## **Frustration Intolerance and Perfectionism in adolescents**

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Introduction – Frustration Intolerance Frustration Intolerance refers to the inability to tolerate discomfort (Shonda Lackey, 2013). Neil Harrington (2005) proposed a multidimensional model of Frustration Intolerance comprising of Discomfort Intolerance, Entitlement, Emotional Intolerance and Achievement Frustration. Perfectionism is a striving for flawlessness and setting exceedingly high standards for performance, accompanied by tendencies for overly critical evaluations (Stoeber, 2011). Flett and Hewit (1991) divide it into Self-oriented and Socially-prescribed perfectionism. Objective – To examine the (a) Relationship between Frustration Intolerance and Perfectionism, and (b) Gender differences

in Frustration Intolerance and Perfectionism in adolescents.

Materials and Methodology – The sample consisted of 100 (Male=55, Female=45) school-going students in the age group of 14-16 years. Pearson's product moment correlation and t-test were used to analyse the data which was collected using Frustration Discomfort Scale (Harrington, 2005) and Child and Adolescent Perfectionism Scale (Flett et al., 2000)

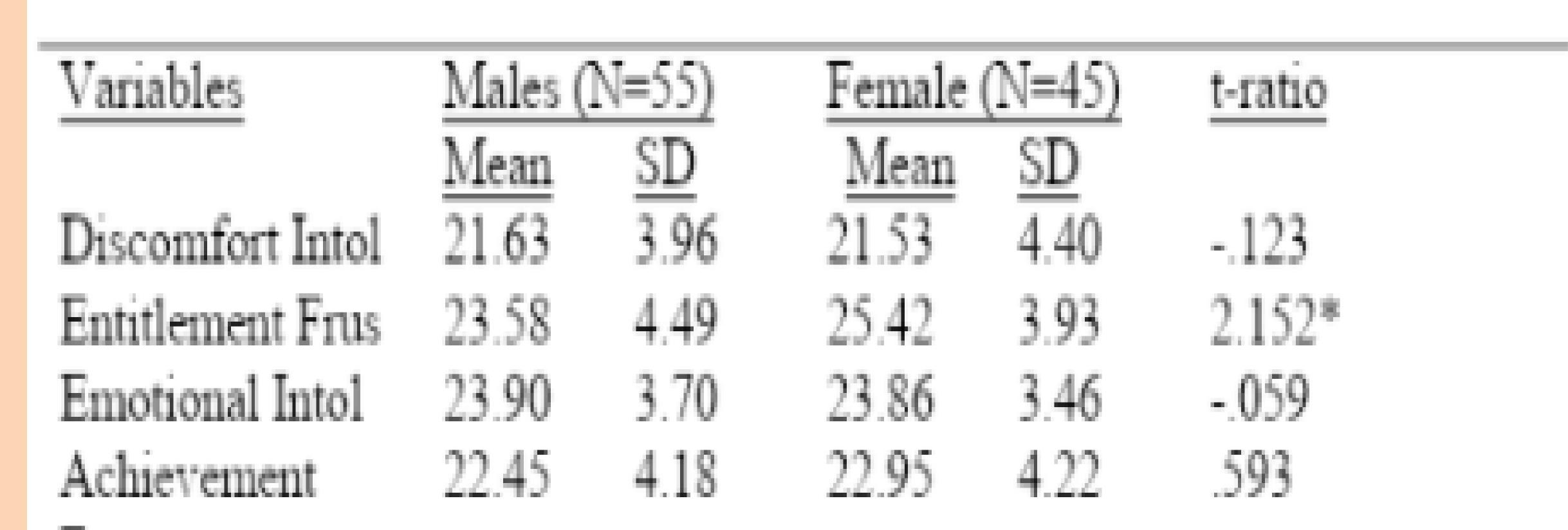
Table 1: Correlation (Female) Result

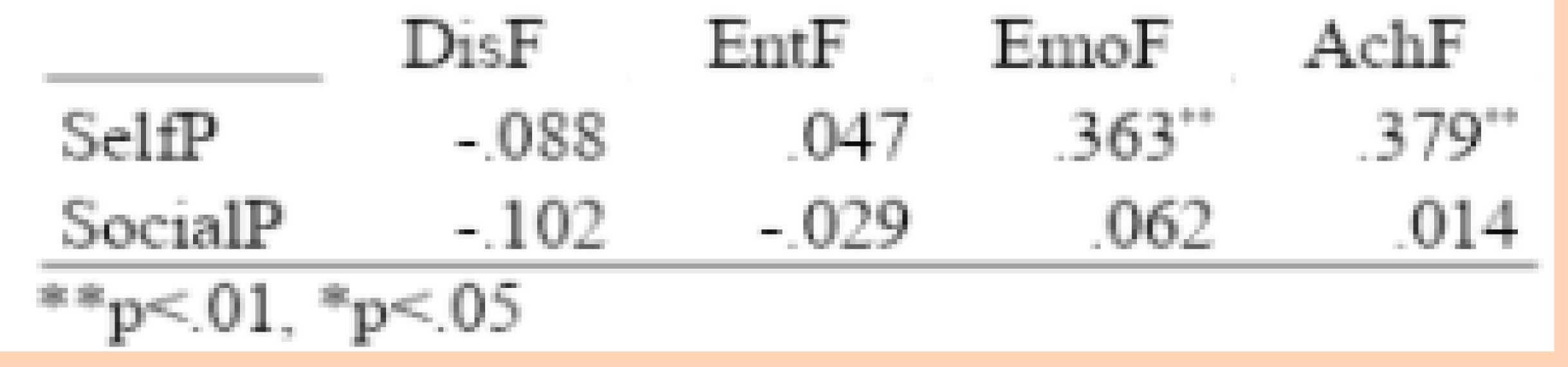
	DisF	EntF	EmoF	AchF
SelfP	169	.108	.216	.577**
SocialP	328*	057	.050	016

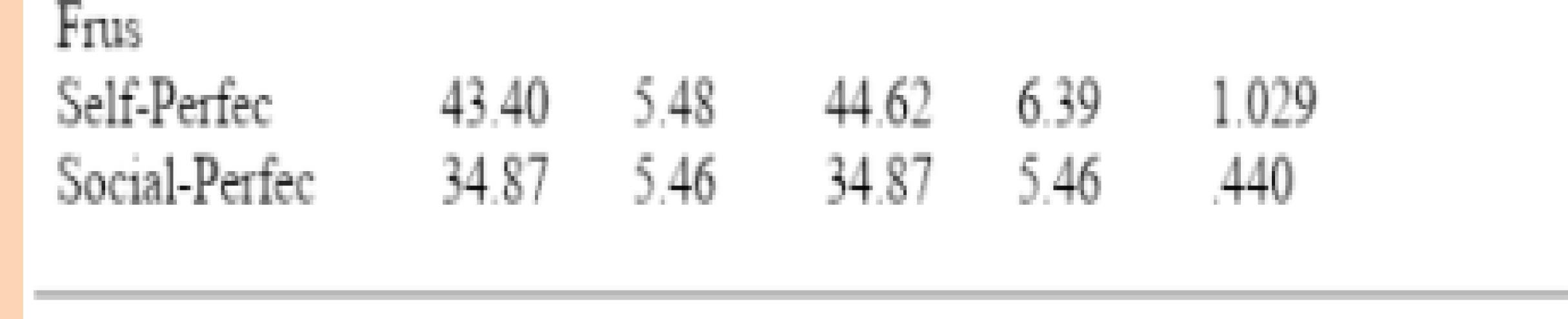
\*\*p<.01, \*p<.05

Table 2: Correlation (Male)

Table 3: T-ratios







1) Achievement Frustration is significantly and positively correlated with Self-Oriented Perfectionism among both males and female. 2)Emotional Intolerance is significantly and positively correlated with Self-Oriented Perfectionism among males. 3) Discomfort Intolerance is significantly and inversely correlated with Socially-prescribed perfectionism among females. 4)Significant gender difference in Entitlement Frustration; higher among females. Conclusion

>Students who have higher concern over mistakes, doubts over action and parental criticism and expectations, tend to have higher frustration intolerance as well as lower unconditional self-acceptance (Stankovic et al., 2015).

- >Self-oriented perfectionists who do not succeed are at risk because they have a need for experiences that validate their sense of self-worth (Flett & Hewitt, 2008).
- >No significant gender differences were found in perfectionism among adolescents. Findings seem to vary with age with childhood showing relatively more differences (Sand et al., 2021)
- >Those who represent unhealthy perfectionistic traits are more likely to be characterized by unhealthy emotional regulation strategies leading to more emotional frustration (Tran & Rimes, 2017)

Authors report no conflict of interest for this study. Citations available on demand. This is an original piece of work that has not been presented or published before. (\*) Presenting author Email-tarika.narula@rediffmail.com