

Assessment of Emotional Frustration Among Women Aged 18-35 Years: A Study from Tamilnadu, India

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Publication Date: 2025/07/17

Abstract: One important unpleasant feeling that stems from disappointment is frustration. The human quest for the satisfaction of needs, whether they be psychological or physiological, safety or self-actualization, is inherently accompanied with the complex and multidimensional global sense of frustration. The drive or desire to accomplish a particular objective may have an impact on the degree of frustration. It is also thought that the emotions involved in the circumstance influence the ultimate behavioral reaction. The study was conducted at the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India. The study's female participants ranged in age from 17 to 30. Following an explanation of the study's objectives, vocal agreement was achieved. Thirty people in all answered the poll. Thirty questions are asked in all.. The questionnaire asks about feelings of disappointment, worry, emotional instability, emotional discontent, aggressive behavior, agitation, tremors, excessive salivation, nail biting, knuckle crackling, and loss of faith. The study's findings and discussion indicate that the majority of women experience anger, agitation, excessive perspiration, boredom, exhaustion, worry, annoyance, and irritation at work. They can get sluggish and lose their enthusiasm. Women must recognize the importance of maintaining mental and emotional health.

Keywords: Mental Tension, Anger, Irritation, Restlessness, Mood Disturbance, Frustration.

How to Cite: Dr. R. Anusha; Dr. P. Allwin Christuraj; Dr. D. Baby Shalini; I. Hema; G. Nithyasri (2025) Assessment of Emotional Frustration Among Women Aged 18-35 Years: A Study from Tamilnadu, India. *International Journal of Innovative Science and Research Technology*, 10(7), 991-994. <https://doi.org/10.38124/ijisrt/25jul377>

I. INTRODUCTION

We face obstacles in our daily lives that prevent us from achieving our objectives, and occasionally these obstacles lead to frustration. When a desired objective is being pursued and impediments are encountered, frustration, a goal-oriented emotional state, arises. There are several common underlying variables that function as stressors to elicit feelings of frustration, even though frustration can occur in a wide range of situations and appear in a variety of ways. The drive or

desire to accomplish a particular objective may have an impact on the degree of frustration. It is also thought that the emotions involved in the circumstance influence the ultimate behavioral reaction. Often, people vent their annoyance by slamming doors or violently hitting computer keyboard keys on inanimate objects or unintentional witnesses. Aggressive behavior, usually motivated by rage and connected to the positive arousal component, is frequently linked to frustration.

II. PATHOPHYSIOLOGY

A common psychological feeling that many people encounter throughout their lives is frustration. It can impact a person's emotional and mental health and is frequently brought on by the failure to fulfill one's demands or objectives. A variety of emotions, such as tension, anxiety, wrath, and even despair, might result from this condition. Being unable to fulfill a deep-seated want, whether it be an emotional or physical need, can lead to frustration. People may not be aware that they are feeling frustrated, and this emotional reaction is frequently misinterpreted. When one's aims or desires are repeatedly not met, the sensation may surface. The following are reasons for frustration: both external and internal variables, such as personal characteristics or beliefs, may contribute to frustration. Unexpected events, financial difficulties, unresolved conflicts, failing or unhealthy relationships, unhealthy work standards, missed deadlines, unfulfilled sexual urges, and mental illnesses including depression and post-traumatic stress disorder are some of the things that can cause irritation. Qualities of Psychological Frustration: Tension on an emotional level: An unpleasant emotional state characterized by dissatisfaction, disappointment, or rage is called frustration. When someone's goal-directed activity is impeded, or they run into difficulties reaching a desired result, it's known as goal blocking. Both internal and external factors can contribute to frustration. Examples of these include societal or environmental limitations as well as personal limitations. Behavior Reactions: aggressiveness: As a response to the obstruction, frustration may result in verbal and physical aggressiveness. Giving Up: People may also react by abandoning the objective or undertaking they were working towards. Apathy: Apathy, or a lack of drive or interest, can occasionally result from frustration. Daydreaming: Some people use fantasizing or daydreaming as a coping mechanism for their frustration. Physiological Reactions: Anxiety can sometimes show itself as physical symptoms like insomnia, restlessness, or even substance addiction as a coping strategy. Coping Strategies: To deal with frustration, people may choose a variety of coping strategies, such as figuring out what's causing it, reaching a compromise, or employing defensive strategies.

III. MATERIALS AND METHOD

At the Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences and Hospital in Kulasekharam, Tamil Nadu, India, the study was conducted. The study's female participants ranged in age from 17 to 30. Following an explanation of the study's objectives, vocal agreement was achieved. A total of thirty people responded to the survey. There are thirty questions in all. The questionnaire asks about feelings of disappointment, worry, emotional instability, emotional discontent, aggressive behavior, agitation, tremors, excessive salivation, nail-biting, knuckle crackling, and loss of faith. Female participants were not included in the study, because they were prohibited or refused to participate.

