROVING TRAITS

It was noted that during the period of frustration, some individuals went through introspection and for overcoming the obstacles, increased their efforts or brought about improvement in their behaviour patterns. One of the male participants said like this:

"I was using my intuition in selecting a chemical needed for my research and I was not getting the desired result. Repeated failures had made me frustrated and in frustration, I had started eating more and became a potbellied man, which all the more frustrated me further. Then on the advice of my supervisor, I tried to come out of my problem in different way. Instead of using my intuition I started doing literature survey and at last I selected the right chemical for my experimental work".

A female participant explained her case in this way:

"I was not able to make friends in my college due to my ill tempered nature. I felt lonely and got frustrated. One day my mother advised me to change my behaviour pattern. I worked on that and started doing the yoga and the meditation. I improved a lot and became able to control my temper. Now, I have made a few friends and I am happy with them".

In both the above mentioned cases we see that a little help from the seniors had helped the frustrated persons in coming out of the state of frustration. We notice that a little help from the seniors had stimulated the

drive of the frustrated youths and they had reduced their frustration through the selective learning. The examples of both the cases support the findings of the psychologists (Amsel and Ward 1965) who conclude that frustration drive stimulus and the frustration reduction are selective learning.

Data obtained make it clear that male participants were more willing to improve their traits as compared to female participants (see Table 2). In Indian society, males are expected to achieve success in every field in cooperation of their family as well as society members. May be this expectation force them to improve their traits.

ADOPTING TO ALTERNATIVE MEANS

Going to alternative means was the most common reaction of frustrated male participants (see Table 2). It was noted that repeated failures in one direction had led the youths to change the direction of their efforts. One of the male participants said about his experience in the following way:

“I was very much interested in Indian Police Service. I appeared three times at the civil services examination but failed. Thus, I was frustrated and in frustration I had stopped talking and going out with my friends. One day my father came to me and said that I had prepared hard and honestly for the police service. Working hard was no doubt monopoly but getting desired result was beyond my reach. He said that I should not lose my heart and think about other alternatives. He advised me that my goal should be to get a respectable job and spending time alone was not the solution of any thing. He helped me in coming out of the state of frustration. I changed my mind and worked hard for UGC (University Grant Commission) examination. I cleared that examination and now I am one of the popular and respectable lecturers of the college”.

In this case, too, we see that with little appreciation, love and guidance from the father of this participant had transformed his frustrated behaviour in a motivated behaviour. Men are the primary breadwinner in Indian families. If they want to start family life, they are expected to earn first for their family members. Similarly, they are expected to achieve success if they want to live in society in respectable way. May be this expectation from a man forces him to achieve some thing, succeed and earn by anyhow and he takes every possible step for him.

WITHDRAW

Data obtained reveal that a good percentage (see Table 1) of the youths to protect themselves from the frustrating situation tried to move away from the situation that caused him frustration. One of the frustrated male participants, who was a good researcher, withdrew himself from a seminar where he had to present a paper and had to appear in a group discussion because his speech was not clear. A frustrated female participant withdrew herself from a party because she thought she was not beautiful and not presentable at all.

The percentage of female candidates belonging to this category was less than the male participants. In absence of any data one can imagine that the women participants were bold and were not ready for the withdrawal. During this study it was found that it was not in the hand of many female participants to withdraw themselves from unwanted situations. Their family members used to restrict their movements, activities and right of taking decision. One of them said like this:

“I am 30 years old unmarried. Due to my dark skin my father is facing difficulties in searching out a groom for me. All my friends are married and are mothers of one or two children. I do not want to attend any party because in every party people after seeing me start asking many questions from my parents such as to “when you are getting your daughter married”? “How does she spend time”? All such questions make me and my parents perplexed and frustrated but my parents do not listen to me. They force me to attend the party in a hope that in search parties one will select me as his bride or daughter-in-law.”

