



Mode of Frustration

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Modes of Frustration:-

Frustration has a different set o behavior mechanism. It is expressed in various modes-aggression, resignation, fixation and regression.

- Aggression:-

The credit for developing the concept of frustration in human beings goes to Freud (1933). He has established the causal relationship between frustration and aggression. According to him, aggression plays a prominent role in behavior disorders. Therefore, he has developed a frustration-aggression theory in a systematic way where frustration occurs whenever pleasure seeking or pain avoiding behavior is blocked. The theory asserts that occurrence of aggression always presupposes the existence of frustration and vice-versa or it can be said that existence of frustration always leads to some forms of aggression. (Filer, 1952).

It was early hypothesized that frustration resulted in aggressive behaviour (Dollard et al., 1939). Most individual experienced that frustration always caused aggression and

aggression is always the consequences of frustration. It can be vigorous and undisguised or it can be subtle and indirect, (Miller, 1941). Operationally, one can define aggression as the response to frustration; but this would be unjustified with the concept as reactions to frustration appear to be many.

Aggression as a behavioural phenomenon indicates that aggressive behaviour may stem from learned habits of responding as well as from excessive frustration (Bandura, 1965). It may be expressed in terms of irritation, quarrelling and fighting, disrespect to elders, negative reactions to traditions and beliefs etc.

- **Resignation:-**

In resignation behaviour, there is extreme elimination of needs, no plans, no future orientations, withdrawal from social contacts, isolation, lack of interest in surroundings etc. Persons who are severely frustrated in given situation may try to escape or withdraw from that situation. It may be due to the psycho-physical components. What is intended here is that the actual physical behaviour may be more or less open, observable and direct in its withdrawal or escape implications. There is probably no actual physical withdrawal without psychological components and no psychological withdrawal without physical implications. The organisms make withdrawal responses and so called physical and psychological processes are involved in varying degrees. An example of resigned behaviour resulting from a common avoidance-avoidance

conflict situation may illustrate this point. This conflict develops when movement away from either stimulus results in approaching the other aversive stimulus. The individual is in dilemma. Whichever stimulus he tries to avoid, therefore he puts himself in a situation where cannot really behave satisfactorily. Whatever he does, he is wrong one way or the other. Conflicts of the avoidance-avoidance variety are bound to occur for most people. A child is told that he must perform his assigned tasks or lose his allowance. He does not want to do either.

- **Fixation:-**

The persistency of behaviour appears to be much greater in frustration than in verbal learning situations. Maier (1949, 1956) contends that fixated behaviour cannot be explained by using learning principles. He makes it clear that frustration instigated behaviours without goal orientation. This type of behaviour is a terminal response and not a means to an end. He describes fixated behaviour deriving from frustration as being stereotyped and extremely persistent. Here behaviour is repeated over and over again without variations and shows a degree of resistance to change. In other words, fixated behaviour as such remains compulsive. Fixated person is usually attached with interests and emotional attitudes belonging to an early stage of development, and he has a difficulty in forming new attachments and adaptations.

Fixation may occur due to Frustration among the normal expressions of instinctual drive, or it's over gratification or trauma and weakens the ego of the individual.

Maier (1949) described simple procedure of producing frustration and elicit fixation responses on a popular experiment. An experimental animal is placed on a small stand and is trained to jump a short distance at one of two stimulus cards. The animal jumps at one of the two stimulus cards. If he chooses correctly, the card falls over and the animal lands on a feeding platform, if he chooses the incorrect card, he jumps his head on the stationary and falls down in to a net. Neither cue is consistently rewarded not punished. After a while the animal refuses to jump, when this happens, he is given an electric shock, a blast of air and jumping is resumed. Animals may develop fixation or stereotyped responses to his situation. He reports that most of he time animals make fixated responses as related to position without variations for hundreds of trial. Thus, for Maier (1949), fixation may be combined with both the above characteristics, where such behaviours become stereotyped and is persisted in, despite consequences.

- Regression:-

Freud (1933) has also suggested frustration-regression hypothesis. His notion was that frustration could an individual to revert to modes of action that had characterized his behaviour to earlier development stage. Lewin (1937) has stated that people under stress regress to a more 'primitive' level, when he has

learned habits at younger age. Then, his hypothesis is that regression behaviour is not because of previously learned behaviour but it is due to frustration. One of the famous studies of regressive behaviour in human was that of Barker, Dembo and Lewin (1941) where they have taken children between 2 to 5 years as subjects in their experiment. Behaviour description and ratings indicated a regression in constructiveness of play from the level of pre-frustration plays to about 22 months at the age 4 ½ year level. This amount of regression was related to the strength of frustration. Regression lowers constructiveness and represents a backward step in development. It is expressed in behaviour characteristics like-defective speech, homesickness, escapist attitude, lack of self control, thinking old days, excessive day dreaming etc.

Thus frustration has its own system. It has four modes of reactions to a situation-aggression, resignation, fixation and regression. Aggression indicates frustration dynamics in hostile situation, Resignation is the extreme escapism from reality, Regression is the condition to go back and Fixation is the compulsive type of behaviour.

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