

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



Defense Mechanism

Defence Mechanism

A defence mechanism is the act or technique of coping mechanisms that reduce anxiety generated by threats from unacceptable or negative impulses.



Introduction

- The term Defence Mechanism was first used by Sigmund Freud in his paper “The Neuro-Psychoses of defence” (1894).
- In his psychoanalytical theory, Freud explained a defence mechanism is tactic developed by ego to protect against anxiety.

Regression

- When someone is under a lot of stress, they return to behaviour from an earlier stage of development.
- Also known as back journey.

Example :

- Nurse makes an error in giving medication and starts crying.
- A person who is depressed may withdraw to his or her room, curl up in a fetal position on the bed.



compensation

- Strengthen one to hide another.

Example:

- A student who fails in his studies to make compensate by becoming the college champion in athletics .
- A plain girl, who cannot compete with her more beautiful sisters may compensate by studying hard and come first in her class.

Denial

- Denial is a defense mechanism in which a person unconsciously rejects thoughts, feelings, needs, wishes, or external realities that they would not be able to deal with if they got into the conscious mind.
- For example, when people are told that they have a terminal illness and are going to die in a short period of time, the news can be so overwhelming that they enter into a state of denial--they refuse (on every level) to accept that they are going to die soon because it is much too painful to handle.



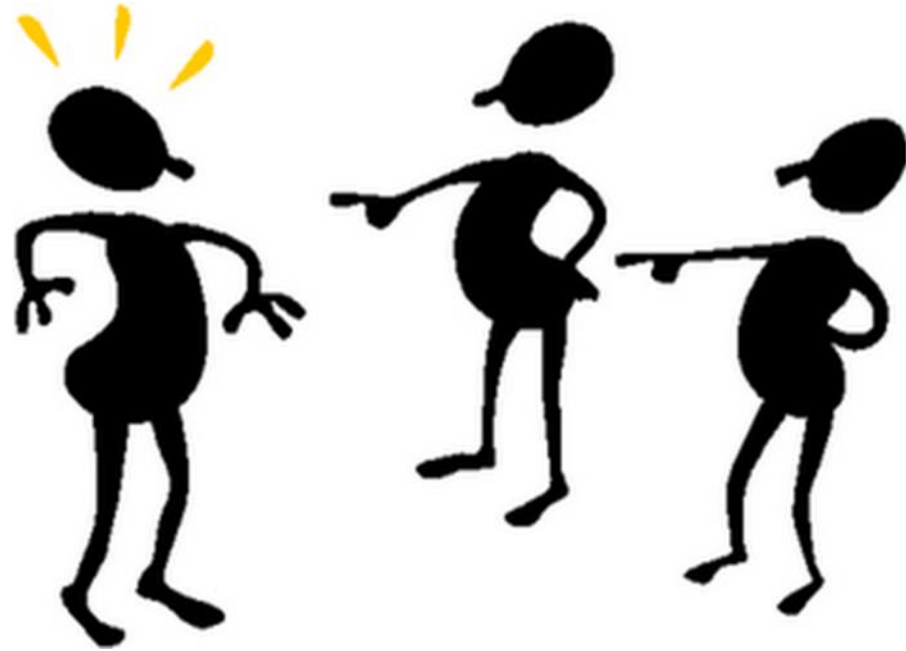
Displacement

- Substituting a less threatening object for the original object of impulse.
- Involves taking out our frustrations, feelings and impulses on people or objects that are less threatening
- Example: After parental scolding, a young girl takes her anger out on her little brother



projection

- Projection is a defence mechanism that involves taking our own unacceptable qualities or feelings and blaming them on other people.
- For example, if you have a strong dislike for someone, you might instead believe that he or she does not like you.



Rationalization

- Rationalization is a defence mechanism that involves explaining an unacceptable behaviour or feeling in a rational or logical manner, avoiding true reasons for the behaviour.
- For example, a student who fails a test may blame the teaching style rather than his or her lack of real studying.



Reaction formation

- Reaction formation reduces anxiety by taking up the opposite feeling, impulse or behaviour.
- An example of reactions formation would be treating someone you strongly dislike in an excessively friendly manner in order to hide your true feelings.



Repression

- Strong emotional ideas or unpleasant memories which do not fit in with our social values & norms , are split off from consciousness & thrown into the unconscious.
- e.g. a man is jealous of his success but is unaware of his feelings of jealousy.



Sublimation

- Sublimation is a defence mechanism that allows us to act out unacceptable impulses by converting these behaviours into a more acceptable form.
- For example, a person experiencing extreme anger or frustration might take up kick-boxing as a means of venting frustration.