SUBMISSIVENESS

In some cases, it was found that the youths had surrendered themselves and accepted their defeat before the frustrating out come. This reaction was the most common reaction of the frustrated female participants and the percentage of them was high in comparison with the male participants, as well (see Table 2). In Indian society, in respect of taking decision even in their personal matters the girls are not so free as the boys are. In general, they are socialized to respect the decision taken by their elders and sacrifice their personal desires and likings for the sake of happiness of the family members. May be due this factor, they become more submissive by nature. One female participant said that she wanted to marry the boy she loved but to make her grandparents happy her parents forced her to sacrifice her love. She agreed to marry the boy selected by her father, hence frustration. A married woman's parents-in-laws forced her to refuse the offer of a good salaried job because in that case she would have started earning more than her husband. Thus she was frustrated but had to abide by her in-laws.

B. AGGRESSIVE REACTIONS

According to psychologists, (Dollard, et al. 1939; Maier 1966) aggression is always a consequence of frustration and in this study, it was found that many youths had become emotionally tense in frustration and they had resorted to aggressive activities. Based on their reactions data obtained (presented in Table 2) were divided in to two groups-- External Aggression and the Internal Aggression.

EXTERNAL AGGRESSION

During field investigations, it was observed that external aggression, either physically or verbally, was directed towards the person who caused the frustration or towards the substitute. Frustration had made many of them angry and in anger, they had started either striking other persons or using abusive language or behaving destructively. It was noted that many youths in frustration due to not getting suitable jobs had started passing dirty comments on those who were in good jobs. An elder brother in his frustration of not getting promotion started quarrelling with his younger brother who was doing well in his job. A young woman in frustration of being not able to maintain a balance between her job and family life had stated quarrelling with her house keeper.

It was found that the objects selected for attack in frustration as well as the mode of attack likewise were influenced by the various factors such as the social background, sex, age, and marital status of the youths. The frustrated youths started using their family members/neighbours/ friends as substitutes for relieving frustration because for them the real obstacle of frustration was either prevented or unknown. One male participant said that he was not happy with his job as well as with the behaviour of his boss. Many times his friends had suggested him to change the job. He knew that changing job was not an easy task. If he had stepped out some one would have gladly replaced him. Above all, it was not sure that in the second job he would remain happy or the behaviour of his boss would remain congenial for him. He was frustrated and in frustration, he had started abusing his parents blaming them they had brought him in this ruthless world without taking his permission even when he knew that what he was doing was wrong. Studies conducted in past (Sahay 2008) had found that the frustration converted many youths into sexual offenders because they find no other means to relieve their frustration.

Data obtained (Table 2) reveal that the male participants were more likely to relieve their frustration through their aggressive behaviour than the female ones. The reason of this difference can also be attributed to the socialization pattern of a male and a female child in Indian society.

INTERNAL AGGRESSION

Internal aggression of the youths was directed towards themselves. It was observed that the youths instead of releasing their emotional tension by attacking others, resorted to attacking themselves. Instead of blaming others, they started blaming themselves to that extent that people started calling them neurotic. A few of them had claimed that many times a thought of committing suicide had come in to their mind.

It was found that the frustration had led some of them to melancholy and they had tried to cure it with the liquor, tobacco, and the cigarette. A male participant gave an example of his friend who was working in one of the prestigious institutes in Indore. He proposed for marriage to a girl who was working in the same institute but she refused. In frustration, he started chasing that girl and at last, that girl reported about his behaviour to her senior officers. Senior officers took prompt action and suspended that boy from the service. Lost of job increased the intensity of his frustration and being unable to tolerate the stress, he jumped into a water well and succumbed to death. A married woman in the state of frustration of not getting pregnant after two years of her marriage drank the liquid used for killing ants and died. A 18 years old boy after failing in getting admission in engineering college hanged himself till death from a ceiling fan.

4.3. COPING STRATEGIS

It can be said that the reactions of participants in frustration whether un-aggressive or aggressive were the strategies of them to come out from the state of frustration. However after analysing all the cases it was discovered that 52% of the participants coped with their frustration in different positive ways.

