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Research Paper

A Brief Study of Defence Mechanism

Education

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Dr. Nivedita Deshmukh Department of Education, D.Y.Patil University, Navi Mumbai

ABSTRACT

To find the areas of temporary defense against anxiety and inadequacy to get rid of conflicts and adverse situations to get the temporary relief, the study of defense mechanism shows different mechanism with the help of which person avoid the current problem which become problem in future. In the said research, a study of defense Mechanism was conducted.

Introduction:
A study of defense Mechanism is very helpful to predict the anxiety and Inadeqnecyaniong students which the students use to save himself from a conflict situations and get temporary relief. It is also helpful on focusing the areas of short coming in which the student lie. The said research was conducted to study the following objectives.

Objective:
1) To study the different areas of defense mechanism.
2) To study many situations when fails in person attempt and result in frustration.

Concept of Defence Mechanism -
A defense mechanism is the act or technique of coping mechanism that reduces anxiety generated by threats from unacceptable or negative impulses.

In our life, we have so many aspirations and ambitions but it is not possible to achieve all that we desire. There are many situations when fails in our attempts and get frustrated. Our failures and frustrations bring injury to our ego and thus give birth to feelings of inferiority and anxiety. Most of us do not like to face the reality by accepting short comings and failures but tend to respect to certain mechanisms by defending our inadequacies and anxieties. These mechanisms are called defense mechanisms.

Defense mechanism may result in healthy or unhealthy consequences depending on the circumstances and frequency the mechanism is used. In Freudian psychoanalytic theory, defense mechanisms are psychological strategies brought into play by the unconscious mind to manipulate, deny or distort reality in order to defend against feelings of anxiety and unacceptable impulses to maintain one's self esteem. Defense mechanisms, which are unconscious, are not to be confused with conscious. Defense mechanism can be good in that they allow us to adjust to our environment or they can become a problem when they prevent us from facing and living in reality.

Characteristics of Defense mechanism –
The Characteristics of Defense mechanism commonly used as discussed as follows of different types :-

1. Repression – Repression is a mechanism in which our painful experiences, conflicts and unfulfilled wishes are pushed down into our unconscious. In this way, unconsciously one tries to forget the thing that might take him anxious or uncomfortable. He tries to get temporarily relief from the tension or anxiety by believing that tension producing situation does not exist.

2. Regression – Regression means going backward or returning the past. In this process an individual tends to regress to his early childhood or infantile responses in order to save himself from mental conflicts and tensions. A man failing in his love affair resort to regression when he exhibits his love for dolls.

Similarly, an older boy may regress and start behaving like infants when his new brother born and he feels neglected.

3. Compensation – It is mechanism in which an individual tries balance or cover up his deficiency in one field by exhibiting his strength in another field. For example, an attractive girl who becomes a book worm and gets position in the class may make use of such mechanism in order to command the respect and prestige that she is unable to win with her ugly face.

4. Rationalization – It is a defense mechanism in which a person is justifies his otherwise unjustified behaviour by giving socially acceptable reason for it and thus attempts to defend himself by intervening reasons to explain his conduct. A child makes use of rationalization when he tries to put to many lame excuses for his failures. He now blames the teacher or parents or his poor health and ailments and then may try to disguise his one weakness and deficiency.

5. Projection – Through projection one tries to see or attribute one's own inferior impulses and traits in other persons or objects. Awkward person see and criticizes awkwardness in others. Similarly, a student who has been caught in the examination for cheating may satisfy himself by saying that others also have cheated. A person with strong unsatisfied sexual impulses may denounce other for the sexual aims or may try to think in terms of sex for every thing in the world around him. In this way, one tries to overlook or defend of shortcomings and inadequacies by emphasizing that others are wrong than he.

6. Identification – In using this mechanism an individual is told to achieve satisfaction from the success of other people, groups or intuitions by identifying himself with them. An artist who has most achieved success in his field may identify himself with a well known, well established artist. One may identify oneself with one's self and feel proud for its fame and reputation. Similarly hero is also a sort of identification where an individual identify himself with a popular leader or cine actor. He imitates his characteristics, dress and mannerism and tries to enjoy his accomplishment and success.

7. Seclusiveness or withdrawal – In using this mechanism, an individual tends to withdraw himself from the situation that causes tension, frustration or failure. He makes himself safe and secure by running away the difficulties. For example, a child on account of the fear of pass or failure may refuse participation in games and thus may deceive himself by believing that he could do well if he had participated. Day dreaming or fantasy also a sort of fantasy or make-believe. Thus imaginary success that he gets in roaming through his world of make believe and imagination.

8. Sympathism – It is a kind of defense mechanism in which an individual tries to get satisfaction by seeking sympathy and pity from other for their own failures and inadequacies. Such persons always magnify the difficulties or obstacles in the path of their success and thus persuade others to feel pity over them. For example, a house wife who is not nursing her children well may be satisfy others' sympathy which she may evoke by telling them how much she is busy, how the members of her family do not cooperate with her or how the family is passing in a great trouble.

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Need of Defense Mechanism – All the above defense mechanism are used unconsciously by a person to protect himself (although for the time being) against psychological dangers. They are not the permanent cure of the trouble. Morgan observes – 'They merely conceal or disguise the real problem. It is still there ready to produce anxiety again and again.' In this way, defense mechanism may be regarded as temporary defense against anxiety and inadequacies. Moreover, the use of such mechanism may create new difficulties for individual who uses it. It is a situation similar in which person tells lie to save himself from a conflict situation and gets temporary relief but is pushed into another subsequent trouble in future because of this false statement. Therefore we must keep a close watch on children so that they do not make subsequent use of such defense mechanism.

Conclusion:The defense Mechanism result in healthy or unhealthy consequences which depends upon the circumstances and frequency in which the mechanism is used. It Manipulate, deny or distort reality to avoid the feelings of anxiety and unacceptable impulses to maintain one's self esteem. It is unconscious. The defense mechanism is good when it allows to adjust to our environment and on other hand it also becomes problematic when it prevent person to face and live in reality.

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