

## IMPORTANT ASPECTS OF FRUSTRATION TOLERANCE IN PERSON

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Today, there are many definitions of the concept of “frustration”. For example, the following definition is given in the psychological dictionary: frustration (Latin frustratio - to deceive, to wait in vain) - a mental state that occurs as a result of not being able to satisfy a need or desire. In the dictionary of psychological analysis, frustration is defined as a state resulting from experiences of the impossibility of achieving set goals and satisfying desires, plans and expectations [5].

Frustration (from the Latin frustratio - deception, failure, violation of plans, waiting in vain) is a psychological state that occurs in situations of disappointment, dissatisfaction, failure to achieve any goal or need that is important to a person. In a broad sense, this concept is used to express the state of mind that occurs when it is impossible to satisfy current needs. Another psychological dictionary defines frustration as “the psychological state of experiencing failure when faced with real or imagined insurmountable obstacles to achieving a particular goal” [5]. Its symptoms include overwhelming agitation, restlessness, and hopelessness. The response to frustration can be expressed in the form of escapism (withdrawal into the world of fantasy), social passivity and conformity to the existing regime, or, on the contrary, aggressive behavior.

The most common definition of frustration is interpreted as one of the mental states caused by objectively insurmountable or subjectively perceived difficulties in achieving a goal. In other words, frustration is a state of experiencing failure. Experiencing frustration elicits different behavioral responses in different individuals.

Currently, frustration is usually understood as a mental state of a person, manifested by insurmountable objective (or subjectively perceived) difficulties that arise on the way to achieving a goal or solving a problem. It should be noted that frustration is often confused with such concepts as “stress” and “deprivation”. Frustration is distinguished by two features: firstly, a direct social impact on a person, and secondly, its relatively short duration. Situations that cause frustration are commonly referred to as “frustration states” or “frustration effects.”

For frustration to occur, there must be an important need and an obstacle to its satisfaction. Faced with a frustrating situation, the body experiences stress, discomfort and tension. This condition is commonly referred to as frustration tension. Frustration voltage can be low, medium and high. At any given moment, the frustration tension can change. In general, its level depends on the ratio of the number of necessary life needs and the sum of frustrating effects. Frustration stress plays a crucial role in mental adjustment.

According to the definition given by Brown and Farber, frustration is the result of conditions that prevent or slow down an expected response [ 2 ]. Explaining the position of these authors, Lawson emphasizes that frustration is a conflict between two tendencies that belong to the “goal-reaction” type of relationship and appear under the

influence of interference conditions.

S. Rosensweig made a special contribution to clarifying the content of the state of frustration. According to this scientist [1], frustration occurs when the organism encounters more or less insurmountable obstacles on the way to satisfying any vital need. According to his theory, frustration occurs when a person encounters obstacles on the way to satisfying some need that is important to him. Protection of the organism in frustrating situations is carried out at three levels: cellular, autonomic and psychological. At the psychological level, personality types and orientations are revealed that overcome frustrating situations with various forms of success.

The mental state caused by the frustrator obviously depends on the type of this influencing factor. S. Rosensweig distinguished three types of such situations [1]: deprivation (privation), i.e. lack of resources necessary to achieve a goal or satisfy a need; loss (deprivation); conflict.

S. Rosensweig suggested dividing frustration reactions into three groups and kept this classification as the basis of the test he developed [1]:

1. Extrapunitive responses (external accusation). In them, the subject aggressively blames external obstacles and individuals. Emotions that accompany these reactions are anger and agitation. In some cases, the aggression is first hidden, then it finds indirect expression in response to the projection mechanism.

2. Intrapunitive or self-blaming responses. The feelings associated with them are guilt, pangs of conscience.

3. Impunitive responses. In this case, there are attempts to avoid the criticisms of those around him and to approach the frustrating situation from the point of view of compromise.

Based on the above-mentioned information, it can be concluded that the mental state of a person is understood as a result of insurmountable objective (or subjectively perceived) difficulties that arise on the way to achieving a goal or solving a problem.

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