

**THE USE OF DEFENSIVE STYLES IN RELATION TO EMOTIONAL
INTELLIGENCE, MINDFULNESS, RESILIENCE AND EMOTIONAL MATURITY
IN ADOLESCENTS**

A

Thesis submitted

In the partial fulfillment of the requirement for the degree of

MASTERS OF ARTS

IN

PSYCHOLOGY

(Counseling)



**THAPAR INSTITUTE
OF ENGINEERING & TECHNOLOGY
(Deemed to be University)**

Submitted By:

Shruti Bawa

(861702015)

UNDER THE GUIDANCE OF

Dr. (Mrs) Surinder Kaur

(Visiting Professor)


School of Humanities & Social Sciences

Thapar Institute of Engineering and Technology (Deemed to be University), Patiala

June, 2019

CERTIFICATE

This is to certify that this thesis entitled “**The use of defensive styles in relation to Emotional Intelligence, Mindfulness, Resilience and Emotional Maturity in adolescents**” being submitted in partial fulfillment of requirements for the award of degree of **Masters of Arts in Psychology in the School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala** is a bona fide work carried out by **Ms. Shruti Bawa** under the supervision of **Dr.(Mrs) Surinder Kaur**, Visiting Professor, School of Humanities & Social Sciences, Thapar institute of engineering and technology, Patiala and that no part of this project has been submitted for the award of any other degree.


(Shruti Bawa)

This is to certify the above statement made by the student concerned is correct and true to the best of my knowledge.



Dr. (Mrs) Surinder Kaur

Visiting Professor

Thapar Institute of Engineering and Technology,

(Deemed to be University)

Patiala

CANDIDATE'S DECLARATION

I, Shruti Bawa, hereby affirm that work presented in the thesis entitled "**The use of defensive styles in relation to Emotional Intelligence, Mindfulness, Resilience and Emotional Maturity in adolescents**" being submitted in partial fulfillment of requirements for the award of degree of **Master of Arts in Psychology , in the Schools of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala** is authentic record of my own work carried under the supervision of **Dr. (Mrs.) Surinder Kaur**, visiting professor , School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researcher's work which are duly listed in the reference section.

The matter embodied in the thesis has not formed the basis for the award of any other degree of this or any other university.

Date: June, 2019

Place: Patiala


(SHRUTI BAWA)

This is to certify that above declaration made by the student concerned is correct and true to the best of my knowledge.


Dr. (Mrs) Surinder Kaur

Visiting Professor

Thapar Institute of Engineering and Technology,

(Deemed to be University)

Patiala

ACKNOWLEDGEMENTS

First of all, I would like to extend my sincere gratitude to my research guide Dr. Mrs. Surinder Kaur (Visiting Professor, Thapar Institute of Engineering and Technology, Patiala) for her continuous support and help. Without her able guidance, this wouldn't have been possible. Her observations and comments helped me to establish the overall direction of the research. Working under her has been a great privilege for me.

I also want to express my thanks to all faculty members in the department especially, Dr. Santha Kumari (Professor and Head, School of Humanities and Social Sciences, Thapar Institute of Engineering and Technology, Patiala) for never- ending guidance and numerous opportunities she provided us with.

Lastly, I would like to thank my entire family members for helping me and motivating throughout. Especially I would like to thank my parents who have been a constant source of strength and support for me and always trusting me.

ABSTRACT

The study on use of defense mechanisms in relation to emotional intelligence, mindfulness, resilience and emotional maturity was conducted. Sample of the study consisted of 120 participants (60 males and 60 females) in the age range of 18-21 years. Different psychological tools measuring different aspects were used. Schutte Self-report Emotional Intelligence Test (1998) measured emotional intelligence, Defense Style Questionnaire (DSQ-40) measured defense mechanism, Resilience scale -The 33-item Resilience Scale for Adults (RSA) measured resilience, The Five Facet Mindfulness Questionnaire measured mindfulness and Yashvir Singh & Bhargava's Emotional Maturity Scale (1999) measured emotional maturity. The findings of the study revealed that there is relationship between emotional intelligence, mindfulness, resilience with the use of three different types of defense mechanism styles the difference being significant at $p < 0.01$ level. Whereas emotional maturity did not show any significant relationship with the use of three types of defense mechanism styles. Out of four independent variables mindfulness and resilience have been the best predictors of the variance for use of defense mechanism styles. No gender difference was observed in the use of defense mechanism styles. The study found significant difference between males and females on mindfulness. Males were found to be high on mindfulness compared to the females.

