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CAUSES OF FRUSTRATION AND HOW TO OVERCOME IT

Abstract: This article will focus on frustration, its concept, types and causes.

Key words: Frustration, aggression, intrapersonal conflicts, frustration tolerance, personality.

Currently, more and more opportunities are appearing in all spheres of human life, which entails people's desire for self-development, self-realization, satisfaction of their needs and desires. But this is not always possible to achieve. Due to failures, a person experiences a state of frustration.

Frustration is a mental state of experiencing failure, which occurs in the presence of real or imaginary insurmountable obstacles on the way to the intended goal.

Many psychologists have studied socio-psychological frustration, such as: N.D. Levitov, S. Rosenzweig, J. Dollard, L. Festinger, V.N. Myasishchev Z. Freud, etc.

Z. Freud understood frustration as a source of aggression. J. Dollard defined frustration as an interference in a goal-oriented action, an external barrier preventing the achievement of a goal. N.D. Levitov explained frustration as a human condition, expressed in characteristic features of experiences and behavior, and caused by insurmountable difficulties that arise on the way to achieving a goal or solving a problem. The state of frustration occurs when an obstacle appears on the way to achieving a set goal. It can arise both from external obstacles and from intrapersonal conflicts of a person. Depending on the nature of the obstacles that a person faces, the following causes of frustration can be distinguished:

- biological;
- psychological;
- physical
- socio-cultural.

Frustration as a mental state can be:

- typical of a person's character;
- atypical, but expressing the beginning of the emergence of new character traits;
- episodic, transient.

Thus, people who do not restrain their emotions are prone to aggressive behavior when frustrated, while insecure people often suffer from depression. However, even reserved people can develop an aggressive state after a series of frustrating situations. There are frustrators that can cause

aggression in the calmest people, but this state remains only a situational episode and does not penetrate deep into a person.

Also, frustrations can be primary and secondary. Let's consider them in more detail:

- primary frustration occurs if the subject is deprived of the opportunity to satisfy his need. Example: hunger caused by prolonged starvation.
- secondary frustration is characterized by the presence of obstacles or counteractions on the path leading to the satisfaction of the need.

In a state of frustration, a person may display various emotions and reactions, mostly negative.

The main types of reactions are aggression, withdrawal into a distracting activity that allows one to “forget”, and regression. Let us consider them in more detail:

- aggression is a state that may include a threat, a desire to attack, hostility. This form of reaction manifests itself most often.
- withdrawal into a distracting activity that allows one to “forget”. This can manifest itself in a person's depressive state. This state is characterized by a feeling of sadness, uncertainty, helplessness, and sometimes despair.
- regression – a return to more primitive, and often infantile forms of behavior, as well as a decrease in the level of activity under the influence of the frustrator, both the one that is blocked and the other.

Reactions in a state of frustration are classified according to various criteria:

In terms of their duration:

- brief outbursts of aggression or depression of an affective type;
- prolonged moods that affect the personality.

In terms of their directness:

- direct reactions – reactions whose response is closely connected with the frustrating situation and remains a continuation of the initial needs;
- indirect reactions – reactions in which the response is more or less substitutive and, at most, symbolic.

In terms of suppressed needs:

- a reaction of continuation of the need. It constantly arises after each frustration;
- a reaction of defense of the “I”. This type of reaction has in mind the fate of the personality as a whole, it arises only in special cases of threat to the personality.

Also, there is such a state as frustration tolerance - patience, endurance in relation to frustrators.

In a state of frustration, a person may exhibit such behavior as: motor excitation, apathy, aggression and destruction, stereotypy, regression. Such types of behavior cannot influence a person positively.

Frustration can manifest both a destructive and a constructive character.

The destructive effect is manifested in the fact that frustration has a negative impact on health, inhibits the effectiveness of activities, and can form complexes in a person. The constructive effect is as follows:

- frustration can become a motive for achieving a goal;
- frustration can help a person control their emotions to avoid negative consequences;
- frustration can teach a person to analyze their mistakes.
- frustration can influence the strengthening of character.

It should be noted that with constructive frustration, personality development occurs.

To combat the state of frustration, you can do the following:

- find the advantages of the current situation;
- find the worst possible scenarios that could happen;
- compare your problem with something similar from the social environment;
- spend more time with loved ones, “important” people;
- give up on your dream. Find an option that can be implemented.

Thus, frustration is a mental state caused by failure to satisfy a need or desire. It occurs when an obstacle appears on the way to the set goal. There are different types of frustrations, as well as frustration reactions. Although frustration is considered a mental state that negatively affects a person, it can have both a destructive effect and a constructive effect.

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