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A Study the Effect of Defence Mechanisms, Upon Neuroticism among Juvenile Adolescents

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Abstract – Since last three decades adolescents have become more prone to commit crime. Whose main reasons are attributing of personality, which are influenced by negativity. Neuroticism is a personality trait, it does interpret the negative aspect and Deffence machanisms define how an individual deal with those stress. The objective of our research is systematically reviewed and finds the relation between defense mechenism and Neuroticism. In conclusion, mature defense mechanisms are associated with better adaptive functioning and health, immature defense which are correlated negatively with measures of adaptive adult functioning. Interestingly, neurotic defense mechanisms correlated with high levels of distress and impairment.

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NEUROTICISM

Neuroticism can be best explained through the employment of the diathesis (or vulnerability) stress model (Barrowclough & Tarrier, 1998; Rosenthal, 1970; Zubin & Spring, 1977).

The diathesis stress model essentially contains three elements: the diathesis (vulnerability), the stress, and adaptation. Zubin and Spring (1977) defined the vulnerability (diathesis) side of the model as a range of both inborn and acquired components. Inborn vulnerability is genetic, and is exhibited as the neurophysiology of the individual. The acquired component includes the cumulative influences of childhood diseases and traumas that increase the individual's susceptibility levels. The stress side of the model has been described in terms of the challenges that an individual is facing in their lives at a given point in time (Zubin & Spring, 1977). Some of the variables that are taken into account here include the severity of the stress, the individual's perception of the stress, and the competence of the individual to deal with the stress.

Finally, adaptation refers to the extent that an individual is able to function in light of their vulnerabilities and stresses. Here, the level of vulnerability, coupled with the severity and number of stressors, either increases or decreases the ability of the individual to adapt and maintain a certain homeostatic balance in their lives.

Hence, the "diathesis stress" model postulates that an inherited predisposition or enduring vulnerability, usually caused by genetic factors, toward mental illness may be influenced by life events and important social-psychological contexts, including factors related to the family (Hahlweg & Goldstein, 1987). In general, a family environment characterized as supportive would be thought of as a protective factor, whereas a highly emotionally charged.

DEFENSE MECANISMS:

Defense mechanisms present a impression of how an individual deals with conflict and stress, and hypothesized to act as one set of mediators in the stress-illness relationship. Diagnostic and Statistical Manual (DSM) have been classified by Andrews [4] into: (a) four **mature**: humor, sublimation, anticipation and suppression; (b) four **neurotic**: undoing, idealization, reaction formation pseudo-altruism,; (c) twelve **immature**: projection, passive aggression, acting out, isolation, devaluation, autistic fantasy, denial, displacement, dissociation, splitting, isolation, devaluation, autistic fantasy, denial, rationalization and somatization.

Hierarchy of Defenses proposed by Vaillants states that mature defense mechanisms are associated with better adaptive functioning and health, as opposed to immature defense which are correlated negatively with measures of adaptive adult functioning. Interestingly, neurotic defense mechanisms, despite being correlated with high levels of distress and impairment, have been seen to be protective in cognitive and affective awareness of conflicts, when compared to immature defenses. Several studies have determined the association between defense mechanisms arising as a result of anxiety, and levels of adult functioning. It would further enhance

our understanding of dynamics and nature of neuroticism among adolescents.

OBJECTIVES OF THE STUDY

1. To study and examine the nature of defense mechanisms in relation to neuroticism among adolescents..

HYPOTHESES

1. There would be difference between persons high and low on mature defense mechanisms with regard to neuroticism.

2. There would be difference between persons high and low on immature defense mechanisms with regard to neuroticism.

3. There would be difference between persons high and low on neurotic defense mechanisms with regard to neuroticism.

4. Defense mechanisms (mature, immature and neurotic) would be significantly related to adolescent reports of neuroticism. More specifically, mature, immature and neurotic defense scores would be significantly influence scores on the neuroticism.

DESIGN

A cross sectional survey design was used for the present study.

VARIABLES

Independent

1. Defense mechanisms (mature, neurotic and immature).

Dependent Variable

1. Neuroticism

SAMPLE

Accomplishment of the objectives of the present study was done with the help of a random sample of the size 100 males from juvenile homes in and around the city of Delhi- observation home for boys 'prayas', Delhi Gate; observation home for boys, 'Sewa Kutir, Kingsway Camp, New Delhi. Subject's age ranged between ages 13 - 18. A purposive sampling technique was applied to select the subjects It had been decided that only juveniles with major offences (like burglary, rape, murder) would be included in the study.

MEASURES AND PROCEDURE

Following measures and procedures are intended to be applied:

1. Defense Style Questionnaire-40 (Andrews, G., Singh, M., Bond, M.1993)

2. Eysenck Personality Questionnaire (G.P.Thakur, 2005).

1. **DEFENSE STYLE QUESTIONNAIRE-40.**

DSQ- 40 developed by Bond et al. Is's a self-report questionnaire with 67 items to find out conscious derivatives of defense mechanisms. The aim of this test is to identify the characteristic style of how people – conscious or unconscious – deal with conflict based on the idea that people can accurately comment on their behavior. Andrews et al reform the test into forty questions related to the twenty defenses described in the DSM-III-R.

It can provide scores for the 20 individual defenses, and scores for the three factors (mature, neurotic, and immature).

Four defenses are related to the mature factor.Four are related to the neurotic factor. Twelve are related to the immature factor.