Key words: Defense mechanism, emotional intelligence, mindfulness, resilience, emotional maturity.

CONTENTS

Certificate	(i)	
Candidate's Declaration	(ii)	
Acknowledgements	(iii)	
Abstract	(iv)	
List of Tables	(v)	
CHAPTER 1	INTRODUCTION	1-8
1.1 Defense Mechanism		1-2
1.2 Emotional Intelligence		2-3
1.3 Mindfulness		3-4
1.4 Resilience		4-6
1.5 Emotional Maturity		6-8
CHAPTER 2	REVIEW OF LITERATURE	9-11
2.1 Defense mechanism		9-10
2.2 Emotional Intelligence		10-11
2.3 Mindfulness & Resilience		11
2.4 Research Gap		11
CHAPTER 3	MOTIVATION, RATIONALE, OBJECTIVES AND HYPOTHESE	12-13
3.1 Motivation of the study		12
3.2 Rationale		12
3.3 Objectives		13
3.4 Hypotheses		13

CHAPTER 4	METHOD	14-16
4.1 Sample		14
4.2 Sampling Technique		14
4.3 Design		14
4.4 Tools Used		14-15
4.5 Procedure		15-16
CHAPTER 5	RESULTS	17-24
CHAPTER 6	DISCUSSION	25-28
6.1 Discussion		25-28
6.2 Conclusion		28
6.3 Limitations		28
6.4 Significance		28
REFERENCES		30-31

List of Tables

Table No.	Title	Page No.
1	Correlation between Emotional Intelligence and Defense Mechanism Styles	17
2	Correlation between Mindfulness and Defense Mechanism Styles	18
3	Correlation between Resilience and Defense Mechanism Styles	19
4	Correlation between Emotional Maturity and Defense Mechanism Styles	19
4.A	Contribution of Predictor variables towards Immature Defense Mechanism Styles	20
4.B	Contribution of Predictor variables towards Neurotic Defense Mechanism Styles	21
4.C	Contribution of Predictor variables towards Mature Defense Mechanism Styles	21
5	Mean, sd & t values between males and Females on Emotional Intelligence	22
6	Mean, sd & t values between males and Females on Mindfulness	22
7	Mean, sd & t values between males and Females on Resilience	23
8	Mean, sd & t values between males and Females on Emotional Maturity	23
9	Mean, sd & t values between males and Females on the use of Defense Mechanism Styles	24

CHAPTER 1

INTRODUCTION

1.1 Defense Mechanisms

Defense mechanisms or styles are psychological strategies that we unconsciously use to protect ourselves from anxiety arising situations which cause negative thoughts or feelings. They are primary factors which tries to keep our self protected from uncomfortable thoughts and emotions associated with day to day happenings. These are brought into play by our unconscious mind through which we manipulate situations or deny them or distort reality to overcome the feeling of anxiety or guilt. Defense mechanisms are not under our conscious control and are non voluntary. They are used when there is a conflict between id, ego and super ego on a daily basis, each person use defense mechanisms to cope up with daily life hassles and it is completely healthy to use them, but the problem arises when we overuse these defense mechanism or we use them in a unhealthy way that effects our daily life or the psychological and mental well being.

For example during an examination the student might fail to secure good marks because of his lack of interest in the subject and lack of preparation, but the student blames the teacher for not checking the answer sheet accurately or because the teacher specifically doesn't like the student. This is a type of displacement defense mechanism style. Another example could be that an alcoholic may refuse to admit that alcohol is bad for their health which is known as denial defense mechanism style. Denial is a pathological defense mechanism style. Likely there are various defense mechanism styles like acting out, anticipation, autistic fantasy, dissociation, devaluation, humour, idealization, isolation,

passive aggression, projection, rationalization, reaction formation, splitting, sublimation, suppression, undoing, displacement etc.

Defense mechanisms like devaluation, splitting, autistic fantasy, projection, passive aggression, idealization, somatization, isolation and displacement come under the category of maladaptive or immature type of defense mechanism style whereas, pseudo-altruism, undoing, acting out, reaction formation fall under the category of intermediate or neurotic type of defense mechanism style (Vaillant, 1986). Other defense mechanism like suppression, anticipation, humour, sublimation, rationalization, denial and dissociation are known as adaptive or mature defense mechanism styles.

