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Evaluation of frustration tolerance capacity among female intercollegiate athletes based on neuroticism personality trait

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Abstract

The aim of the present study is to find out the effect of neuroticism personality trait on frustration tolerance capacity of female intercollegiate athletes. In the present study, 70 intercollegiate female track and field athletes (Average age 22.18 years) were selected. Frustration tolerance in selected athletes was assessed with the help of a scale prepared by Dixit and Shrivastav (2011) and neuroticism personality trait was assessed with the help of Hindi version of PEN inventory prepared by Menon (1978). The low, average and high neuroticism category was formed by Q1 and Q3 technique. To compare frustration tolerance capacity of high, low and average neurotic female track and field athletes, One Way ANOVA was used. The results indicate that the frustration tolerance in female athletes with low neuroticism was significantly superior as compared to frustration tolerance in female athletes placed in high and moderately neurotic intercollegiate female athletes. Based on results it was concluded that the frustration tolerance is largely dependent upon female athletes emotional stability.

Keywords: Frustration, neuroticism, athletes

Introduction

Frustration is part of our everyday life. It may be relatively trivial or a major problem related to achieving the desired goal. A certain degree of tolerance is required to manage frustrating situations. Frustration tolerance is required to be cheerful even when we are unable to achieve desired outcomes despite the sincere effort. When an individual's effort to achieve some goals is blocked by unforeseen situations, frustration sets in. Frustration is an emotion and it occurs when an athlete unable to reach certain targets. Frustration is dependent on the outcome. The more important outcome is, it creates more magnitude of frustration while failing to achieve that outcome. Frustration tolerance is the ability of an individual to manage difficult situations in life without getting frustrated. Szasz *et al.* (2010) [9] opined that a person with low frustration tolerance will immediately get angry when the desired goals are blocked while a person with high frustration tolerance persist with that task that much extra long without getting angry or frustrated. Hence the degree of difficulty in attaining the desired objective determines frustration tolerance. According to Rosenweig (1944) [8], frustration tolerance is an individual's capacity to withstand frustration without failure of psychological adjustment i.e. without resorting to inadequate modes of behaviour. Often athletes and coaches think about frustration as bad emotion but it is more complicated than this simple meaning. Lack of frustration tolerance can become a destructive emotion if not dealt properly. Lack of frustration tolerance sometimes result in a negative emotional chain and this chain bring in a variety of bad emotions. The number of studies has been conducted in the past on frustration tolerance under sports psychology. One of the factors that affect frustration is personality and especially neuroticism. It has been opined that emotional instability is indicative of anger, anxiety, anger and fear in an individual. In sporting context Martin, 1976 [5], Rai and Gupta, 1998 [7], Gangyan, 2008 [2], Mathur *et al.* 2010 [6] conducted studies with frustration tolerance being the central theme. But despite extensive literature in sports psychology, the effect of neuroticism has not been assessed on frustration tolerance capacity of track and field athletes. Hence the present study was planned.

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Objective

The single objective of the present study was to assess the effect of neuroticism personality trait on frustration tolerance capacity of female track and field athletes.

Hypothesis

It was hypothesized that the magnitude of neurotic tendencies will have a significant impact on frustration tolerance capacity of female track and field athletes.

Methodology

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

Sample

In the present study, 70 intercollegiate female track and field athletes (Average age 22.18 years) were selected. The sample was selected from intercollegiate track and field meet organized in Nagpur Maharashtra. Random sampling method was used for the selection of the sample.

Tools

Reactions to Frustration Scale

Frustration tolerance in female track and field athletes was assessed by a scale standardized by Dixit and Shrivastava (2011). This scale is highly reliable and valid. Higher the score, lower is the frustration tolerance capacity of the subject is the interpretation given in the author's manual.

PEN Inventory

Hindi version of Eysenck's PEN inventory prepared by Menon *et al.* (1978) was used for evaluation of neuroticism dimension of personality. This inventory is highly reliable and valid.

Procedure

70 track and field female intercollegiate athletes were randomly chosen and then subjected to reactions to frustration scale and Hindi PEN inventory. Scores on reactions to

frustration scale and neuroticism scale were tabulated. To divide subjects into various categories of neuroticism, quartile deviation method was used. The scores falling above P75 (Q₃) were placed in a high neurotic group, scores lying below P25(Q₁) were placed in a low neurotic group and scores lying between P25(Q₁) P75 (Q₃) were placed in a moderately neurotic group. The comparison of frustration tolerance in these three groups was done with the help of One Way ANOVA and the results are presented in table 1 and 2 respectively.

Analysis of data

Table 1: One Way ANOVA Frustration Tolerance in female intercollegiate athletes belonging to low, average and high neurotic group (N=70)

Groups	N	Frustration Tolerance	
		Mean	S.D.
Low Neurotic	13	81.69	13.57
Moderately Neurotic	46	97.73	16.80
High Neurotic	11	111.00	14.19
F=10.34, $p < .01$			

The F=10.34 shown in table 1 gives scientific fact about the significant difference ($p < .01$) in frustration tolerance of female track and field athletes belonging to low, moderate and high neurotic groups. Since the reported F ratio was found to be significant at .01 level of significance, Post-hoc ANOVA was applied.

