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## **A study of frustration tolerance in relation to achievement motivation and sports achievements**

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### **Abstract**

The purpose of the current revision is to examine the combined result of getting motivation and sports achievement upon frustration lenience. For present study, 50 male high achiever sportspersons and 50 low achiever sportspersons from different sports were chosen as sample. The high achiever male sportspersons group consists of male sportspersons who took part in Inter-University championship for different sports and available top four places whereas low achiever male sportspersons group consist of sportspersons from inter college tournaments for various sports. Achievement motivation of selected subjects was evaluated by Achievement Motivation Inventory, prepared by Bhargava (2008). Frustration to Reaction Scale prepared by Dixit and Shrivastava (2011) was used to evaluate frustration tolerance of selected subjects. Results designate considerable key as well as interface effect of achievement motivation and sports achievement on frustration tolerance capacity of male sportspersons. It was accomplished that high achiever sportspersons with superior achievement motivation possesses enhanced excellence to tolerate frustrating condition as compared to low achiever sportspersons with poor achievement motivation.

**Keywords:** Frustration Tolerance, Achievement Motivation and Sports Achievements.

### **1. Introduction**

Frustration tolerance is the ability to withstand obstacles and stressful situations. Decreased frustration tolerance is a common behavior problem of people who have brain injuries. Low frustration tolerance can be a direct result of brain damage as well as a secondary reaction to the lifestyle changes and losses which might accompany a brain injury. Typically conceptualized as an executive functioning impairment, low frustration tolerance is viewed as a problem with self-regulation. Behavioral manifestations include irritability, aggression, lability, and refusal to participate. As with other behavior problems, difficulties with frustration tolerance are often exacerbated by fatigue.

Low Frustration Tolerance beliefs are basically unsupportable by evidence. Human beings can stand anything if they just stay there. Low Frustration Tolerance is an irrational trance that many believe, but seldom test. Low Frustration Tolerance is our intolerance for discomfort, difficulties, frustration, and painful emotions. Here we believe the idea that our situation is too difficult, too much, or unbearable. Cues may include: agitation, tension, poor attention, and leaving situations we really could stand. We've all seen people get huffy and suddenly leave a long bank line because they couldn't stand it or it was too much.

Low Frustration Tolerance, called impatience or discomfort anxiety, is created by distorted views of a situation and our ability to put up with it. Sometimes catastrophizing is added to the Low Frustration Tolerance to amp it up in our mind. This is our belief that the circumstances are also horrible, awful, terrible, or catastrophic. Staying with the strong feelings generated by these superficial beliefs will allow the person who believes them to see that it's their belief about the situation that's creating most of their profound discomfort and not the actual situation. LFT, if believed, tends to really intensify aversive feelings. It's a negative magnifying lens on a situation. If we tack the belief "boredom" onto situation and it makes the situation uncomfortable and additionally unstimulating.

Where do we find LFT? Panic. Addictions. Compulsions. Procrastination. Worry. Rage and anger. Really strong LFT hints that trauma may be involved.

Acceptance, patience, and tolerance are arrived at through direct feeling, taking action in the face of LFT, and desensitizing LFT directly.

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## 2. LFT's major challenges:

LFT's record of seeking instant gratification can often create stress in the future. Addictions, excessive TV watching instead of doing important duties, becoming involved in unsafe sex, exercise avoidance, overspending, overeating.

LFT lurks behind most procrastination. Procrastination creates problems in the near and distant future. More stress than avoided.

LFT helps make for complaining, blaming, and negativity and may thwart assertiveness and taking responsibility.

Having well developed patience and frustration tolerance is a key to the good life. Not overreacting to problems helps in all of life's areas. You are more willing to undertake learning and try new activities. Patience and frustration tolerance means you're accepting what is and what is uncomfortable without making it into more than what it is.

LFT can be wilted and mashed by learning to stand there and do what we better do. A Call to Action, the I Stood it Exercise, or Emo Direct Exposure would be useful here. If we get severely fearful or phobic it's best to feel those emotions and do what better be done.

This greatly deflates LFT. Nothing beats direct doing because it shows us very clearly that we can stand an activity, frustration, or extremely painful emotion. We can stand a great deal. In truth we can stand something until we die. When we believe we can't stand something we make that moment extremely uncomfortable.

Through experimenting we will discover we possess the ability to stay in there, to keep with it. Without patience and tolerance we will face massive roadblocks to our aspirations and to life. With LFT we bail out at the first signs of discomfort and struggle. Gang no more jumping out of a 20 person bank line because we can't stand it. Nonsense.

LFT exaggerates feelings as well as leads to lethargy; a lack of discipline; helplessness; hopelessness; a focus on short-term discomfort rather than on long-term goals and rewards; and the building up of complaining and self-pity. Further LFT blocks our awareness of our ability to complete tasks and leads to awful about our inability to control our emotions. LFT can also lead to us hating uncertainty and focusing on other's negative behavior.

LFT better be experienced and overcome. Take direct action in the face of LFT. I count LFT as one of the first targets to go after if you find it gumming up your life. It slows growth so it better is addressed.

**Motivation** is a theoretical construct used to explain behavior. It represents the reasons for people's actions, desires, and needs. Motivation can also be defined as one's direction to behavior or what causes a person to want to repeat a behavior and vice versa. A motive is what prompts the person to act in a certain way or at least develop an inclination for specific behavior. For example, when someone eats food to satisfy the need of hunger, or when a student does his/her work in school because he/she wants a good grade. Both show a similar connection between what we do and why we do it. According to Maehr and Meyer, "Motivation is a word that is part of the popular culture as few other psychological concepts are". Wikipedia readers will have a motive (or motives) for reading an article, even if such motives are complex and difficult to pinpoint. At the other end of the range of complexity, hunger is frequently the motive for seeking out and consuming food.