1.2 Emotional intelligence

Emotional intelligence is the capability of the individual to understand the emotions of others and his own with clarity. It is the quality of the person which enables them to confront with patience, imagination and insight the many problems that they face in their affective relationship with one own self and others. They are good navigators to understand the destination between their needs and also with clarity where to go and how to achieve them. It is also a very important aspect for leadership. Emotional intelligence has five elements which are given by Daniel Goleman, which are known as self-awareness, self-regulation, motivation, empathy and social skills.

1. **Self-Awareness:** it is when a person is very well aware of his or her own emotions. They know their strengths and weakness and are also ready to take an honest look at themselves.
2. **Self-Regulation:** ability to control ones emotions and impulses. Those who are self regulated they don't let themselves to become easily angry, they don't feel jealous of others nor do they make impulsive careless decisions. These people have

characteristics of thoughtfulness and they think before they act, they have the skill to say no.

3. Motivation: individuals high on emotional intelligence are particularly motivated as well. People like them are productive and love to take challenges they are very effective in whatever work they do.
4. Empathy: it is the ability to put oneself in the shoes of others. It is when one can easily understand and identify the wants, needs and viewpoint of others around them. They live their life in a very open and honest way and they avoid judging people too quickly.
5. Social-Skills: a person who is strong on social skills will help others develop and shine rather than just focusing on their own success. They can manage disputes very well and have the quality of building and maintaining relationships.

A person who is good at managing his or her emotions and emotions of others will avoid anger and is capable of handling problems calmly. People like them are very good at decision making, problem solving.

1.3 Mindfulness

Mindfulness is a psychological process in which a person brings his or her attentiveness to events arising in the immediate importance. Mindfulness is when we pay attention towards our thoughts and feelings without being judgemental about them. It is a way of self acceptance. When we accept the fact that nothing is “right” or “wrong” and work with the reality of the thoughts and feelings that we have at that very moment. When we are mindful or when we practice mindfulness, we pay more attention to the events arising in the immediate importance, rather than the events occurring in the past or thinking about the future.

There are certain ways through which one can be more mindful. For example. One can practice mindfulness during their day to day work, such as one can be more attentive while taking a shower or may be while having breakfast or walking to school or work, which will make you realize that how interesting these activities are than you thought them to be. Secondly one should start the practice of mindfulness right when one wakes up in the morning. This helps you to set a routine of your nervous system for the rest of the day which will further increase the likelihood of other mindful moments for the entire day. One should let their mind wander, if you want to be mindful. Keeping your brain busy is a good way out. Another way could be keeping it short, one should be mindful for several times a day which is more beneficial and helpful than longer sessions. Another very helpful and an easy way out could be practicing mindfulness while you are waiting, waiting anywhere, may it be at a shopping center, a traffic light or a restaurant, it is always very difficult or frustrating to wait, but surprisingly waiting is actually a very great opportunity for mindfulness. You can also keep a code or a cue that you encounter daily from time to time that can help you to shift your brain into mindful mode. For example every time when you drink a glass of water you have to shift yourself towards mindfulness. The best way in which one can plant mindfulness in their daily life is by practicing meditation. It is the best way to keep oneself calm and relaxed while helping them to feel what all is happening around them, it simply creates living in the moment situation. Mindfulness is a practice in which we train our brain well to work more efficiently and have more focus, rather than being distracted easily by unimportant things.

Mindfulness helps to improve one's well-being for instance a person who a person who has high capacity of mindfulness her or she will present attitudes that contribute towards a satisfied life. It is also helpful for the improvement of one's physical health by reducing the stress level or by treating heart diseases or improving a person's sleeping patterns and so on.

Along with physical health it also helps to improve mental health through the means of meditation which treats problems like depression, conflict's, anxiety related problems, eating disorders etc.

1.4 Resilience

Resilience is the ability of a person to come back to the normal state after facing a traumatic event or undergoing any kind of crises. It is the capability of the person to return back at least more strongly than before. People those who are resilient they develop certain psychological and behavioral capacities which allow them to remain at peace while facing crises. It also allows the person to move on from the crises without having any long-term negative outcomes. A person who is resilient has the capability to bounce back more quickly to normal state, with lower level of stress when compared to an individual who has less developed resilience. Every person has resilience, the matter of concern is that how much and how well do we use it for the betterment of our life. When we talk about resilience it is not that the person doesn't face any serious problem or doesn't feel the depth of the event or problem but instead, the person has found a very easy way out to deal with it more quickly as compared to others. To improve our resilience we should make sure that we find a sense of purpose in our life and one should have positive belief in one's own abilities, also one should embrace the changes that life brings to them because being flexible is very important element of resilience. Similarly one should be optimistic.

