
A Study of Defense mechanism and emotional maturity in youth

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Abstract

The main purpose of present research was to find out significance difference in defense mechanisms and emotional maturity in youth. For this purpose, total 80 youth (40 male and 40 female) were taken as a sample. For measure Defense Mechanisms in youth defense mechanisms scale was used which was developed by N. R. Mrinal and Dr. Uma Shinhal. To measure emotional Maturity Yashwir Singh and Mahesh bhargav's Scale was used. To find out difference between male and female t test was used. To measure correlation between defense mechanisms and emotional maturity karl pearson co relation method was used. Result shows that there was no significant difference in Different types of Defense mechanisms and there was significant difference in emotional maturity ($t=5.56$) among male and female. There was negative correlation between defense mechanisms and emotional maturity.

Keywords: Defense mechanism, Emotional maturity, Youth

Introduction

Defense mechanisms are psychological strategies used by individuals to cope with challenging emotions, thoughts, or events (American Psychological Association (APA), 2020). Stemming from psychoanalytic theory, which posits personality as the interplay among id, ego, and superego, these mechanisms help individuals distance themselves from unpleasant stimuli such as guilt or shame (Freud, 1923). Initially proposed by Freud, this theory suggests that defense mechanisms operate unconsciously, often without the individual's awareness (Freud, 1936).

These mechanisms activate when a stressor is perceived as potentially harmful by the subconscious, serving to protect one's emotional well-being (APA, 2020). While some defenses are considered mature and facilitate effective coping and problem-solving, others are less mature and may hinder emotional growth (Freud, 1936). Prolonged reliance on immature defenses can impede emotional resolution by masking underlying issues (APA, 2020).

Signs that defenses may be detrimental include difficulty enjoying previously pleasurable activities, challenges in forming and maintaining relationships, and communication barriers (APA, 2020). Understanding these mechanisms is crucial as they influence emotional and mental health outcomes (Freud, 1936).

Emotion, on the other hand, is a subjective experience characterized by psychological, biological, and cognitive elements (APA, 2020). It influences mood, temperament, personality, and motivation, and is modulated by neurotransmitters such as dopamine and cortisol (APA, 2020).

Recent research has expanded our understanding of emotions across disciplines including psychology, neuroscience, and medicine (Smith et al., 2023). This interdisciplinary approach has led to various theories exploring the origins, neurobiology, and functions of emotions, driving further investigation in the field (Smith et al., 2023).

In summary, defense mechanisms and emotions are integral aspects of psychological functioning, impacting how individuals navigate stressors and experience subjective states. Recognizing the role of defenses and understanding emotional processes contribute to fostering mental well-being and effective therapeutic interventions (Freud, 1936; APA, 2020; Smith et al., 2023).

Research Method:

Importance of Research:

The purpose of the present research is to study the defense mechanism and emotional maturity in youth. This research will know the extent of the emotional maturity of youth and the defense mechanism they use. Form the result of the research, it will be know whether there is an increase of decrease in the age of maturity and how the defense mechanism is proved to be harm full if it is used excessively, which can be know form the result of this research.

Objective of Research:

- (1) To find out the mean different in types of defense mechanism TAO in youth.
- (2) To find out the mean different in types of defense mechanism PRO in youth.
- (3) To find out the mean different in types of defense mechanism PRN in youth.
- (4) To find out the mean different in types of defense mechanism TAS in youth.
- (5) To find out the mean different in types of defense mechanism REV in youth.
- (6) To find out the mean different in emotional maturity in youth.
- (7) To find out the correlation between different types of defense mechanisms and emotional maturity.

Null Hypothesis of Research:

In any research work hypothesis are very important hypothesis provides proper that far research. The hypotheses of the present study are as under.

- (1) There will no significant difference between the types of defense mechanism TAO in youth.
- (2) There will no significant difference between the types of defense mechanism PRO in youth.
- (3) There will no significant difference between the types of defense mechanism PRN in youth.
- (4) There will no significant difference between the types of defense mechanism TAS in youth.
- (5) There will no significant difference between the types of defense mechanism REV in youth.
- (6) There will no significant difference between the emotional maturity in youth.
- (7) There will no significant difference between the types of defense mechanisms and emotional maturity in youth.

Tools of Research:

Defense mechanism scale: there are two versions of this inventory. one males and other for the female. Each version contains 10 stories (a) proposed actual behavior (b) impulsive behavior (c) thought its (d) feelings. Five responses are provided for each question each response representing one of the five defense mechanisms listed above. The S marks a plus (+) for the response most representative of that reaction and a minus (-) for that least representative. The response marked value:

Sign	Score
+	2
-	0
Unmarked	1

This score for anyone defense can range from 0 to 80, but the total sum of scores for the five defenses must equal to 200.

Emotional maturity scale: emotional maturity scale (EMS) Dr. Yashvirsing and Dr. Mahesh Bhargva description and scoring emotional maturity scale has a total of 48 items of the scale are in question from demanding information for each in either of the five option mentioned below that it the answer score very much given- 5, much- 4, undecided -3, probably -2, never- 1, is to be awarded the higher the score on the scale, greater the degree of the emotional immaturity and vice - versa.

Procedure of data collection:

According to purpose of present research, investigator explained the purpose of the filling the inventory was explained to them fully and clearly. The instructions given on the inventory were explained to them it was also made clear to them that score's would be kept secret. It was checked that none of the subject left any questions unanswered or that no subject encircle both a answers given question.