IV. RESULTS

Have any family or work or environmental issues 63.33% and 36.66% not have any family or work or environmental issues. Have a perception of letdown 86.66% and 13.33% not have a perception of letdown. Symptom of Anxiety 90% and 10% do not have the symptom of Anxiety. Have an emotional unrest 86.66% and 13.33% do not have an emotional unrest. Anger accompanied by emotional confusion 93.33% and 6.66% do not have anger accompanied by emotional confusion. Have a symptom of increased heart rate 66.66% and 33.33% not have a symptom of increased heart rate. Have an emotional dissatisfaction 66.66% and 33.33% not have an emotional dissatisfaction. Elevated respiratory rate 56.66% and 43.33% not having elevated respiratory rate. Have a symptom of increased blood pressure 90% and 10% do not have a symptom of increased blood pressure. Have increased body temperature 70% and 30% do not have increased body temperature. Have excessive perspiration 53.33% and 46.66% do not have excessive perspiration. Episodes of uncontrollable tears 73.33% and 26.66% do not have episodes of uncontrollable tears. Engaged in violent conduct 56.66% and 43.33% not engaged in violent conduct. Have a symptom of irritation 70% and 30% not have a symptom of irritation. Have a symptom of Tremors 50% and 50% do not have a symptom of Tremors. Have a symptom of eye redness 43.33% and 56.66% do not have a symptom of eye redness. Profuse Salivation 40% and 60% do not have profuse salivation.

Table 1. Assessment of Emotional Frustration Among 18-35 Years

S.NO	CONTENTS	YES(%)	NO(%)
1	Have any family or work or environmental issues	63.33%	36.66%
2	Have a perception of letdown	86.66%	13.33%
3	Symptom of Anxiety	90%	10%
4	Have an emotional unrest	86.66%	13.33%
5	Anger accompanied by emotional confusion	93.33%	6.66%
6	Have a symptom of increased heart rate	66.66%	33.33%
7	Have an emotional dissatisfaction	66.66%	33.33%
8	Elevated respiratory rate	56.66%	43.33%
9	Have a symptom of increased blood pressure	90%	10%
10	Have increased body temperature	70%	30%
11	Have excessive perspiration	53.33%	46.66%
12	Episodes of uncontrollable tears	73.33%	26.66%

13	Engaged in violent conduct	56.66%	43.33%
14	Have a symptom of irritation	70%	30%
15	Have a symptom of Tremors	50%	50%
16	Have a symptom of eye redness	43.33%	56.66%
17	Profuse Salivation	40%	60%
18	Have disturbed sleep	70%	30%
19	Have a symptom of loss of appetite	60%	40%
20	Have mouth dryness	63.33%	36.66%
21	Damaging and destroying objects	56.66%	43.33%
22	Raised hair follicles on the skin	46.66%	53.33%
23	Forceful pressing of upper and lower teeth	70%	30%
24	Loss of faith in others	83.33%	16.66%
25	Have meditation practice	33.33%	66.66%
26	Nail biting due to stress or anxiety	60%	40%
27	Have excessive thirst	56.66%	43.33%
28	Lack of interest in self care	70%	30%
29	Habit of knuckle crackling	66.66%	33.33%
30	Have the symptom of constipation	53.33%	46.66%

Have a disturbed sleep 70% and 30% not have a disturbed sleep. Have a symptom of loss of appetite 60% and 40% do not have a symptom of loss of appetite. Have mouth dryness 63.33% and 36.66% do not have mouth dryness. Damaging and destroying objects 56.66% and 43.33% do not damaging and destroying objects. Raised hair follicles on the skin 46.66% and 53.33% do not have raised hair follicles on the skin. Forceful pressing of upper and lower teeth 70% and 30% don't forceful pressing of upper and lower teeth. Loss of faith in others 83.33% and 16.66% not having loss of faith in others and 66.66% don't practice meditation. Nail biting due to stress or anxiety 60% and 40% don't bite their nail due to stress or anxiety. Have excessive thirst 56.66% and 43.33% do not have excessive thirst. Lack of interest in self care 70% and 30% do not lack of interest in self care. Habit of knuckle crackling 66.66% and 33.33% do not have the habit of knuckle crackling. Have the symptom of constipation 53.33% and 46.66% do not have the symptom of constipation.

V. DISCUSSION

Most of them have any family or work or environmental issues 63.33% and most of the females have a perception of letdown 86.66%. Majority of them have symptom of anxiety 90%. More females have an emotional unrest 86.66% and most of the females have the anger accompanied by emotional confusion 93.33%. Have a symptom of increased heart rate 66.66%. and 33.33% not have an emotional dissatisfaction. Elevated respiratory rate 56.66% and 43.33% not having elevated. Have a symptom of increased blood pressure 90%. Have increased body temperature 70%. Have excessive perspiration 53.33%. Episodes of uncontrollable tears 73.33%. Engaged in violent conduct 56.66%. Have a symptom of irritation 70%. Have a symptom of Tremors 50%. 56.66% do not have a symptom of eye redness. 60% do not have profuse Salivation. Have a disturbed sleep 70%. Have a symptom of loss of appetite 60%. Have mouth dryness 63.33%. Damaging and destroying objects 56.66%. Raised hair follicles on the skin 46.66%. Forceful pressing of upper and lower teeth 70%. Loss of faith in others 83.33%. Have meditation practice 33.33%. 66.66% don't

practice meditation. Nail biting due to stress or anxiety 60%. Have excessive thirst 56.66%. Lack of interest in self care 70%. Habit of knuckle crackling 66.66%. Have constipation 53.33%.

VI. CONCLUSION

According to the study's results and discussion, most women suffer from agitation, anger, excessive sweating, boredom, fatigue, anxiety, annoyance, and irritation at work. They also lose their excitement and become lethargic. Women therefore need to pay more attention on mental health. Women need to understand the value of sustaining emotional well being and mental wellness. These areas should be the focus of future treatments to improve women's general health and wellness.

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