

## **ROLE OF TEACHERS IN COPING WITH FRUSTRATION OF ADOLESCENT STUDENTS**

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### **ABSTRACT**

Education should empower future generation to face the changing scenario of the world. Adolescence is the more crucial period in the life of an individual as it is the period of rapid physical, biological and emotional changes occurs which may leads to tensions, frustration and feeling of insecurity. It is the duty of teachers to equip the children to face these challenges in their developmental stage through his multifaceted roles as a guide, philosopher, friend and scaffolder instead of merely knowledge mongers. The study discusses the role of teacher in coping with frustration of adolescent students. It also discusses various strategies that can be used by the teachers in order to find solution for the adolescent frustration.

**Keywords:** Frustration, Adolescents, Coping

According to Indian Education Commission, 1964-1966, "The destiny of India is being shaped in her classroom". Education helps a person to realize his potential, which in turn helps to foster a stronger and cohesive society. Educating the younger generation plays a key role in social and economic development of a country. In the present scenario of modernization and technological advancement, the adolescents has to face lots of stress and frustration to meet the needs of the society.

Adolescence is a period of physiological, psychological and social transition from childhood to adulthood. It is a very crucial period in one's life. Adolescence is characterized by absence of sufficient emotional stability and is thus known as the period of stress and strain. Issues of independence, identity, sexuality and relationships defines this developmental stage. These troubling emotions can lead to mental instability and frustration. During this period, they face many problems like social, academic and emotional adjustment which leads to frustration. This include parental pressure to earn high scores and excel in extracurricular activities, the regarding desire to impress peers and negative thoughts about themselves. Adolescents are vulnerable to the effects of substance use and are at increased risk of mental health disorders,

underachievement in school and involve in anti social activities.

Frustration is a negative emotional feeling due to the unfulfillment of needs and desires. It refers to the failure to satisfy the basic needs, desires and requirements because of either conditions in the individual himself or external obstacles in the environment. Internal frustration may arise from challenges in fulfilling personal goals that interface with one another. External causes of frustration involve conditions outside an individual such as physical obstacles like rain, road block etc.

According to Rosenzweig (1944), "Frustration occurs wherever the organism meets a more or less instrumental obstacle or obstruction in its route to the satisfaction of the vital needs. "The frustration of adolescents may be due to various factors

**Academic-** the state of being frustrated or thoroughly upset by one or multiple things either directly or indirectly related to school, classes, homework or other academic aspects.

**Parental-** the state of being frustrated because of parental pressure, over expectations, family problems, economic problems, lack of family support etc

**Physical-** which arises due to physical changes occurs in the adolescent stage such as malnutrition, menstruation, development of secondary sexual characters, growth spurt in height, growth of public and underarm hair and skin changes like pimples

**Social-** arises when struggles to meet the needs of society, identity crisis, anti social activities etc.

Frustration level of adolescents increases due to lack of proper guidance. Students can easily be influenced by their parents and teachers. Communicating love, care and concern is the most important factor that parents and teachers can employ for their children. This will help them to come out of the emotional barriers when they are passing through the turbulent phase of transition to adolescent. The teacher plays a major role to place a student as a valuable citizen in the society who has the power to help others by using their reasoning. The teacher as facilitator and motivator are expected to know the learning style, interest, preferences and developmental needs of each student.. By implementing different strategies, teacher will be able to understand the need and mental state of students. Teacher have the potential to act as an essential part of a student's support network.

Teacher set the tone of their classrooms, build a warm environment, mentor and nurture students and become role models to them. The students should be given space to share their problems.

Even though frustration is a normal part of growing up, learning to cope with frustration constructively is challenging for many adolescents. Individuals differ in their ability to tolerate frustration. Frustration tolerance is the ability to withstand obstacles and stressful situation. An effective teacher can help students to cope with frustration. Some of the classroom strategies that can be used by the teachers are

### **Know the Child**

The teacher require knowledge of the unique skills that each child have in order to effectively target instruction toward students' learning needs. The teacher should set up a systematic approach to reinforcement for students who are trying to manage their frustration. Collaborative teaching method should be implemented. This will help to nurture a positive relationship with the students. This helps teacher to collaborate with the student's family and other community service providers to develop strategies and supports for the students.

### **Give proper guidance and counseling**

This help students use reframing to change their perception of situations they typically interpret as frustrating. The teachers should help them to practice stress management breathing exercises. This helps to train their emotions and satisfaction of emotional needs, which in turn helps in channelizing their aptitude in constructive manner. Positive feedbacks are given to the students to build confidence in their abilities. Teachers should develop self monitoring strategies students can use to reflect on and keep track of how they manage frustration throughout their life.

### **Give freedom**

To be trusted is one of the greatest compliment that can be given to an individual. The teacher must give absolute freedom to the students to make their own decision and manage their own life. Meanwhile the teacher should have a control on them to avoid them from diverting towards wrong paths of crime, drug addiction and so on. Whenever possible, tell them what to do rather than what not to do.

### **Listen to them nonjudgementally**

Teacher as a mentor must have a good communication with the students. The teacher should listen them nonjudgmentally; which enables them to realize that you value the opinion and this develops the trust in you. It will help the teacher to assess a child and identify areas for improvement, both personally and academically. This helps the teacher to develop an action plan for helping the students.

Teacher who are committed to the students should be aware of the problems of frustration in adolescence period. They are skilled on how to prevent and reduce these problems in order to mould a healthy young generation. As teacher is the most influential person among the students, teachers should provide life skills to the future generation. The teacher can help the students to develop a balanced personality. Schools should also provide support and training programs to the teachers and teacher educators.

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