



PERSONALITY AND FRUSTRATION AMONG POST GRADUATE STUDENTS OF BHARATHIAR UNIVERSITY

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ABSTRACT

The present study was aimed to find out the relationship between personality and frustration among PG students of Bharathiar University. Survey method was used. 375 PG students were selected as sample for the study. Data was analyzed by coefficient of correlation and regression analysis. Results showed that there is a significant prediction of frustration by emotional stability persistence and attitude towards life.

KEY WORDS: Survey method , emotional stability persistence and attitude towards life.

INTRODUCTION

Personality refers to the total quality of a person. It refers to the unique way he adjusts himself to the outside world. It covers the physical, intellectual, emotional and social aspects of his individually. The acid test of one's personality is one's social effectiveness. Personality gains meaning only in social situations. There are two major approaches to assessment of personality trait approach and Holistic approach. In Holistic approach one's personality is assessed as a 'whole'. Personality is operationally defined as constituting several fairly consistent traits which are identified and the individuals are assessed in each of the traits. The individual can identify his plus points and minus points. He can make the best use of his plus points and employ measures of rectifying his minus points. Their way of dressing expresses their attitude in which they think they should look different from others. Education also plays an important role in student's life. It helps students to acquire knowledge and also builds their personality. Student's personality decides their uniqueness in their emotions, behavior and motivations in different situations by predicting the personality of human reaction in the form of frustration, facing the problem. Personality matters in many ways in shaping individual lives. Their thinking process helps student by getting new ideas and also student focus on the ideas and they will execute in different manner. By all these a student's personality develops and they learn many things out of this, they also express their feelings in a psychological manner. Personality of students mind is that they try to get much information and also they try to surround in a different way. Personality of students mind and also their perspective will always be unique and thus they shift their thoughts and feelings. In academic perspective students personality is that they should explore their talent in a different way by acquiring their thought and by this student excel their personality. The aspects of personality that are relatively stable over time and differ across the individuals, some people are outgoing where as others are not. And relatively consistent over situations and they influence behavior. Hence the researcher made an attempt to the study of personality and frustration among post graduate students of Bharathiar University.

Frustration of student is mainly of mental illness because of depression. Nowadays mental illnesses are growing at an early age and when student thought of something and if he does not achieve, he is into a state of frustration. This happens mainly in academic because students have a lot of aim and goals in their life and students are trying hard to achieve the success. And also if he fails to achieve his goals, he will fall

into a state of depression, and students perspective will differ and mainly frustration happens in a state of mental stress, students in academic point of view feels that the students if they did not achieve anything they will be in frustration. Unresolved frustration can damage working relationships with other students leading to anger and discouragement. Student's experience frustration for many reasons and the effects are similar, and also an unmet expectation will also lead a person into frustration. This kind of situation begins when feelings of dissatisfaction and those feelings continue; the more likely he will be agitated and frustrated. By fear, anxiety, and stress by these factors frustration occurs. And also students mind is that they should always get a strong support and motivation from the surrounding. Mainly due to stress students forcing themselves into frustration, they will get angry and if they did not get any opportunity, students are very much frustrated. This frustration happens in all the fields, not only in academics, but also ever where in surroundings. Frustration can be productive and students can prompt new ideas and solutions. But continued frustration will have an adverse and long term effect. Students mentality is that because of frustration and stress their relationship with other students can damage and also they think that these frustration and stress are unmanageable problem. This unmanageable problem, the students thinking process is that their relationship with other students can damage and also students to tackle this problem they avoid being stressful and also they are trying to manage the problem of frustration.

OBJECTIVES OF THE STUDY

- To find out the significant difference between male and female postgraduate students of Bharathiar University towards personality traits.
- To find out the significant relationship between personality traits and frustration among postgraduate students of Bharathiar University.
- To examine the significant prediction of personality trait by frustration among postgraduate students of Bharathiar University.

HYPOTHESES

The hypotheses formulated in this study are as follows

1. There is no significant difference between male and female Postgraduate Students of Bharathiar University towards personality traits.
2. There is no significant relationship between personality traits and frustration among the Postgraduate Students of Bharathiar University.
3. There is no significant prediction of personality trait by frustration.

METHODOLOGY

Design: This study is a correlation design with analysis of regression.

