

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)

Result

Table 1: Correlation (Female)

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

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

Table 3: T-ratios

| Variables | Males (N=55) | | Female (N=45) | | t-ratio |
|------------------|--------------|------|---------------|------|---------|
| | Mean | SD | Mean | SD | |
| Discomfort Intol | 21.63 | 3.96 | 21.53 | 4.40 | -.123 |
| Entitlement Frus | 23.58 | 4.49 | 25.42 | 3.93 | 2.152* |
| Emotional Intol | 23.90 | 3.70 | 23.86 | 3.46 | -.059 |
| Achievement | 22.45 | 4.18 | 22.95 | 4.22 | .593 |
| Frus | | | | | |
| Self-Perfec | 43.40 | 5.48 | 44.62 | 6.39 | 1.029 |
| Social-Perfec | 34.87 | 5.46 | 34.87 | 5.46 | .440 |

Table 2: Correlation (Male)

| | DisF | EntF | EmoF | AchF |
|---------|-------|-------|--------|--------|
| SelfP | -.088 | .047 | .363** | .379** |
| SocialP | -.102 | -.029 | .062 | .014 |

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

- 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)