EYSENCK PERSONALITY INVENTORY (EPI):-

For the purposes of measuring Neuroticism, the dependent variable Eysenck Personality Inventory adapted by G.P.Thakur was used . The inventory consists of two parallel form, thus making possible re-testing after experimental treatment without interference from memory factors.

Direct evidence is available of the validity of the EPI as a descriptive instrument of the behavior manifestations of personality. The EPI consists of 57 items- 24 items concerning Neuroticism, 24 items concerning Extraversion and rest 9 items concern Lie scale.

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Dependent Variable:

1. Neuroticism

STATISTICAL METHODS:

The data collected would be analyzed with the help of following statistical analyses to accomplish the objectives of the study

1. **Means and Standard Deviations of all the groups were calculated.**

1. **t-test,** applied to find significance of difference between groups and comparison in the groups respectively.

2. Multiple stepwise regression analysis were computed to see whether independent/ predictor measure created any unique variance.

3. ANOVA was conducted to see the impact of independent variables.

4. Any other parametric statistics may be used given the nature of data collected.

In this chapter we will discuss the results obtained through statistical applications and the tables generated there of, further these results will be analyzed in the light of hypotheses framed so as to see whether they are supported or not and whether they are in line with previous findings or are opposed to them.

Table No.1

t-showing difference between high and low Mature defense mechanism on Neuroticism

	Mature	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.
Neuroticism	High	54	10.7	5.665	0.771	6.782	98	0
	Low	46	17.4	3.719	0.548			

It was hypothesized that there would be difference between persons high and low on mature defense mechanisms with regard to neuroticism. For this purpose subject's score were divided into high and low categories of mature defense and t-test applied. The results reveal a significant difference between the two and the 't' is significant at $p \geq .01$ level. According to Valliant (1977) mature defenses are common among most "healthy" adults and are considered the most "mature

Table No. 2

t- showing difference between high and low Immature defense mechanism on Neuroticism

	Immature	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.
Neuroticism	High	51	17.1	3.676	0.515	7.01	98	0
	Low	49	10.3	5.771	0.824			

The hypothesis that there would be difference between juveniles high and low on immature defense mechanisms with regard to neuroticism was proved. For this purpose subject's score were divided into high and low categories of immature defense and t-test applied. The results reveal a significant difference between the two and the 't' is significant at $p \geq .01$ level. These defenses are seen frequently in adults and are common in adolescents

Table No.3

t- showing difference between high and low Neurotic defense mechanism on Neuroticism.

	Neurotic	N	Mean	Std. Deviation	Std. Error Mean	t	df	Sig.
Neuroticism	High	50	16.54	3.96	0.56	5.33	98	0
	Low	50	11	6.191	0.876			

It was hypothesized that there would be difference between persons high and low on neurotic defense mechanisms with regard to neuroticism. For this purpose subject's score were divided into high and low categories of neurotic defense and t-test applied. The results reveal a significant difference between the two and the 't' is significant at $p \geq .01$ level. According to Valliant (1977) are often considered "neurotic" but are fairly common in adults. They can have short-term advantages in coping, but they often cause long-term problems in relationships, work, and enjoyment of life for people who primarily use them as their basic style of coping with the world.

Table No. 4

Showing regression of Mature, Immature and Neurotic defense mechanism on Neuroticism

Coefficients[a]									
Model		Unstand. Coef. B	Unstand. Coef. Std. Error	Stand. Coef. Beta	t	Sig.	R	R^2	$R\Delta$
1	(Constant)	-2.833	2.334		-1.214	0.228	.592[a]	0.35	0.344
	Neurotic	1.453	0.2	0.592	7.267	0			
2	(Constant)	-9.838	2.773		-3.548	0.001	.667[b]	0.44	0.433
	Neurotic	1.068	0.209	0.435	5.122	0			
	Immature	0.35	0.086	0.345	4.055	0			
a. Dependent Variable: Neuroticism									
b. Predictors: (Constant), Neurotic									
c. Predictors: (Constant), Neurotic, Immature									

A regression analysis of Defense mechanisms namely- Mature , Immature and Neurotic and neuroticism was conducted. Regression analysis as given in the table reveals that out of the three defense mechanism the two namely- neurotic and immature mechanism- explain a total of 44% variance to neuroticism. However, neurotic defense alone explains about 35% variance. The beta value indicates the relative influence or impact of the entered variables i.e. neurotic defense mechanism have the greatest impact or influence on neuroticism (β=.435) while immature defense mechanisms also have significant impact or influence on neuroticism (β= .345) but it is less than that of neurotic defenses.

Table No. 5

Showing ANOVA of Mature, Immature and Neurotic defense mechanism on Neuroticism.

ANOVA[a]						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1195.297	1	1195.297	52.803	.000[b]
	Residual	2218.413	98	22.637		
	Total	3413.71	99			
2	Regression	1516.823	2	758.412	38.782	.000[c]
	Residual	1896.887	97	19.556		
	Total	3413.71	99			
a. Dependent Variable: Neuroticism						
b. Predictors: (Constant), Neurotic						
c. Predictors: (Constant), Neurotic, Immature						

ANOVA table reveals that the impact of neurotic and immature defense mechanisms on neuroticism is significant at $p \geq .01$ level with F= 52.803 and 38.782 respectively. Thus the hypothesis that three defense mechanisms are significantly related and explain significant amount of variance to neuroticism is partially born out. It is evident that only neurotic and immature defense mechanisms have significant impact upon neuroticism. These findings are supported by previous studies.

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