Research Design:

The aim of present research was defense mechanism and emotional maturity in youth. For these total 80 samples were taken with used purposive method. To check significance differences between group't test and correlation ' r ' was used result and discussion of study is as under.

Result and Discussion:

The main purpose of this research was to the research of defense mechanism and emotional maturity in youth. For these total 80 young female and young male were taken as a sample. Here t-test and correlation was applied for the purpose of statistical method. Result and discussion for the present study are as und

Result table:1

Showing the mean and ‘t’ value of different types of defense mechanisms and emotional maturity.

Sr. No.	Variable	N	Mean	SD	t	Sig
1	Turning Against Object	Male-40	41.32	12.46	1.01	NS
		Female-40	38.75	10.10		
2	Projection	Male-40	40.07	11.06	0.39	NS
		Female-40	41.00	9.97		
3	Principalization	Male-40	42.05	11.17	0.46	NS
		Female-40	40.92	10.25		
4	Turning Against Self	Male-40	36.85	9.17	0.68	NS
		Female-40	38.37	10.82		
5	Reversal	Male-40	38.52	9.79	0.84	NS
		Female-40	40.57	11.99		
6	Emotional Maturity	Male-40	10.300	25.30	5.56	0.01
		Female-40	77.95	13.16		

Significant levels 0.05 = 1.99

0.01 = 2.64

NS = Not Significant

According to result the deferent types of defense mechanism, turning against object (TAO) the result obtained the basic are of reveal of turning against object (TAO) in significant difference in youth.

The male received 41.32 mean score and female received 38.75 mean score. There had mean difference was 2.57. the standard deviation score of male received 12.46 and female received 10.10. The t-values was 1.01 which was no significant so we can say that first hypothesis was accepted.

According to result the defendant types of defense mechanism, projection (PRO) the result

obtained the basic are of reveals of projection (PRO) in significant difference in youth.

The male received 40.07 mean score and female received 41.00 mean score. There had mean difference was 0.93. the standard deviation score of male received 11.06 and female received 9.97. The t-value was 0.39 which was no significant so we can say that second hypothesis was accepted.

According to result the defendant types of defense mechanism, principalization (PRN) the results obtained the basic are of reveals of principalization (PRN) in significant difference in youth.

The male received 42.05 mean score and female received 40.92 mean score. There had mean difference was 1.13. the standard deviation score of male received 11.17 and female received 10.25. The t-value was 0.46 which was no significant so we can say that third hypothesis was accepted.

According to result the defendant types of defense mechanism, turning against self (TAS) of the result obtained the basic are of reveals of turning against self (TAS) in significant difference in youth.

The male received 36.85 mean score and female received 38.37 mean score. There had mean difference was 1.52. the standard deviation score of male received 9.17 and female received 10.82. The t-value was 0.68 which was no significant so we can say that fourth hypothesis was accepted.

According to result the defendant types of defense mechanism, reversal (REV) of the result obtained the basic are of reveals of reversal (REV) in significant difference in youth.

The male received 38.52 mean score and female received 40.57 mean score. There had mean difference was 2.05. the standard deviation score of male received 9.79 and female received 11.99. The t-value was 0.84 which was no significant so we can say that fifth hypothesis was accepted.

According to result the emotional maturity of the result obtained the basic are of reveals of emotional maturity in significant difference in male and female.

The male received 103.0 mean score and female received 77.95 mean score. There had mean difference was 25.05. The standard deviation score of male received 25.30 and female received 13.16. The t-value was 5.56 which were significant so we can say that sixth hypothesis was not accepted.

Result table: 2

Showing the mean and correlation ' r ' value of different types of defense mechanism and emotional maturity

Sr. No.	Variable	N	Mean	r
1	Turning Against Object and Emotional Maturity	80	40.03	-0.27
		80	90.50	
2	Projection and Emotional Maturity	80	40.53	-0.90
		80	90.50	
3	Principalization and Emotional Maturity	80	41.48	-0.31
		80	90.50	
4	Turning Against Self and Emotional Maturity	80	37.61	-0.32
		80	90.50	
5	Reversal and Emotional Maturity	80	39.55	-0.20
		80	90.50	

It was evident from the r- value computed between types of defense mechanism, turning against object (TAO) and emotional maturity. This indicates that there was a moderate negative significant correlation (-0.27 r) between the two variables as the emotional maturity level increases the TAO of will decreases among youth.

It was evident from the r- value computed between types of defense mechanism, projection (PRO) and emotional maturity. This indicates that there was a moderate negative significant correlation (-0.90r) between the two variables as the emotional maturity level increases the PRO of will decreases among youth.

It was evident from the r- value computed between types of defense mechanism, principalization (PRN) and emotional maturity. This indicates that there was a moderate negative significant correlation (-0.31r) between the two variables as the emotional maturity level increases the PRN of will decreases among youth.

It was evident from the r- value computed between types of defense mechanism, turning against self (TAS) and emotional maturity. This indicates that there was a moderate negative significant correlation (-0.32r) between the two variables as the emotional maturity level increases the TAS of will decreases among youth.

It was evident from the r-value computed between types of defense mechanism, Reversal (REV) and emotional maturity. This indicates that there was a moderate negative significant correlation (-0.20 r) between the two variables as the emotional maturity level increases the (REV) of will decreases among youth.

Conclusion:

We can conclude by data analysis as under:

Result shows that there was significant difference in emotional maturity ($t=5.56$) among male and female. There was no significant difference in different types of defense mechanism and emotional maturity among male and female. There was negative correlation between defense mechanism and emotional maturity.

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