



OF FRUSTRATION

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ABSTRACT

A frustrated person should find his own fault and take corrective measures and proceed accordingly. Better it is not be restless and change decision frequently. If a man can explain the cause of his success then he can also explain the reasons responsible for his failure. He can easily discover the shortcomings of his line of thinking. But it is surprising that in most of the cases the winning person never analyzes the strategies for his success. Joyous mood transports him in the land of happiness and he seldom is ready to think anything more. May be fortune, instead of clarity of thought, favored him to achieve his objectives. He won by chance and incidentally. But this analysis of success is an asset of human life.

Keywords: Frustration, Failure, Discontent, Inability, Designation, Limitation.

INTRODUCTION

Creative writing is based more on manifestation rather than on expression. It does not inform rather it reveals, so it bears no reference. The best creative writing is critical, and the best critical writing is creative. The present article is the outcome of creative writing meant for lay readers. As such free style is the methodology adopted so that the pleasure of reading can be enjoyed by the common people. As you know well that, Francis Bacon (1561-1626), the immortal writer, wrote many essays, and notably "Of Love", "Of Friendship", "Of Ambition", "Of Studies", etc. The myriad-minded genius rightly pointed out that all the words of the dictionary can be the themes of essays one can write. But little has been done, in this regard since his death, in order to finish his unfinished monumental works. In fact Bacon's way of presentation and his unique style kindled imagination and inspired me to write essays, in the light of creative writing, thus to get relief through Catharsis.

ARTICLE

Frustration means to be discontented through inability to achieve one's desires. Failure in spite of repeated attempts paves the way for frustration. Baseless thinking or lack of intelligence is the root cause of failure. A man should know his designation but must know his limitation without fail. For, most of the persons know when to start but only a judicious brain knows when to stop, where to stop and how to stop. Over confidence or over expectation many times becomes the cause of failure. Thus disappointment, failures, bad luck, fear caused by tyranny of the opponent, nepotism of the authority etc. all these evil forces over which we have little or practically no control at all are the causes of frustration.

These reasons may act altogether or singly rendering the life of the victim utterly miserable. As a consequence the unfortunate victim loses interest towards life. To him life appears as if a galaxy of dark smoke only. He finds none for

help. Misfortune dogs him wherever he goes. All these factors lead to depression, and the temptation to despair that provokes a sentimental soul to commit suicide. They say he, who does not know the sweet side of life, commits suicide.

Imagination escorts a soul in the land of joy. Reality drags down that romantic heart in this earth which is infested with obstacles in every footstep. If a man thinks to remove a hill and pushes it accordingly, he will never be successful throughout his life. Here his sincere effort is beyond question. But everybody will laugh at him for his absurd and callous thinking. So repeated failure should not be the cause of frustration rather real frustration lies in the unwillingness to investigate or assess the reasons that plays the vital role of unattainability of the objectives.

A drowning man catches hold of a straw. He leaves no stone unturned. He tries till his last breath. This fighting attitude, in real life, is rare. He only wants to survive. He wants to get back his life. He struggles for his existence. Here the aim of drowning man is single and fixed. But, in reality, a single failure renders a person inactive. He searches for option. In this way a man does not get the way of success rather he digs his own grave.

They say those who want to please everybody can please nobody. Similarly, those who try for all avenues get no avenue at all to realize the ambition. It is most unfortunate when a poor person has no capacity, either physically or financially, to try for another chance.

In fact, frustration is to cause to have no effect. It means to deprive of effect or render worthless an effort directed to some end. It is the prevention from achieving an objective.

From psychological point of view it is the prevention from gratifying certain impulses or desires, either conscious or unconscious.

A business man experiences frustration when return of investment is either nil or less than expected. A student, if

fails in an examination, becomes the victim of frustration.

A captain when he is defeated, either in play ground or battle field, faces the hard reality namely the instant frustration. This instant outcome of frustration has three outcomes.

Firstly, the captain may resign or escape from battle field. Secondly, he may identify his faults and takes preventive measures and be prepared with renewed energy and enriched experience as well for the next battle. Thirdly, a sentimental soul may commit suicide.

