

Frustration, Aggression and Coping Strategies of Unemployed College Graduates

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ABSTRACT

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Objective of the Study:

The objective of this study is to determine the frustration level and aggressive tendencies caused by unemployment to the young adults who have graduated with a college degree. Moreover, this aims to find out what coping strategies are used by these individuals.

Methodology:

Using snowball sampling, the researchers picked out all the respondents from friends and acquaintances who were college graduates that pass the criteria of being unemployed six (6) prior to the conduction of the study. The acquired respondents were asked to answer a web-based survey consisting of the Frustration Inventory and Buss and Perry's Aggression Questionnaire. On the second part, the respondents were asked to answer and send back the MS Word document regarding their profile and an essay regarding their coping mechanisms and their future plans. The researchers then compiled and analyzed all the data gathered from the populace.

Results:

The results show in the Frustration Inventory that the respondents were mildly frustrated, meaning they have identified few or no frustration thus making them satisfied with their current situation of being unemployed and yet most would likely tend to be Verbally Aggressive although all the scores have fallen in the neutral characteristic category. When it comes to the respondents' coping strategy, most of the responses fall on the Emotion-Focused Coping strategy.

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