

Frustration is a common emotion for teens. Adolescents face the stress of school, parental expectations, the need to fit in with a peer group and the desire to find their place in society. Although frustration is a normal part of growing up, learning to cope with frustration constructively is challenging for some teens. As a teacher, learning about teens frustrations and guiding them towards healthy coping skills can help them thrive in those years of stress and strain, storm and strife. In this book the factors, causes and consequences of frustration among adolescents is dealt with. Based on the findings of the empirical research, this work will prove useful and informative for researchers and teachers.

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