Resilience is important because it creates a balance in our life when we undergo a stressful situation or we face a traumatic event and protect us from developing any kind of mental or physical illness or difficulty. It reduces the use of risk-taking behaviours. For example excessive drinking, smoking etc. A person who is resilient will have increased involvement in the society and family events. People who are resilient often spend their

maximum time and energy on focusing on the things or situations that are controllable, because the outcome makes them feel empowered and brings in confidence in them. A resilient person takes difficult situations as a challenge, their failures and mistakes are an opportunity for them to learn and grow more and more. A resilient person has the quality of commitment, not just committed towards their work but they are also committed towards their relationships, their friendships, the causes about which they care. They are very goal directed.

1.5 Emotional Maturity

Emotional maturity is when the person is mature or capable enough to handle the situations without over exaggerating them. A person who is emotionally intelligent will seek to solve the problem without unnecessarily blaming others for their problems or behavior.

Emotionally mature person has the ability to manage and understand his or her own emotions. Similarly, the emotionally mature person will be master at managing and understanding the emotions of others as well. An emotionally mature person will be self aware, because when you are self aware about your emotions or thoughts then only you can understand the emotions of others. When you are clear about your strengths and weaknesses it becomes easy for you to manage your life well. An emotionally mature person also has the trait of self control which help them to avoid perform self-destructive behaviours. They are even open minded because when one reaches to the level of maturity, it breaks down the mental barriers and one is able to think liberally.

A person like this is also optimistic but realistic at the same time. A mature person understands the difficulties and difficult times of the life, they know that life cannot always be good to them at every point but, despite these facts they maintain a positive mindset in every situation because they know that the solution to the problem is to deal with it, they look

forward towards the future possibilities and opportunities but, they are also prepared to face the difficulty that would arise. People like them are very flexible, they adjust themselves very well in all situations. They are not stubborn, they change their viewpoints according to the situation. People like them adapt to things as things happen. Emotionally mature person has the trait of being resilient. Even when situations are not in their favor, they keep their chin up and move forward to find out possible solutions for their problems.

They don't dwell on sorrows or seek any sympathy from others, they are brave enough to tackle the difficult events in their life. Such people are blessed with patience. Patience is the key component of our lives. It is very important for an individual to be patient as life is not always good to us, there are many events in our lives that are depressing or are very stressful, to fight such situations patience works as a medicine. Emotionally mature person has the ability of being patient because they know that good things don't come as soon as we wish them to, they take time and they need to be worked for. They also have the ability to understand and accept the fact that people might not always act in a way, in which we want them to, on the other hand they also have the ability to forgive others where necessary.

CHAPTER 2

REVIEW OF LITERATURE

2.1 Defense mechanisms

Cramer (2012) revealed in his study that coping styles or use of defense mechanisms may change across young adolescent to adulthood. Malone (2013) studied that use of defense mechanism is the sign of healthy adulthood, and it helps in maintaining both physical and mental health. The study also predicted long term health outcomes.

Parekh and Majeed (2011) conducted a study amongst medical students on ego defense mechanisms, the study conducted revealed that medical students used less of immature type of defense mechanism style as compared to neurotic defense mechanism styles. Study also predicted that males used more of immature type of defense mechanism styles when compared to females, who used more of neurotic type of defense mechanism styles.

Cramer (1991) studied anger with the use of defense mechanism style in college students, the result computed were that students who show anger, use high level of immature type of defense mechanism styles.

The study conducted by Vladimirovna (2002) revealed that the individuals will make more use of defense mechanisms when faced with anxiety or stress provoking situations.

Sreelatha (1992) conducted a study to find the relationship between defense mechanisms and adjustment patterns in late adolescents. The study revealed signification correlation between defense mechanism and adjustment patterns.

Petraglia, Thygesen, Lecours & Drapeau (2009) conducted a study, on gender difference with the use of defense mechanism styles. The results revealed that there is no gender difference in

the use of defense mechanism styles. The study conducted by Cramer (1987), revealed that females are higher on the use of narcissistic type of defenses in comparison with males.

Study by Ghaedi, Azad, Reza & Shams revealed that there is significant gender difference with total score of emotional intelligence. Results also predicted that females who are high on emotional intelligence and its components, tend to use mature type of defense mechanism styles. While males use neurotic and mature type of defense mechanism styles.

2.2 Emotional Intelligence

The studies by Ghaedi, Azad, Reza & Shams (2008) shows emotional intelligence had significant correlation with mature and neurotic type of defense mechanism styles.

