



ISSN: 2456-0057

IJPNPE 2019; 4(1): 1011-1012

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www.journalofsports.com

Received: 18-11-2018

Accepted: 21-12-2018

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A study of frustration tolerance among inter collegiate female sportspersons of Maharashtra in relation to psychoticism dimension of personality

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Abstract

Frustration tolerance in intercollegiate female sportspersons was analysed in this study with the background of psychoticism dimension of personality. To conduct the study 50 female intercollegiate sportspersons (average age 22.07 years) from Maharashtra State were selected as sample. Frustration to reaction scale standardized by Dixit and Shrivastava (2011) and Hindi version of Eysenck's PEN inventory was used to gather data on frustration tolerance and psychoticism respectively. Quartile method was used to separate cases into high, moderate and low level of psychoticism. One Way ANOVA analysis revealed that intercollegiate female sportspersons with low psychotic tendencies also has higher degree of frustration tolerance as compared to intercollegiate female sportspersons with moderate and high level of psychoticism. It was concluded that Eysenck's psychoticism dimension of personality can predict frustration tolerance capacity of intercollegiate female sportsperson.

Keywords: Psychoticism, frustration tolerance, intercollegiate female sportsperson

Introduction

Everyone has to face frustrating situation in life although the magnitude of these situation may vary. The basic of frustration tolerance lies in the ability of a person to endure stress to a certain limit. Beyond certain limit stress becomes unbearable and person's tolerance towards such situation ends and person gets frustrated. Within the framework of frustration tolerance, it is the capacity of an individual to make repeated efforts to pursue his goals despite all odds. Thus, it is the perseverance of an individual to achieve desired goals without getting hampered by repeated failures. Maintaining integrity of personality is key to good frustration tolerance. According to Rosenweig (1944) ^[1], 'Frustration tolerance is an individual's capacity to withstand frustration without failure of psychological adjustment i.e. without resorting to inadequate modes of behaviour'. According to Dryden (2001) ^[2] low frustration tolerance results in person's inability to tolerate even trivial discomfort and person is not willing to sacrifice the discomfort for long terms gains. A small setback is enough to disturb the psyche of an individual with low frustration tolerance. Low frustration tolerance also leads to hostile aggression. Psychologists worked extensively in trying to establish a relationship between personality and frustration tolerance. According to Eysenck personality is somewhat unwavering and permanent state which encompass an individual's intellect, disposition, character and physique which gives a person the power to deal with stressors. One of the important dimensions of Eysenck's personality is psychoticism. This dimension mainly represents lack of feeling, unsocial behaviour and lapse in concentration.

Like any other field in life, competitive sports demand tireless efforts. An athlete has to overcome factors such as injury scare, close finishes, unknown environmental conditions and on field umpiring decisions. Despite all the odds a sportsperson needs to focus all his efforts towards achieving desired goals without getting frustrated. Hence in this situation personality of sportsperson may play its part because adjusting to difficult circumstances require adjustment and psychological characteristics is the base to remain calm even during frustrating situations. The topic of frustration tolerance has been taken up for investigation by researchers like Gangyan (2008) ^[4], Agrawal and Mishra (2015), Shambharkar and Agashe (2016) ^[6] etc.

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These researchers mainly studied frustration tolerance in the light of participation in sports and sports achievement. Hence to add knowledge to sports psychology, the present study was planned to investigate frustration tolerance among female sportspersons on the basis of psychoticism dimension of personality.

Hypothesis

It was hypothesized that level of psychoticism will create significant variance on frustration tolerance of female sportspersons.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study 50 female intercollegiate (average age 22.07 years) from Maharashtra State were selected as sample. The sample was selected from various colleges operational in and around Nagpur (MH). Convenience sampling was used for selection of subjects.

Tools

Eysenck's Psychoticism, extraversion and neuroticism (PEN) inventory: To assess psychoticism among selected subjects Hindi version PEN inventory prepared by Menon *et al.* (1978) [5] was used. It consists of 78 statements and this inventory is highly valid and reliable. To serve the purpose of study statements pertaining to psychoticism was evaluated.

Frustration Tolerance (FRTO)

Frustration to reaction scale with four sub factors aggression, resignation, fixation and regression was used for data collection. This scale is constructed by Dixit and Shrivastava in 2011. This test is highly reliable and the manual clearly state that lower scores indicate better frustration tolerance.

Procedure

50 intercollegiate female sportspersons were selected as sample. PEN inventory and frustration to reaction scale were administered as per scientific research protocol. Numerical weightage for each statement was scored off.

To select cases in different level of psychoticism quartile deviation method was used. The scores of intercollegiate female sportspersons falling above 75th percentile was grouped in as high psychotic, scores lying below 25th percentile were grouped as low psychotic while scores between the above quartile were grouped as average psychotic.

Frustration tolerance was compared between these three study groups with the help of One-Way ANOVA. Results are shown in table 1 and 2 respectively.

Result and Discussion

Table 1: Comparison of frustration tolerance among intercollegiate female sportspersons on the basis of psychoticism

Groups	N	Frustration tolerance	
		Mean	S.D.
Low Psychotic	31	70.90	10.72
Moderately Psychotic	13	82.00	7.51
High Psychotic	6	92.66	15.15

$F=13.20, p < .01$

The calculated $F=13.20$ as reported in table 1 indicate significant difference in frustration tolerance between three study groups.

The obtained results shown in table 1 was also confirmed by Least Significant Difference Test presented in table no. 2.

Table 2: Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean difference (I-J)
Low Psychotic	Moderately Psychotic	-11.09**
	High Psychotic	-21.76**
Moderately Psychotic	High Psychotic	-10.66**

* Significant at .05 level

Table 2 gives following facts about the difference in frustration tolerance between three study groups:

- Intercollegiate female sportsperson with low psychotic tendencies had significantly better frustration tolerance as compared to intercollegiate female sportspersons showing moderate level of psychoticism. (Mean difference = -11.09).
- Intercollegiate female sportsperson with low psychotic tendencies had significantly better frustration tolerance as compared to intercollegiate female sportspersons showing high level of psychoticism. (Mean difference = -21.76).
- Intercollegiate female sportsperson with moderate psychotic tendencies had significantly better frustration tolerance as compared to intercollegiate female sportspersons showing high level of psychoticism. (Mean difference = -10.66).

The result is not surprising because frustration tolerance needs a sportsperson to concentrate on their shortcomings for longer periods of time. Hence it is quite normal that low psychotic female sportspersons concentrate more intensely to eliminate stressors and hence develop better frustration tolerance.

Conclusion

On the basis of results, it may be concluded that psychoticism dimension of personality predicts frustration tolerance in intercollegiate female sportsperson.

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