Population and Sampling: Population in this study included male and female postgraduate of Bharathiar University. The population size was reported as 2140 (1205 female and 965 male) students. According to kregcie and Morgan (1970) tables, **278** students should have been sampled from among the population, but it was decided 375 participants (305 female and 70 male) be selected, as we wanted to err on the side of caution. Meanwhile, the male/ female proportion in the population was observed in the sample group so as to help make gender comparisons as accurate as possible. After determining the sample size, participants were selected through random cluster sampling.

Instruments: Personality traits were measured using Twelve Factor Inventory. This 48-item inventory was standardized by researcher. It is scored on a 5- degree Likert-type Scale, ranging from 1(rarely) to 5 (always). Cronbach's alpha was used to estimate reliability of the inventory. Reliability coefficient had been calculated at 0.81, 0.81, 0.79, 0.74, 0.78, 0.89, 0.76, 0.88, 0.82, 0.79, 0.74, 0.92, and 0.83 for Self Confidence, Persistence, Cooperativeness, Emotional Stability, Emotional Control, Sense of Responsibility, Courtesy, Sociability, Leadership, Initiative, Attitude towards Life, and Attitude towards Self, respectively. The

frustration scale was prepared and standardized by investigator. It is scored on a 5- degree Likert-type Scale, ranging from 0(Not at all) to 4 (exactly). Cronbach's alpha was used to estimate reliability of the scale. Reliability coefficient was 0.92 for frustration scale. Face and Content validity was determined for the Research Tools.

Data Analysis

Table 1: Descriptive Indices of the Research Variable

Trait	Gender	Mean	SD
Self-Confidence	Male	10.36	1.642
	Female	10.46	2.065
Persistence	Male	10.29	1.395
	Female	12.13	2.382
Cooperativeness	Male	11.71	2.860
	Female	11.20	2.286
Emotional Stability	Male	10.71	1.342
	Female	12.15	2.152
Emotional Control	Male	13.50	.989
	Female	11.75	2.009
Sense of Responsibility	Male	11.86	1.739
	Female	13.16	2.132
Courtesy	Male	12.57	1.303
	Female	12.33	2.342
Sociability	Male	12.00	1.745
	Female	12.11	2.069
Leadership	Male	11.86	2.009
	Female	11.82	1.555
Initiative	Male	11.93	1.591
	Female	12.10	2.033
Attitude towards Life	Male	12.43	1.814
	Female	12.30	2.977
Attitude towards Self	Male	11.21	2.321
	Female	11.13	2.988
Frustration	Male	36.57	5.591
	Female	37.52	7.562

As one can see male and female participants' mean scores are not much different. Table 2 depicts correlations between personality traits and frustration.

Table 2: Correlation Matrix of the Research Variables

Trait	Frustration
Self-Confidence	-.107*
Persistence	.138**
Cooperativeness	-.156**
Emotional Stability	.278**
Emotional Control	-.158**
Sense of Responsibility	.050
Courtesy	-.181**
Sociability	.072
Leadership	.040
Initiative	-.084
Attitude towards Life	.113*
Attitude towards Self	-.085

****Correlation is significant at the 0.01 level (2-tailed).**

***Correlation is significant at the 0.05 level (2-tailed).**

Self-Confidence, Cooperativeness, Emotional Control, Courtesy, and Attitude towards Life were significantly and negatively related to frustration, whereas, Persistence, and Emotional Stability were significantly positively related to frustration. To determine the exact contribution of each variable to the criterion variable, Stepwise Regression was used. Firstly, the contribution of the total sum of predictive variables to the criterion variable was estimated, i.e. prediction variables were entered into the regression analysis based on their multiple-order and differential correlation coefficients in the correlation matrix. Table 3 and 4 show the results of regression analysis for subsequent steps.

