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A STUDY OF ARUN JOSHI AND TENNESSEE WILLIAM'S WAYS OF DEALING WITH FRUSTRATION, DEPRESSION, AND FAILURES

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ABSTRACT

In psychology, the phrase "frustration" refers to an emotional reaction that is associated with anger, melancholy, or feeling terrible. Freud coined the word "Frustrane," which is derived from the German verb "Frustrieren" (to frustrate). It was then dubbed "frustration" in English. A person, according to Freud, feels disappointed when he or she is unable to fulfil his or her desired requirement. If a person intended to go outdoors and it began to rain, it will be a momentary or minor irritation. Frustration causes regression, aggressiveness, and obsession. When a person has a failure in his life, he will eventually experience emotions of frustration. J.C. Coleman claims "Frustration is not only a failing of wants and desires; it signifies much more than that." Internal and external frustrations are the two types of human dissatisfaction. When a person is unable to achieve his or her own goals or aspirations, he or she experiences internal dissatisfaction. For example, suppose a person wishes to pursue a profession as a doctor. Unfortunately, if he is unable to achieve success in his life, he will experience internal dissatisfaction. External frustration differs from internal frustration in that it is caused by an individual's worst experience from outside society, such as loss in business or infidelity by an intimate friend. Frustration may both, create and test human character. When people are frustrated in their lives, it offers them good and bad characteristics. Many individuals fail in their lives, yet they are irritated and begin to return to their lives stronger. Some individuals are unable to accept their shortcomings in life. It causes people to feel unhappy and anxious, revealing the negative side of mankind. The majority of individuals report feelings of dissatisfaction at their workplaces. For example, an Executive wants to advance in his or her firm but discovers a shortage of credentials among his or her working staff. They are unable to do their task in the allotted time. Due to his or her irritation, he or she begins to attack verbally or physically during the outburst of rage. External frustration refers to this kind of dissatisfaction.