

Effect of Frustration Tolerance on Emotional Stability of Sportspersons

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ABSTRACT

This study aimed to assess the relationship between frustration tolerance and emotional stability in inter-university sportspersons. 50 male and 50 female interuniversity sportspersons from various team and individual sports were selected for this study. The average age of male interuniversity sportspersons was 23.19 years and the average age of female interuniversity sportspersons was 22.18 years respectively. A scale standardized by Dixit and Shrivastava (2011) was used to measure frustration tolerance while the Hindi version of the PEN inventory constructed by Menon (1978) was used to assess emotional stability i.e. neuroticism in interuniversity sportspersons. The computed Pearson correlation coefficient between frustration tolerance and emotional stability for male subjects was 0.744 and 0.749 for female subjects. The statistical significance of both these correlation coefficients was proved at .01 level. To conclude, the study

provides evidence of a strong positive correlation between frustration tolerance and emotional stability in interuniversity sportspersons, with consistent findings across genders and statistical significance at the 0.01 level.

Keywords: **Frustration tolerance, emotional stability, interuniversity sportspersons**

INTRODUCTION

We experience frustration in our daily lives. It could be a little issue or a significant obstacle to reaching the intended outcome. Handling frustrating situations requires a certain amount of tolerance. When we put up genuine effort and yet fail to attain the expected results, we must be able to tolerate frustration to remain positive. Frustration arises when an individual's efforts to accomplish certain goals are impeded by unanticipated circumstances. An athlete experiences the emotion of frustration when they fall short of their goals. Anger depends on how things turn out. The more significant result is that failing to reach

that goal causes a greater level of frustration. The capacity to handle stressful situations in life without losing your cool is known as frustration tolerance. According to Szasz et al. (2010), an individual with a low frustration tolerance will become irate as soon as their desired aims are obstructed, whereas an individual with a high frustration tolerance will continue working on the activity for an extended period without being upset or disappointed. Thus, the level of difficulty in achieving the intended goal establishes the tolerance for dissatisfaction. A negative emotional chain that triggers a range of unpleasant feelings can occasionally be caused by a lack of tolerance for irritation. Numerous studies on frustration tolerance in sports psychology have been done in the past. A component that contributes to frustration is personality, particularly neuroticism. Emotional instability has been said to be a sign of fear, rage, anxiety, and anger in a person. A person's capacity to maintain composure and resilience in the face of a range of emotional situations and obstacles is known as emotional stability. It is one of the five components of the Big Five personality traits, also referred to as the Five-Factor Model of personality. Neuroticism and

emotional stability are frequently compared, with those with higher emotional stability being less likely to experience unpleasant feelings and more capable of managing stress. In sports, neuroticism is often termed as emotional stability and Eysenck's (1981, 1985, 1991) definition of neuroticism / emotional stability has been linked to sports performance, hence this study is planned.

REVIEW OF LITERATURE

It has been reported that successful and elite-level athletes are less neurotic than sub-elite athletes (Turk et al., 2001, Kajtna et al., 2004; Gardner and Moore, 2006; Steca et al., 2018). This establishes the fact that athletes with a higher magnitude of emotional stability are more likely to succeed in competitions than athletes with a lower magnitude of emotional stability (Piepiora, 2019). Studies on frustration tolerance in sportspersons include the work of Rai and Gupta (1998), Gangyan (2008) and Mathur et al. (2010). These studies have not explored the linkage between frustration tolerance and emotional stability in sportspersons.

OBJECTIVE

The objective of the present study is to assess the association

between frustration tolerance and emotional stability in inter-university sportspersons.

HYPOTHESIS

It was hypothesized that there would be a significant association between frustration tolerance and emotional stability in inter-university sportspersons.

METHODOLOGY

Sample

50 male and 50 female interuniversity sportspersons from various team and individual sports were selected for this study. The average age of male interuniversity sportspersons was 23.19 years and the average age of female interuniversity sportspersons was 22.18 years respectively. A random sampling method was used for the selection of the sample.

Tools:

Reactions to Frustration Scale :

Frustration tolerance was assessed by the scale of Dixit and Shrivastava (2011). It is based on four dimensions namely aggression,

resignation, fixation and regression respectively. The scale consists of 40 items. A higher score indicates a lower magnitude of frustration tolerance in this reliable and valid measure.

PEN Inventory :

The emotional stability of interuniversity sportspersons was measured through the Hindi version of Eysenck's PEN inventory prepared by Menon et al (1978). The neuroticism dimension of this inventory measures emotional stability and the same is used. The Hindi version of this inventory enjoys high reliability and validity.

Procedure:

50 male and 50 female interuniversity sportspersons from various team and individual sports were selected. The frustration tolerance scale and Hindi PEN inventory were administered while following the research protocol. After scoring data was tabulated in an Excel sheet and the Pearson correlation coefficient for male and female sportspersons group was calculated separately.

