



PSYCHOLOGICAL METHODS FOR DIAGNOSING FRUSTRATION IN STUDENTS

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Abstract:

This thesis is devoted to the study of psychological methods for diagnosing frustration in students. Frustration is a mental state that occurs due to obstacles or failures encountered by a person in achieving his goals. The emergence of frustration in students can be associated with stress, failures, and social or personal problems during the study process. The thesis describes the main psychological methods used to diagnose frustration in students, including interviews, psychological tests, projective methods, observation, and biometric methods. The advantages and disadvantages of each method are shown, as well as how it helps to accurately diagnose the state of frustration in students.

Keywords: Frustration, psychological diagnosis, student, stress, interview, psychological tests, projective methods, observation, biometric methods, mental health, emotional state.

Introduction

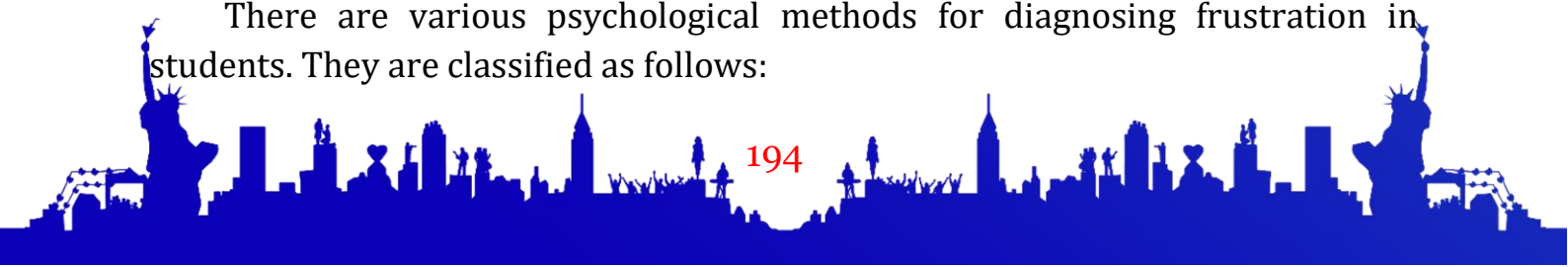
Frustration is defined as a feeling of failure to achieve one's goals or to achieve expected results. The emergence of a state of frustration in students can negatively affect academic performance and personal development. Therefore, it is important to understand frustration in students and make a correct diagnosis based on its symptoms and causes. This thesis examines the psychological methods used to diagnose frustration in students, their advantages and limitations.

Psychological Concept of Frustration

Frustration is an emotional state that occurs when a person encounters obstacles on the way to achieving his or her goals. This condition can occur, especially in students, in the process of studying, in relationships with teachers or classmates, in personal life, or due to lack of self-confidence. Understanding frustration as a psychological process increases its importance in diagnosis and treatment.

Psychological Methods Used in Diagnosing Frustration

There are various psychological methods for diagnosing frustration in students. They are classified as follows:





a) Interviews and Conversations

One of the first and simplest methods for diagnosing frustration is to conduct an interview or conversation with the student. The psychologist asks questions to understand the emotional state of the student and the problems facing him. This method is effective in determining the internal state of the student, because it allows you to study the causes of frustration through a direct conversation.

b) Psychological Questionnaires and Tests

Using questionnaires and tests specially designed to diagnose frustration, objective data about the psychological state of students are collected. For example, the level of frustration of the student is measured using tools such as the Frustration Scale or the Goal Attainment Scale. These tests help to identify the student's difficulties in behaving, responding to stress, and achieving goals.

c) Projective Tests

Projective tests (for example, the Rorschach test or TAT - Thematic Apperceptive Test) are used to understand the student's inner world, his emotional state and how he reacts to the external environment. Through these tests, it is possible to determine how the student's feeling of frustration is formed and how he responds to it.

d) Observation

Another method of diagnosing frustration is to observe the student's behavior. A psychologist or teacher observes the student's attitude to the lesson, his enthusiasm for studying, his behavior in stressful situations, and his relationships with friends. This method allows you to determine the student's level of frustration and its external signs.

e) Biometric and Neurophysiological Methods

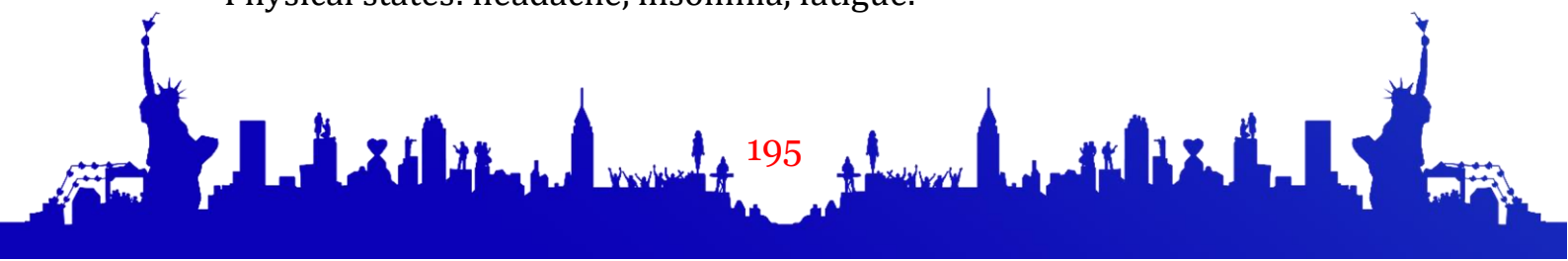
Some psychological laboratories use biometric or neurophysiological methods, such as electroencephalography (EEG) or biomonitoring (measuring heart rate and sweating), to measure the level of frustration in students. These methods help to measure the student's biological responses, especially how they experience stress.

Signs of Frustration

Appreciating the signs of frustration can help to make a more accurate diagnosis. Signs of frustration in students can manifest in the following forms:

Emotional states: anxiety, anger, sadness, worry.

Physical states: headache, insomnia, fatigue.





Cognitive states: loss of interest in studying or work, difficulty concentrating.

Behavioral: self-isolation, avoidance of studying, feeling bad.

Factors to Consider When Diagnosing Frustration

Age and Personality: Frustration is formed differently in students of each age group, so an age-appropriate approach is necessary when choosing a method.

Culture and Social Environment: The social and cultural context of the student can affect his level of frustration. Local values, educational system and social environment should be taken into account.

Source of stress: Identifying the sources of frustration for the student (study, personal life, social pressure) is important for accurate and effective diagnosis.

Conclusion

Diagnosing frustration in students requires the effective use of psychological methods. Using interviews, tests, projective methods, observation and biometric methods, the level of frustration is determined and the necessary measures are taken against it. Identifying early signs of frustration in students and developing appropriate approaches to it helps to support their mental and emotional development. The correct and systematic use of these methods helps students to be successful in the learning process.