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

Mean (I)	Mean (J)	Mean Difference (I-J)
Low Neurotic	Moderately Neurotic	-16.04*
	High Neurotic	-29.30*
Moderately Neurotic	High Neurotic	-13.26*

* Significant at .05 level

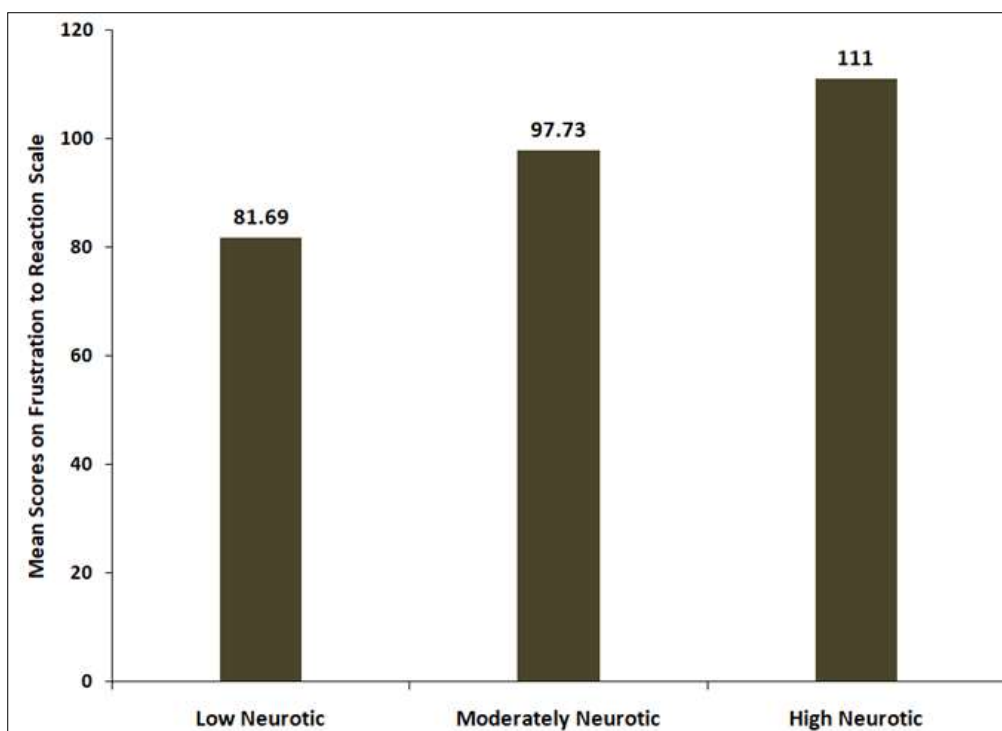


Fig 1: Bar Diagram Showing Mean Scores Frustration Tolerance among Female Track and Field Athletes Based on Categories of Neuroticism

Mean difference and associated significance given in table 2 yields the following facts:

- Tolerance to frustrating situations is significantly higher in low neurotic female track and field athletes as compared to moderately neurotic female track and field athletes. The mean difference of -16.04 is statistically significant ($p < .05$)
- Tolerance to frustrating situations is significantly higher in low neurotic female track and field athletes as compared to high neurotic female track and field athletes. The mean difference of -29.30 is statistically significant ($p < .05$)
- Tolerance to frustrating situations is significantly higher in moderately neurotic female track and field athletes as compared to high neurotic female track and field athletes. The mean difference of -13.26 is statistically significant ($p < .05$)

Result and discussion

- Low neurotic female track and field athletes showed a significantly higher magnitude of frustration tolerance as compared to moderately neurotic female track and field athletes.
- Low neurotic female track and field athletes showed a significantly higher magnitude of frustration tolerance as compared to high neurotic female track and field athletes.
- Moderately neurotic female track and field athletes showed a significantly higher magnitude of frustration tolerance as compared to high neurotic female track and field athletes.

According to description put forth by Eysenck and Ruchman (1965), neuroticism is a trait which forms a continuum from normal to neurotic and while reflecting upon those phenotypic expressions in behaviour of this dimension they mentioned that at one end of it there are people whose emotions are liable, strong and easily aroused; they are moody, touchy, anxious, restless and so forth characterizing the unstable or neurotic type; and at the other extreme there are people whose emotions are stable, less easily aroused; who are calm; even-tempered and reliable, representing the normal persons typical of the stable type. Hence in an annoying situation low neurotic individuals remain calm which helps them to control their frustration. This notion is also confirmed by Li-gin Yo (2010)^[4] in which they reported a higher level of tolerance to frustration in individuals who are calm, emotionally stable and optimistic. Hence results are according to the personality theory propounded by Eysenck.

Conclusion

On the basis of results, it was concluded that the frustration tolerance in female track and field athletes originates from normal-neurotic personality trait and therefore low neurotic track and field female athletes possess more magnitude of frustration tolerance capacity as compared to moderately and high neurotic female track and field athletes.

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