A frustrated tender soul commits suicide. One school of thought opines that committing suicide is very easy. Another school pleads for the opposite and argues that it is a difficult decision and needs stamina for its implementation. Some one points out that it is merely a disease. Whatever the reasons may be committing suicide needs much courage and long mental preparation. As such, a coward can hardly welcome premature death. However, it pains much when a tender soul departs this world being deprived of love and affection.

Frustration is so powerful that none can escape of its clutches irrespective of having high intelligence, wide knowledge, infinite wisdom or even enviable luck as well. In fact a person faces frustration and becomes its easy prey infinite times in different forms, dimension and magnitude as well from cradle to grave. Thwart and balk both mean to frustrate by blocking someone or something moving toward some objective. Foil means to throw off course so as to discourage further effort or make it of no avail. To baffle is to defeat the efforts of by bewildering or confusing.

An intelligent person seldom changes his option easily. He does not vacillate. He sticks for the single avenue and tries repeatedly. If he discovers that the chosen track is wrong then he changes the way. In this way he gets the right avenue. However, trial and error method is the best tool in scientific investigation, but it demands much time and endeavor as well. In fact very few people has such energy and stamina and tenacity to chase the battle. This answers why we see very few successful persons around us.

A lazy person cannot shine in life. Even an energetic person may face trouble to achieve his objectives due to social or political ground. Social factors namely poverty, inequality, class distinction, apartheid, hatred, etc. and political oppression caused by rivalry, threat, nepotism, selfishness, etc. are the hindrances that restrict success but pave the way for frustration. These evil forces degrade and pollute the entire mass. Only social reforms can eradicate it if we are determined to work together to do so. Social reformers can remove these anomalies and rescue the cursed society and the ailing humanity from its utter ruin.

A frustrated person should find his own fault and take corrective measures and proceed accordingly. Better it is not be restless and change decision frequently. If a man can explain the cause of his success then he can also explain the reasons responsible for his failure. He can easily discover the shortcomings of his line of thinking. But

it is surprising that in most of the cases the winning person never analyzes the strategies for his success. Joyous mood transports him in the land of happiness and he seldom is ready to think anything more. May be fortune, instead of clarity of thought, favored him to achieve his objectives. He won by chance and incidentally. But this analysis of success is an asset of human life.

Similarly, the defeated person becomes so morose that he can hardly think of his flaws.

He is not at all eager to identify the reasons of failure and take preventive measures so that he can win definitely for the next time. He is so stupid that he is not ready to find fault with himself and proceed judiciously. Rather he blames everybody around him. He curses his own fate. He curses God for his ill luck. He resolves not to take further attempt. An energetic person, on the other hand, wins the battle at ease. He has faith in destiny which always changes bad into good. Also he knows luck is for the bravest.

They say cut your coat according to your cloth. A poor man must not think to marry a princess. Because, his cloth is short. The cost of marrying a princess and to maintain her

Highness is long. Now if that slum dog be millionaire then he can dream that dream

In this world of uncertainty everything is uncertain, except death. Also the occurrence of certain death is quite uncertain while it will really happen. Thus certainty is controlled by uncertainty. Simultaneously uncertainty is controlled by certainty.

If a right man be in the wrong profession then frustration follows him like shadow. So choice of profession is very important to build the career. Film directors are sometimes frustrated actors. Their direction can win the head and heart of the spectators. But their appearance may confirm failure instead of success. A politically ambitious leader must be careful before joining a party. An inattentive student fails in the examination. Then he not only becomes the victim of frustration rather, sad luck follows him like shadow throughout his entire life.

Childhood is the best time to build the career of a man. If a student wastes this valuable time then a single moment of student life can hardly be compensated by thousand moments of future. Education is not for all. A boy, who has inclination towards technical stream, should not proceed with higher education. A man who has no service like attitude should not dream to become a doctor. Then the patients are harassed and the doctor becomes frustrated with his noble profession. Thus a teacher should guide a student to select the right track to avoid future complications.

Some lovers marry without thinking of financial support and soon they leave each other.