Motivation is defined as the process that initiates, guides, and maintains goal-oriented behaviors. Motivation is what causes

us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.

It involves the biological, emotional, social, and cognitive forces that activate behavior. In everyday usage, the term motivation is frequently used to describe why a person does something. For example, you might say that a student is so motivated to get into a clinical psychology program that she spends every night studying.

"The term motivation refers to factors that activate, direct, and sustain goal-directed behavior. Motives are the "whys" of behavior - the needs or wants that drive behavior and explain what we do. We don't actually observe a motive; rather, we infer that one exists based on the behavior we observe." (Nevid, 2013)

Psychologists have proposed a number of different theories of motivation, including drive theory, instinct theory, and humanistic theory.

## 3. Components of Motivation

Anyone who has ever had a goal (like wanting to lose ten pounds or wanting to run a marathon) probably immediately realizes that simply having the desire to accomplish something is not enough. Achieving such a goal requires the ability to persist through obstacles and endurance to keep going in spite of difficulties.

There are three major components to motivation: activation, persistence, and intensity.

**Activation** involves the decision to initiate a behavior, such as enrolling in a psychology class.

**Persistence** is the continued effort toward a goal even though obstacles may exist, such as taking more psychology courses in order to earn a degree although it requires a significant investment of time, energy, and resources.

**Intensity** can be seen in the concentration and vigor that goes into pursuing a goal. For example, one student might coast by without much effort, while another student will study regularly, participate in discussions and take advantage of research opportunities outside of class.

### 3.1 Hypothesis

High achiever sportspersons with good achievement motivation will show significantly more frustration tolerance as compared to low achiever sportspersons with poor achievement motivation.

### 3.2 Methodology

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

### 3.3 Sample

For present study, 50 male high achiever sportspersons and 50 low achiever sportspersons from different sports were chosen as sample. The high achiever male sportspersons group consists of male sportspersons who took part in Inter-University championship for different sports and available top four places whereas low achiever male sportspersons group consist of sportspersons from inter college tournaments for various sports.

### 3.4 Tools

Achievement motivation of chosen subjects was evaluated by Achievement Motivation Inventory, prepared by Bhargava (2008). This inventory is highly reliable and valid. A reaction to frustration scale, prepared by Dixit and Shrivastava (2011)

was the preferred choice for assessing frustration tolerance of selected subjects. The reliability of this test is 0.79.

**4. Procedure**

Achievement motivation test and frustration tolerance scale were managed to selected subjects as per standard process. The reactions so acquired were attained off for each subject as per author’s manual. To choose good and poor groups of achievement motivation, percentile norms i.e. P25 (Q1) and P75 (Q3) statistical technique was approved. Achievement motivation scores insincere below Q1 were treated as poor achievement motivation whereas achievement scores insincere above Q3 were pleased as good achievement motivation scores. High and low achiever sportspersons constitute two levels for independent variable sports achievement.

After bifurcating cases on the source of good and poor achievement motivation and level of participation, 2x2 ANOVA technique was functional. The results are accessible in table 1 and 2 respectively

**Table 1:** Effect of Achievement Motivation (A) and Sports Achievement (B) on Frustration Tolerance of Male Sportspersons

		Sports Achievement (B)		Marginal Mean
		High Achiever (b <sub>1</sub> )	Low Achiever (b <sub>2</sub> )	
Achievement Motivation	Good (a <sub>1</sub> )	N = 28 M = 84.24	N = 22 M = 98.58	91.41
	Poor (a <sub>2</sub> )	N = 29 M = 103.29	N = 21 M = 103.98	103.63
Marginal Mean		93.76	101.28	

**Table 2:** ANOVA Summary Effect of Achievement Motivation (A) x Sports Achievement (B) on Frustration Tolerance of Male Sportspersons

Source of Variation	S.S	MS	F
A	6618.27	6618.27	36.48
B	1645.29	1645.29	9.14
AB	1537.61	1537.61	8.93
Within Treatment (Error)	19357.02	161.88	

Significant at .01 levels; NS Not Significant

From the analysis of table 1 and 2 following inferences can be drawn:

F=36.48, an display of the most important outcome of achievement motivation upon frustration tolerance of male sportspersons is statistically significant at .01 level. It exposes that the frustration tolerance in male sportspersons with good achievement motivation is significantly higher (M=91.41) as evaluated to male sportspersons with poor achievement motivation.

The most important outcome of sports achievement upon frustration tolerance of male sportspersons was established to be statistically significant. It was pragmatic that frustration tolerance in high achiever male sportspersons (M=93.76) is significantly higher as compared to low achiever male sportspersons. [F=9.14, p<.01).

The F of 8.93, a display of interface outcome of achievement motivation and sports achievement on frustration tolerance of male sportspersons was also originated to be statistically significant. It illustrates that frustration tolerance of high achiever male sportspersons with good achievement motivation is significantly enhanced as evaluated to low

achiever male sportspersons with poor achievement motivation.

**5. Results**

-Male sportspersons with good achievement motivation demonstrated more amount of frustration tolerance as compared to male sportspersons with poor achievement motivation.

-High achiever male sportspersons demonstrated more magnitude of frustration tolerance as compared to low achiever male sportspersons.

-Joint action effect of achievement motivation and sports achievements was pragmatic on frustration tolerance of male sportspersons.

**6. Discussion**

Highly motivated persons set small and sensible goals in their life. The same was established in the current study because high achiever sportspersons do not seem to attain unrealistic goals so they do not endure from frustration occurring from failure to attain that particular goal.

**7. Conclusion**

On the basis of results it may be concluded that achievement motivation and sports achievement alone and in interface with each other persuade frustration tolerance in male sportspersons.

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