**Frustration and conflict**

**Frustration:** is a negative feeling when one is prevented from reaching a goal.

**Sources of frustration:**

1. Environmental forces that block motive fulfilment.

2. Personal inadequacies that make impossible to reach goals (e.g. handicapped people).

3. Conflict between motives: the most serious and deep rooted frustration occurs due to conflict between motives.

**Conflict:** refers to the internal struggles or tensions that individuals experience within themselves , it can create a sense of frustration

**Types of conflicts:**

**1. Approach-Approach conflict:**

This is the simplest kind of conflict and occurs between two positive goals that are equally attractive. The person is attracted at the same time by two goals that are incompatible.

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**2. Avoidance – Avoidance conflict:**

It takes place when one is forced to choose between tow negative goals. It is the worst type of conflict and is stressful. It leads to indecision, vacillation, inaction and sometimes ‘‘freezing’’ and ‘‘escape’’- leaving the field.

Freezing & Escape

**3. Approach – Avoidance conflict:**

It is the most difficult to resolve because in this conflict, a person is both attracted to repelled by the same goal object.

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**4. Multiple approach – avoidance conflicts:**

Many of life’s problems involve many positive and negative goals.

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**Reaction to frustration:**

**1. Simple reactions:**

a. Increasing efforts and trials: during frustration some people individual become introspective for overcoming the obstacles

b. Compromise: finding a middle ground or reaching a resolution within oneself when faced with conflicting desires, needs, or goals.

c. Submissiveness: the individual surrenders himself and accepts his defeat as inevitable.

**2. Violent reactions:** in addition to simple reactions, the individual becomes emotionally tense and the frustration causes aggression.

a. External aggression: this aggression may be directed towards either the person or persons who caused the frustration or towards softer targets as substitutes.

b. Internal aggression: instead of relieving emotional tension by attacking others, the aggression may be directed towards self by blaming self.

**3. Task oriented reaction pattern:**

Task oriented reactions may involve making changes in oneself or in his environment or in both depending upon the situations.

**Coping with frustration and conflict:**

Frustration and conflict cause stress and anxiety causing harm to the body. Some common reactions to frustrations are persistence, escape and aggression. Some methods of relieving frustration are:

1. Identify the source of frustration.
2. Have the ability to change or control frustration. If not, learning to accept the situation might be the right answer.
3. Decide important things carefully.
4. Try to find compromises. Look for positive things when all choices seem negative.
5. Seek reliable help from advisors, teachers, and other counsellors.
6. Avoid indecision. Stick with your decisions and forget about the choices unless you are clearly in the wrong.

**Defence Mechanisms:**

Defence mechanisms can be divided into successful and unsuccessful mechanism.

**1. Successful Mechanisms:**

* **Repression:** is basic to all other forms of defence mechanisms. It refers to the process by which an individual strives to keep unacceptable, painful, and unpalatable. It is unconsciously forgetting unpleasant experiences.
* **Rationalization:** is a defence mechanism in which an individual justifies his failures and socially unacceptable behaviour by giving socially approved reasons.
* **Compensation:** means something given to replace a loss or to make up for a defect.
* **Sublimation:** is the channelling of a strong and socially unacceptable drive (behaviour) or urge into a form that is acceptable to society.

**2. Unsuccessful Mechanisms:**

* **Suppression:** is an intentional pushing away from awareness of certain unwelcome ideas, memories or feelings.
* **Reaction information:** it isstrongly expressing the reverse of what on feels. It is sometimes possible to conceal a motive from ourselves by giving strong expression to its opposite.
* **Displacement:** it is discharging pent-up feelings on persons less dangerous than those who initially aroused the emotion.
* **Denial:** it is refusing to belief that something unpleasant exists.
* **Projection:** is a frequently used unconscious mechanism that relieves tension and anxiety by transferring the responsibility from unacceptable ideas, impulses, wishes, or thoughts to another person.
* **Regression:** is to behave in a less mature way (backward).
* **Conversion:** is a defence mechanism by which an emotional conflict is expressed as a physical symptom or illness for which there is no any organic cause.
* **Fantasy or day-dreaming:** it is a kind of withdrawal when faced with real problem of life. It is withdrawal to make belief world when face difficult problems. It is a pleasant thing and it may help to escape during time of stress.