1. By doing *yoga*, exercise, and *dhyan* (meditation) they made themselves strong to withstand the stress of frustration.
2. Sharing their sufferings with elders and listening to their advice they changed their behaviour patterns and the way performing any work that was promoting their frustrations.
3. When they found the way of obtaining their particular was closed they opted for other opportunities.
4. They improved their interpersonal relationships with their family members which helped them in eliminating artificial barriers and remain happy in what they had.

In 48% of cases the strategies of participants were self destructive and the most common among them were ignoring food or overeating, smoking, un-necessarily shouting at others and slapping younger siblings or

quarrelling with them, always criticising others or making fun of them and ignoring successful friends as well as relatives.

V. SUMMARY AND CONCLUSION

In 1960s, the historian Basham (1967) had praised the quiet and gentle happiness, which was pervaded in Indian society and he had hoped for their long lasting. However, during this study it was found that the charm and the happiness pervaded in Indian society was fast evaporating as the number of the frustrated youths was growing rapidly, which is one of the important factors for suicidal death. It was found that the frustration was the state of emotional tension resulting from the repeated failures or blocking in the attainment of the desired goal. In the simple way, it can be said that when the goal directed behaviour of the youths suffered interferences, frustration resulted in. The causes of frustration were present in both the individual himself and in his environment.

Restlessness, being easily fatigued, difficulty in concentrating or mind going blank, irritability, muscle tension, sleep disturbance and gaining weight were some of the common out comes of the frustration. It was found that if the frustration had compelled some of the youths to improve their traits, opt for alternative means, and withdraw from the situation or submissiveness towards the situation it had also led many of them to melancholy, feelings of incapability, anger and dissatisfaction. The youth had tried to come out of this situation by using liquor, tobacco, and cigarettes. They wanted to get relief from it through brawls and through the vandalism behaviour, and for some the last restore was suicide.

Social scientists (Johansson, et al. 2007) have recognized the importance of family as the determinant of mental health of people. Therefore, the role of family members whether in inducing or increasing frustration or helping their candidates in coming out of the state of frustration, cannot be ignored. In this study, it was noticed that many frustrated parents lacking the maturity of coping with the situation were creating conditions for frustrating the young generation. They were showing the seeds of frustration in the very early age (15 to 17 years) of their children. On the other hand, it was also noticed that many youths came out easily of the state of frustration when they were guided or supported by their parents, the supervisors, or by the friends. Their elders had helped them in converting their frustrating behaviour into the motivated behaviour by showing them some possible solutions. It means, if the frustrated youths receive some guidance, encouragement and emotional support then they can come out of the state of frustration without harming self or society. If the seeds of frustration are shown in the early childhood days by the parents, though unknowingly and unintentionally then it is necessary to find out the proper way of rearing the children and prepare them to face the world without getting frustrated. May be if the frustrated youths, not getting help from their family members, go to some counsellor or for any other medical help can come out of heir problems without any destruction. If the young people are brought with a correct perspective of life, they will know how to face discontent without committing suicide.

The causes of frustration are complex and the future research is required to understand the nature of frustration better and develop ways of coping with it.

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TABLE 1
RESPONSIBLE CAUSES FOR THE FRUSTRATION (IN %)

S. No.	Causes		Male	Female
1	External Causes	Social Causes	46	58
		Economic Causes	54	42
2	Internal Factors	Physical Problem	16	26
		Conflicting Desire of the Aims	20	24
		Morality & the High Ideas	18	18
		High Aspiration Level	24	14
		Lack of Persistence in the Efforts	22	18

TABLE 2
REACTION IN FRUSTRATION (In %)

S. No.	Reaction		Male	Female
1	Un-Aggressive	Improving Traits	30	19
		Compromising	34	25
		Withdraw	18	08
		Submissiveness	18	48
2	Aggressive	External Aggression	80	60
		Internal Aggression	20	40