RESULT AND DISCUSSION

Table 1

Value of Correlation (r) between Frustration Tolerance and Emotional Stability in Interuniversity Male Sportspersons (N=50)

	Academic Performance	
Frustration Tolerance	'r'	.744**

Figure 1

Scatter Plot for Frustration Tolerance and Emotional Stability in Interuniversity Male Sportspersons (N=50)

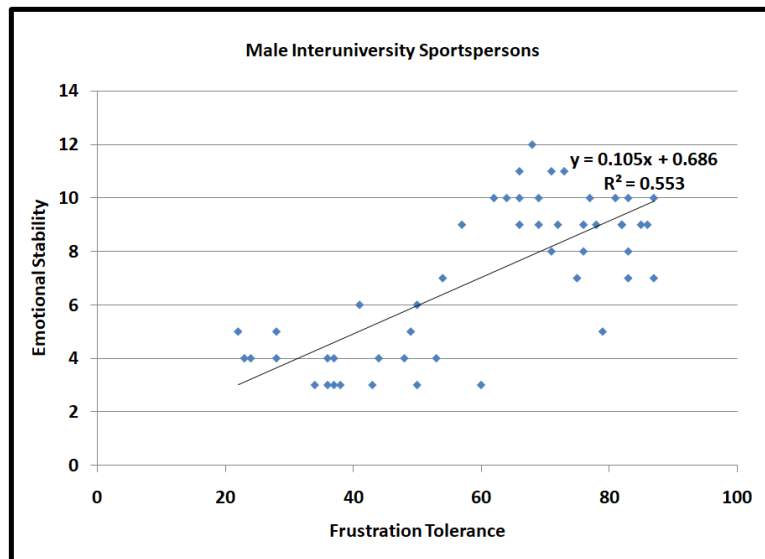


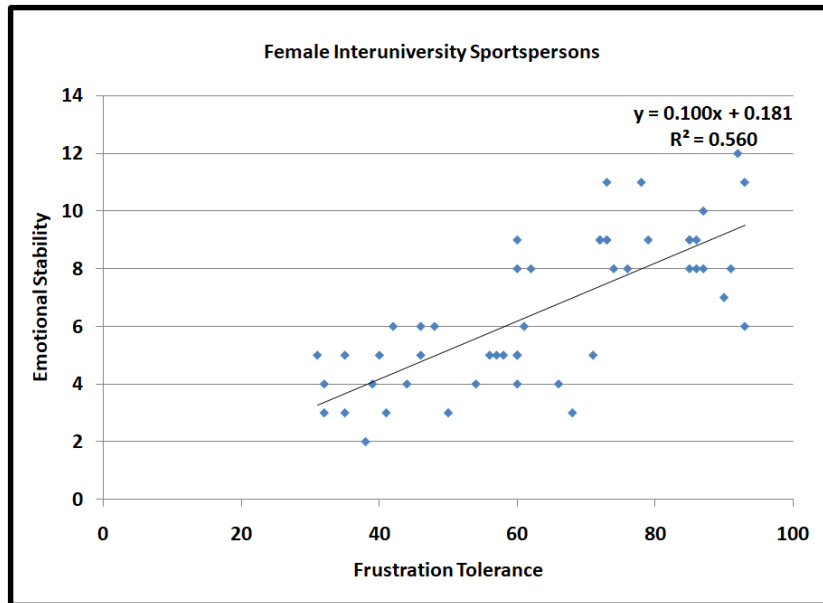
Table 2

Value of Correlation (r) between Frustration Tolerance and Emotional Stability in Interuniversity Female Sportspersons (N=50)

	Academic Performance	
Frustration Tolerance	'r'	.749**

Figure 2

Scatter Plot Frustration Tolerance and Emotional Stability in Interuniversity Female Sportspersons (N=50)



Tables 1 and 2 indicate that there is a strong positive correlation between frustration tolerance and emotional stability in both male and female interuniversity sportspersons. The Pearson correlation coefficients of 0.744 for males and 0.749 for females indicate a robust positive relationship. The coefficient determination of $R^2 = 0.553$ and $R^2 = 0.560$ indicate that almost 55.3% and 56% of data is close to the trendline.

The correlation coefficients for both male and female subjects are quite similar (0.744 for males and 0.749 for females), suggesting that the relationship between frustration tolerance and emotional stability is consistent across genders in inter-university sportspersons.

The significance level of $p < .01$ implies a high degree of confidence in

the results, indicating that the observed relationship between frustration tolerance and emotional stability is not likely due to chance.

The strength of the correlation (0.744 for males and 0.749 for females) suggests that as frustration tolerance increases, emotional stability also tends to increase. This indicates that inter-university sportspersons who are more tolerant of frustration are likely to exhibit higher levels of emotional stability.

Eysenck and Ruchman (1965) described neuroticism as a trait that forms a continuum from normal to neurotic. They noted that while reflecting on those phenotypic expressions in the behaviour of this dimension, they mentioned that at one end of the continuum are people whose emotions are stable, less easily aroused,

calm, even-tempered, and reliable, representing the normal persons typical of the stable type. At the other extreme are people whose emotions are volatile, strong, and easily aroused; they are moody, touchy, anxious, restless, and so on, characterizing the unstable or neurotic type. Thus, low neurotic people maintain their composure in irritating situations, which aids in helping them manage their annoyance. This idea is further supported by Li-gin Yo (2010), who found that people who are composed, emotionally stable, and upbeat have a greater tolerance for dissatisfaction. Therefore, the findings align with Eysenck's personality theory.

CONCLUSION

To conclude, the study provides evidence of a strong positive correlation between frustration tolerance and emotional stability in interuniversity sportspersons, with consistent findings across genders and statistical significance at the 0.01 level. Further research could explore causative factors and consider interventions to enhance frustration tolerance and emotional stability in sports settings.

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