John Pellitteri (2002) studied the relationship between components of emotional intelligence and personality traits & defense mechanism styles. The results revealed that overall emotional intelligence is correlated with adaptive type of defense mechanism styles and maladaptive type of defense mechanism.

The studies conducted by Mishra and Mohapatra (2010), examined the importance of emotional intelligence towards effective performance at work, the results showed positive correlation between emotional intelligence and performance. However study by Rode, Money & Bommer (2006) revealed that emotional intelligence do not affect the performance of an individual directly, one should also be motivated enough to be a good performer. Vela (2003) stated that emotional intelligence skills have correlation with academic achievement. Vembar (2003), showed that emotional intelligence has negative correlation with organizational stress which means that individuals who are high on emotional intelligence will comparatively face less level of stress at work when compared to the individuals who have not developed emotional intelligence.

2.3 Mindfulness & Resilience

Mindfulness is a psychological process in which a person brings his or her attention to experiences occurring in the present moment. Mindfulness is when we pay attention towards our thoughts and feelings without being judgmental about them. The studies by author Brown & Ryan (2003) revealed that mindfulness is associated with positive physical and mental health. The study also shows that repressive coping style is negatively correlated with mindfulness. More the mindful the individual is, lesser the use of repressive coping style. Niemiec, C. P., Brown, K.W., Kashdan, T. B., Cozzolino, P. J., Breen, W. E., Levesque-Bristol, C., & Ryan, R. M. (2010) stated mindful people are able to spend more time on avoidable situations, like to discuss the topic of death, when compared to people who were less mindful.

Bekes, V., Perry, Jr., (2015) study also revealed lower defense functioning in life threatening situations in the resilient person.

2.4 RESEARCH GAP

In the literature, studies have researched taking one or two parameters together on emotional intelligence, mindfulness, resilience and emotional maturity with different fields. But resilience is not studied much in relation to defense mechanism styles.

CHAPTER 3

MOTIVATION, RATIONALE, OBJECTIVES, HYPOTHESES

3.1 MOTIVATION OF THE STUDY

The study conducted by Azad, Reza & Sham for measuring the relation between defense mechanism styles and emotional intelligence motivated me perform a study using various different types of variables which included resilience, mindfulness and emotional maturity in relation to defense mechanisms. I was curious to know about the contributions of emotional intelligence, mindfulness, resilience and emotional maturity towards the three different types of defense mechanism styles that are immature, neurotic and mature. The variables like resilience, mindfulness and emotional maturity are less researched topics in relation to defense mechanism styles as per my knowledge. This contributed to my motivation to work upon these variables.

3.2 RATIONALE

Emotional intelligence, mindfulness, resilience and emotional maturity are the positive constructs that if the person is high on them have a strong capacity to fight back the adverse and maintain his psychological health. Similarly whatever may be the type of defense mechanism one uses to maintain an internal harmony. Relationship between the independent variable like emotional intelligence, mindfulness, resilience, emotional maturity and the dependent variable i.e. defense mechanism will be useful in understanding the personal strengths and weaknesses of the individual and to enhance the coping styles in relation to psychological health.

3.3 OBJECTIVES

1. To study the use of defense mechanism styles in relation to emotional intelligence, mindfulness, resilience and emotional maturity and assess their predictability towards the use of defense mechanism styles.
2. To study the impact of gender difference on emotional intelligence, mindfulness, resilience and emotional maturity.
3. To study the gender difference in the use of defense mechanism styles.

3.4 HYPOTHESES

Brown & Ryan (2003) conducted a study and found more mindful the individual is lesser the use of repressive coping styles, another study by Ghaedi et al (2008) revealed that females who are high on emotional intelligence and its components, tend to use mature type of defense mechanism styles.

H₁. There would be a relationship between use of defense mechanism styles and emotional intelligence.

H₂. There would be a relationship between use of defense mechanism styles and resilience.

H₃. There would be a relationship between use of defense mechanism styles and mindfulness.

H₄. There would be a relationship between use of defense mechanism styles and emotional maturity.

H₅. There would be a difference in males and females on emotional intelligence.

H₆. There would be a difference in males and females on resilience.

H₇. There would be a difference in males and females on mindfulness.

H₈. There would be a difference in males and females on emotional maturity.

H₉. There would be a gender difference in use of three different types of defense mechanism style.

CHAPTER 4

METHODOLOGY

4.1 SAMPLE: A total sample of the study consisted of 120 participants (60 males and 60 females) of Thapar University, Patiala. The age range was 18-21 years. A consent was taken from the students before they took part in the study.

