

PSYCHOLOGICAL STRESS AND ITS RELATIONSHIP TO FRUSTRATION AMONG A SAMPLE OF BOTH SEXES IN THE WESTERN REGION OF SAUDI ARABIA

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***ABSTRACT_** The study aimed to uncover the relationship between psychological stress and frustration among a sample of both sexes in the Western Region (Makkah - Jeddah - Taif), Saudi Arabia, in addition to detect differences in light of the variable (type - educational level - age - marital status - place of residence), to achieve this is designed measurements of stress and frustration and expense Sedkhma and Thbathma The sample consisted of (633) Mvhossa of gender and age groups and different educational levels, and ended the results to the presence of statistically significant correlation between psychological stress and frustration*

The results were interpreted in light of the conclusion of the results of previous research, as search ended with some recommendations and future research.

Keywords: stress, psychological stress, frustration.