Table.3. A Summary of the Results of Stepwise Regression Analysis by Participants Traits

Variable	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	F Change	Sig.
Emotional Stability	.278 ^a	.077	.075	6.962	.077	31.244	31.244	.000
Persistence	.324 ^b	.105	.100	6.866	.028	11.498	11.498	.001
Attitude towards Life	.351 ^c	.123	.116	6.806	.018	7.666	7.666	.006

Table.4. Coefficients of Stepwise Regression Analysis for Frustration by Participants Traits

Predictors	B	Std. Error	Beta	t	Sig.
(Constant)	25.964	2.068		12.555	.000
Emotional Stability	.958	.171	.278	5.590	.000
(Constant)	19.189	2.855		6.722	.000
Emotional Stability	1.016	.170	.295	5.979	.000
Persistence	.516	.152	.167	3.391	.001
(Constant)	14.194	3.356		4.230	.000

Emotional Stability	1.022	.168	.296	6.067	.000
Persistence	.567	.152	.184	3.731	.000
Attitude towards Life	.351	.127	.136	2.769	.006

According to R Square values in Table-3, Emotional Stability accounts for 7.5% of variance in frustration, which is significant. Persistence was entered in the next step; therefore it was necessary that R Square Change be calculated. R Square Change indicates the difference between the R Square value at the new step and R Square value at the previous step, or put differently, it shows the specific R Square value at each step. R Square Value reached the significant amount of 10% percent upon entering persistence. By entering Attitude towards Life in the analysis at the third step, R Square reached 11.6% percent; as the R Square Change value, i.e. 0.018, was statistically significant, one can conclude Attitude towards Life can significantly explain frustration. Self Confidence, Cooperativeness, Emotional Control, and Courtesy, were not entered in the analysis, for they did not contribute to predicting frustration. In order to explore gender differences in personality traits t-test for independent groups was used for comparing personality traits among male and female participants. You can find results of the comparison in Table-5.

Table 5: t-test Comparisons between Male and Female in Personality Traits

S.No.	Variable	t	df	Sig. (2-tailed)
5(i)	Self Confidence	-.445	124.423	.657
5(ii)	Persistence	-8.567	174.490	.000**
5(iii)	Cooperativeness	1.414	90.276	.161
5(iv)	Emotional Stability	-7.085	161.713	.000**
5(v)	Emotional Control	10.585	217.267	.000**
5(vi)	Sense of Responsibility	-5.422	121.558	.000**
5(vii)	Courtesy	1.185	186.030	.237
5(viii)	Sociability	-.479	117.934	.633
5(ix)	Leadership	.146	88.892	.884
5(x)	Initiative	-.761	126.410	.448
5(xi)	Attitude towards Life	.484	166.179	.629
5(xii)	Attitude towards Self	.255	127.295	.799

Table-5 shows The calculated t-values of 5(ii), 5(iv),5(v), and 5(vi) are 0.00, 0.00, 0.00 and 0.00 are less than the P value at 0.05 level. Hence the null hypotheses 5(ii), 5(iv),5(v), and 5(vi) are rejected. The calculated 't' value for 5(i), 5(iii), 5(vii), (viii), 5(ix), 5(x), 5(xi), and 5(xii) are 0.657, 0.161, 0.237, 0.633, 0.884, 0.448, 0.629, and 0.799 are higher than P value at 0.05 level. Hence the null hypothesis 5(i), 5(iii), 5(vii), (viii), 5(ix), 5(x), 5(xi), and 5(xii) are accepted.

FINDINGS AND CONCLUSION

1. There is a significant difference between male and female postgraduate students of Bharathiar University with respect to the persistence, emotional stability, emotional control, and sense of responsibility.
2. There is no significant difference between male and female postgraduate students of Bharathiar University with respect to the self confidence, cooperativeness, courtesy, sociability, leadership, initiative, attitude towards life, and attitude towards self.

3. There is a significant relationship between frustrations and self-confidence, cooperativeness, emotional control, courtesy, attitude towards life, persistence, and emotional stability.
4. The frustration can predict by the personality traits such as emotional stability persistence and attitude towards life.

Anger is the emotional response to frustration. Adolescents can respond to anger by physically lashing out or by bottling up their rage, neither way is healthy, and teachers need to teach their student how to work through their anger constructively. The purpose of the study was determined if the personality traits can predict the frustration of postgraduate students of Bharathiar university. The result of this investigation indicates that the frustration can predict by the personality traits such as Emotional Stability Persistence and Attitude towards Life.

SUGGESTION FOR FURTHER RESEARCH

Following are few areas of research related to the present study which deserved further investigation.

- The same study conducted among research scholars.
- It is suggested that a nation or statewide study can be carried out.
- The ongoing Research programmes in State and Central Universities may be studied.
- Replica of the present study may be conducted among P.G students of Colleges.
- The similar study can be conducted of faculty members of University and Colleges.

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