4.2 SAMPLING TECHNIQUE: The sampling technique used for the study was purposive sampling.

4.3 DESIGN:

In the present study the independent variables were emotional intelligence, resilience, mindfulness and emotional maturity.

The dependent variable was the use of defense mechanism styles by the late adolescents.

The data was analyzed using descriptive statistics and pearson's product moment correlation, Linear Regression and t-test.

4.4 TOOLS USED:

Schutte Self-report Emotional Intelligence Test (1998): It contains 33 items with 5 point rating. Ranging from 1 (Strongly agree) to 5 (strongly disagree). Reliability of the test is 0.90.

Defense Style Questionnaire (DSQ-40) This questionnaire has been created according to the hierarchical pattern of defenses and its 40- questions pattern has developed by Andrew et al, (1993) which measures 20 defense mechanisms at four levels mature , immature , neurotic and pathological. The item of this questionnaire are graded according to a 5- point likert scale based from strongly agree to strongly disagree and each subject should choose the degree of his/her own agreement with each defense choices. Reliability of the test is .75 to .83.

Resilience scale -The 33-item Resilience Scale for Adults (RSA): developed by Friborg & Hjemdal. The scale items are scored on a 5-point scale from 1 (strongly disagree), to 5 (strongly agree). Reliability of the test is Cronbach's alpha .67 to .81 and test retest reliability is .73 to .80 and validity is .70.

The Five Facet Mindfulness Questionnaire developed by Baer et al. (2006). The questionnaire consists of 33 items. Reliability of the test is .75 to .83 and with life satisfaction scale validity is .52.

Yashvir Singh & Bhargava's Emotional Maturity Scale (1999): Emotional maturity scale deals with interplay of forces with intensities and quantities in terms of different aspects: (a) Emotional instability (b) Emotional regression (c) Social maladjustment (d) Personality disintegration (e) Lack of independence. The product moment 'r' between the two testing was 0.75. The number of items of this area is twenty one. Reliability is 0.64 (N=46)

4.5 PROCEDURE

The participants were informed in detail about the study protocols and written consent was obtained from them. The subjects were informed about the procedure and were given instructions. The instructions given were – “You have to fill certain questionnaires, which will measure some behavioral patterns. Do not think too hard, as there is no right or wrong answer. The first answer that comes to your mind is generally right. The information collected from you will be kept confidential”. The subjects were seated comfortably and individually tested on the five different tests used in the study i.e. defense mechanism styles, emotional intelligence, mindfulness, resilience and emotional maturity. It was taken care that adequate gap was given between the questionnaires to avoid subjective tiredness. Data was analyzed using descriptive statistic, pearson's product moment correlation method, linear regression and t-test.

CHAPTER 5

RESULTS

The present research work studied the use of defense mechanism style in relation to emotional intelligence, mindfulness, resilience and emotional maturity. The sample of the study consisted of total sample of 120 participants (60 males and 60 females) with the age range of 18-21years. Pearson's product moment correlation, linear regression and t-test was used to analyze the data. Results found with each hypotheses is discussed below.

Hypothesis 1

“There would be a relationship between emotional intelligence and defense mechanism style.”

To verify the hypotheses, scores obtained on emotional intelligence and three defense mechanism styles were subjected to product moment correlation. The results in Table Number1 reveal that there is negative correlation between emotional intelligence and immature type of defense mechanism style, which is significant at ($r = -.231, p < 0.05$) level.

Table no.1:Correlation between emotional intelligence and defense mechanism styles

Defense Styles	Defense Styles		
	Immature	Neurotic	Mature
Emotional Intelligence	-.231*	-.075	.048

* Significant at 0.05 level.

**Significant at 0.01 level.

Hypothesis 2

“There would be a relationship between use of defense mechanism styles and mindfulness.”

The hypothesis is accepted because there is positive correlation between mindfulness and three types of defense mechanism styles. The correlation between mindfulness and immature defense mechanism style was found to be highly significant ($r = .46$, $p < 0.01$) level, with neurotic defense mechanism style the correlation was found to be again significant ($r = .27$, $p < 0.01$) level. Similarly with mature defense mechanism style it was found out to be again significant ($r = .41$, $p < 0.01$) level. The person who is mindful will use all three types of defense mechanism styles, but in an adequate manner. Refer Table number 2 for results.

Table no.2:Correlation between mindfulness and use of defense mechanism styles

Defense styles	Immature	Neurotic	Mature
Mindfulness	.46**	.27**	.41**

* Significant at 0.05 level.

