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DEFENSE MECHANISMS

B.A.PART -2
PSYCHOLOGY
(SUBSIDIARY)

Definition

- ▶ Defense mechanisms are the methods used by the ego to protect itself from experiencing anxiety that usually results either from recognising unconscious impulses or blame for immoral acts.
- ▶ The specific reactions that are

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- ▶ The term defense mechanism was first introduced by Sigmund Freud in his paper “ The Neuro-Psychoses of Defence” in 1894.
- ▶ Ego defense mechanisms are generally practised unconsciously.

REPRESSION

- ▶ Repression is an unconscious defense mechanism employed by the ego to keep disturbing or threatening thoughts from becoming conscious.
- ▶ Thoughts that are often repressed are those that would result in feelings of guilt from the superego.
- ▶ It is an unconscious process of forgetting.

PROJECTION

- ▶ Projection is a psychological defense mechanism proposed by Anna Freud.
- ▶ In this mechanism one tries to attribute one's own lapses or failures on somebody else.
- ▶ A common form of projection occurs when an individual, threatened by his own angry feelings, accuses another of harbouring hostile thoughts.

RATIONALIZATION

- ▶ Rationalization is a defense mechanism proposed by Anna Freud.
- ▶ It is also called “Sour- grape reaction.”
- ▶ It is the substitution of a safe and reasonable explanation for the true (but threatening) cause of behaviour.
- ▶ By doing this a frustrated person consoles himself/herself with some assurance which is basically false through easily acceptable to him/her.

DISPLACEMENT

- ▶ Displacement is the redirection of an impulse (usually aggression) onto a powerless substitute target.
- ▶ The target can serve as a symbolic substitute.
- ▶ Displacement occurs when the Id wants to do something of which the Super ego does not permit. The Ego thus finds some other way of releasing the psychic energy of the Id.

SUBLIMATION

- ▶ It is the diversion or deflection of instinctual drives, usually sexual ones, into noninstinctual channels.
- ▶ Psychoanalytic theory holds that the energy invested in sexual impulses can be shifted to the pursuit of more acceptable and even socially valuable achievements, such as artistic or scientific endeavours.

DENIAL

- ▶ Denial is a defense mechanism proposed by Anna Freud.
- ▶ It is the conscious refusal to perceive that painful facts exist.
- ▶ In denying latent feelings of homosexuality or hostility , or mental defects in one's child , an individual can escape intolerable thoughts, feelings , or events.

REGRESSION

- ▶ Regression is a defense mechanism proposed by Anna Freud .
- ▶ In defending the self, one goes back to an earlier or happier period of one's life. In doing so one may even adopt the behaviour patterns including nature of thinking and feeling of earlier period.