Some solvent persons marry but take divorce due to insolvent minds. So rich in beauty is necessary but rich in mind is the sufficient condition for a happy couple life. Lust lasts till complexion lasts. Since complexion is not permanent, lust based love is not permanent.

Thus affluent and solvent mind confirm the peace and happiness of family life forever.

As already stated, some frustrated people commit suicide, since they don't know that life has its sweet side too. Same world is perceived differently by different persons. Here mood is the determining factor for perception. To a successful person life is very beautiful. But to a frustrated person this creation appears merely as a galaxy of dark smoke. A successful person gets many friends. But the person, who fails, is deserted by all. But he is not alone; frustration is his ever companion and never-failing friend. Every politician, whatever shrewd he may be, gathers this bitter experience at least for once throughout his entire political career. This incidence enriches his knowledge, alerts him and helps to build up the career.

Frustration is omnipresent. A frustrated person cannot stand erect. So help of neighbors or a Good Samaritan is a must to track the distracted person again in the main stream.

The wise saying, united we stand divided we fall, can only save such an unfortunate fellow. In fact, not communal hatred rather collective community action can defeat at least some of the causes of frustration.

CONCLUSIONS

An optimist always thinks positive. A pessimist always thinks negative. The pessimist becomes afraid when the sun sets. The optimist always hopes for the sun rise. To such an ambitious heart the last rays of the setting sun convey the message of sun rise for the very next day being the inner meaning having deep significance. When a person tries for something there are two possibilities. Either he may fail or he may fail to fail. A frustrated person simply should try for the later one to defeat frustration thereby pessimism. A pessimist should keep in mind that a man does not belong to the past dawn but to the noon of the bright and golden future.

ABOUT THE AUTHOR

Pal, Dibakar is a Retired Executive Magistrate in India and PhD Student. Though he is a Civil Servant yet he is genuinely interested in diversified academic fields. As such, he holds master degrees in M.Sc(Math), M.A(English), M.A(Bengali), M.B.A(HRD), M.C.A, P.G.D.M.M(Marketing), L.L.B, D.C.E(Creative Writing), M. Phil (Business Management),UGC- NET(Management)-2008. He attended an International Conference at IIT, Mumbai, India and five International Conferences at U.S.A; though he gets invitation to present papers in many International Conferences at home and abroad round the year. He presents papers on Computer Science, Management, English Literature, Linguistic, Philosophy, Philology, Psychology, Sociology, Humanities and Poems. He presented a paper on Computer Science and Chaired in 2007 IEEE Conference at Richmond, Virginia, U.S.A. Also another paper on Fuzzy Logic was accepted by IEEE Conference 2010 at USA. He serves as Session Chair, Presider and Reviewer. He serves as reviewer of American

Marketing Association, Journal of Common Ground; Australia, IEEE Transactions, IJEAPS, AJHC, Journal of Supercomputing.

He has more than two hundred (200) publications and among these one is as Monograph in International Journal on Management Science, one Monograph is in Journal of the World Universities Forum, one is in Consumer Behavior, two are in Computer Science, one is in Neuroscience, one is in Linguistic and rests are Creative Writing of English Literature. In Creative Writing two papers have been incorporated in SSRN's Top Ten Download List three times in November, December 2010 and April 2011. In ResearchGate his papers have reached a milestone through more than 51000 reads. Scholars' Press and Lambert Academic Publishing House, Germany have published twelve books between the months July to December, 2016. New Texas, A Journal of Literature and Culture, Sul Ross State University, Alpine, Texas, USA has published ten essays in February 2018. International Educational Scientific Research Journal (E-ISSN : 2455-295X) publishes Creative Nonfictions every month regularly. Now he is pursuing his PhD thesis in Business Management in University of Calcutta, India. Also he is currently focussed on the Extension Works of Huffman Code i.e., Coding Theory and Pattern Recognition through Fuzzy Logic (Pattern Recognition, Image Processing, etc) of Computer Science.

His hobby is Creative Writing (Nonfiction). He says:

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REFERENCES

No references, since the present article is the outcome of Creative Writing.