**Significant at 0.01 level.

Hypothesis 3

“There would be a relationship between the use of defense mechanism styles and resilience.”

The hypothesis is accepted because there is positive correlation between resilience trait and three types of defense mechanism styles that the individual uses. The correlation value between the resilience trait and immature defense mechanism style is $r = .39$, $p < 0.01$ level, whereas with neurotic defense mechanism style the values are $r = .27$, $p < 0.01$ level. Similarly with mature type of defense mechanism style the values come out to be $r = .50$, $p < 0.01$ level.

Table no.3:Correlation between resilience and defense mechanism styles

Defense Styles	Immature	Neurotic	Mature
Resilience	.39**	.27**	.50**

*Significant at 0.05 level.

**Significant at 0.01 level.

Hypothesis 4

“There would be a relationship between the use of defense mechanism styles and emotional maturity.”

Findings of the study did not find significant correlation between the scores obtained on emotional maturity scale and the use of any of the three different styles of defense mechanism. Hypothesis is not accepted, but the correlation found between the two variables is very marginal and insignificant. Table no 4 shows the results.

Table no.4 : Correlation values between emotional maturity and the use of defense mechanism styles

Defense styles	Immature	Neurotic	Mature
Emotional Maturity	.08	.02	-.12

* Significant at 0.05 level.

**Significant at 0.01 level

Step wise regression was conducted to see how much each variable contributes in explaining the variance related to three different styles of defense mechanism. Predictor variables named emotional intelligence, mindfulness, resilience and emotional maturity were entered in the model. Contribution towards prediction on each type of defense mechanism was analyzed.

Table no.4A: Summary of regression analysis of mindfulness, emotional intelligence and resilience as predictable variables, immature type of defense mechanism style as criterion variables

Coefficients^a							
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Adjusted R square
		B	Std. Error	Beta			
	Mindfulness	.227	.041	.427	5.545	.000**	.20
	Emotional intelligence	-.147	.036	-.303	4.082	.000**	.30
	Resilience	.224	.060	.283	3.710	.000**	.36

a. Dependent Variable: immature

* Significant at 0.05 level.

**Significant at 0.01 level.

Three variables emerged as predictor variables. Mindfulness explains 20% of variance, emotional intelligence along with mindfulness explains 30% of variance and resilience along with mindfulness and emotional intelligence 36% in relation to use of immature defense mechanism.

Table no.4B: Summary of regression analysis of mindfulness and resilience as predictable variables, neurotic type of defense mechanism style as criterion variables

Coefficients^a							
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Adjusted R square
		B	Std. Error	Beta			
	Mindfulness	.056	.024	.214	2.369	.019*	.06
	Resilience	.082	.035	.210	2.320	.022	.09

a. Dependent Variable: neurotic

* Significant at 0.05 level. **Significant at 0.01 level.

Two variables emerged as predictor variables. Where Mindfulness explains 6% of variance, and resilience along with mindfulness explains 9% of variance in relation to use of neurotic defense mechanism.

Table no.4C: Summary of regression analysis of resilience and mindfulness as predictable variables, mature type of defense mechanism style as criterion variables

Coefficients ^a							
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Adjusted R square
		B	Std. Error	Beta			
	Resilience	.257	.048	.423	5.399	.000**	.24
	Mindfulness	.122	.032	.298	3.814	.000**	.32

a. Dependent Variable: mature

* Significant at 0.05 level. **Significant at 0.01 level.

Two variables emerged as predictor variables, in which resilience explains 24% of variance, along with mindfulness which explains 32% of variance in relation to use of mature defense mechanism.

Hypothesis 5

“There would be a difference in males and females on emotional intelligence.” To verify this hypotheses scores obtained by males and females were subjected to t-test. The findings did not reveal any significance differences between the two. Hence, the hypothesis was not accepted. Results are shown in Table number 5.

Table no.5: Mean, sd, and t values between males and females on emotional intelligence

Variable	Mean Females N=60	Sd	Mean Males N=60	Sd	t	df	Sig
Emotional intelligence	121	18.6	123	12.8	.506	118	.506

* Significant at 0.05 level. **Significant at 0.01 level.

Hypothesis 6

“There would be a difference in males and females on mindfulness.”

Findings of the study accepted the hypotheses as the results revealed significant mean difference between the males and females on mindfulness. Males being high on mindfulness when compared to the females. The differences being significant at ($p < .05$) level. Tables No. 6 shows the results.

Table no.6: Mean, sd, and t values between males and females on mindfulness

Variable	Mean Females N=60	Sd	Mean Males N=60	Sd	t	Df	Sig
Mindfulness	116	13.8	122	14.8	1.99*	118	.04

* Significant at 0.05 level.

**Significant at 0.01 level.

The hypothesis 7

“There would be a difference in males and females on resilience.”

Analysis of result did not show any mean difference between males and females on resilience, does the hypothesis remains not accepted.

Table no.7: Mean, sd, and t values between males and females on resilience.

Variable	Mean Females N=60	Sd	Mean Males N=60	Sd	t	Df	Sig
Resilience	102	9.2	103	10.2	.93	118	.35

* Significant at 0.05 level. **Significant at 0.01 level.

The hypothesis 8

“There would be a difference in males and females on emotional maturity.”

Scores obtained by males and females on emotional maturity scale did not show any significant mean differences. Hence the hypothesis is not accepted. Table no 8 shows the results.

Table no.8: Mean, sd, and t values between males and females on emotional maturity.

Variable	Mean Females N=60	Sd	Mean Males N=60	Sd	t	df	Sig
Emotional Maturity	128	25.4	131	27.3	.52	118	.60

* Significant at 0.05 level. **Significant at 0.01 level.

The hypothesis 9

“There would be a gender difference in the use of three different types of defense mechanism styles.”

The hypothesis is partially accepted as on immature and neurotic defense mechanism styles they don't show significant difference, but on mature defense mechanism style they show significant difference and it is significant at ($p < 0.01$) level. Refer table no 9 for results.

Table no.9: Mean, sd, and t values between males and females on the use of defense mechanism styles

Variables	Mean Females N=60	Sd	Mean Males N=60	Sd	t	Df	Sig
Immature	52.5	6.4	52.2	8.8	.17	118	.86
Neurotic	26.1	3.7	26.0	3.8	.09	118	.92
Mature	42.7	5.7	45.4	5.8	2.57**	118	.01

* Significant at 0.05 level **Significant at 0.01 level.

CHAPTER 6

DISCUSSION

The main aim of the study was to find out the use of defense mechanism style in relation to emotional intelligence, mindfulness, resilience and emotional maturity. The sample of the study consisted of males and females within the age range of 18-21 years. Pearson's product moment correlation, linear regression and t-test was used to analyze the data.

To meet the objectives of the study a number of hypotheses were formulated and verified using different statistical techniques. Findings of the study shows negative relationship with emotional intelligence and use of immature type of defense mechanism style, ($r = -.231$, $p < 0.05$) level. The individual who is high on emotional intelligence will tend to avoid using immature defense mechanism styles. The findings of the study by Bond, Gardner, Christian & Sigal (1983) goes along with the studies found in literature, they found in their study that emotional intelligence is associated with both adaptive and maladaptive defense mechanism. Studies conducted by Ghaedi, Azad, Reza and Shams also goes along with our study which reveals that the correlation between emotional intelligence and the use of mature and neurotic defense mechanism styles are significant.

The correlation between mindfulness and immature defense mechanism style was found to be highly significant ($r = .46$, $p < 0.01$) level, with neurotic defense mechanism style the correlation was found to be again significant ($r = .27$, $p < 0.01$) level. Similarly with mature defense mechanism style it was found out to be again significant ($r = .41$, $p < 0.01$) level. The person who is mindful will use all three types of defense mechanism styles, but in an adequate manner. The findings of the study by Niemiec, Brown, Kashdan, Cozzolino, Breen, Levesque & Ryan(2010) reveals that less mindful people have shown higher worldwide defense. A mindful person will use defense mechanism styles but they will decide what type

of defense mechanism style they will use and to what extent it has to be used based on the situation and because they are mindful they will easily realize or become mindful about the defense mechanism they have used and will bounce back to the normal situation even after using an immature or neurotic type of defense mechanism style. Similarly resilience trait also shows positive correlation with the use of three different defense mechanism styles. This means that a person who is resilient will use all three types of defense mechanism styles because they have the ability to bounce back to normal state after facing a traumatic event or a difficult situation in which they do use all types of defense mechanism styles but they know how to come out of that with lesser amount of stress. Defense mechanisms or styles are psychological strategies that we unconsciously use to protect ourselves from anxiety arising situations which cause negative thoughts or feelings. They are primary factors which try to keep our self protected from uncomfortable thoughts and emotions associated with day to day happenings. The defense mechanisms can have various healthy or harmful outcomes depending upon the situation or the extent to which they are used. These are brought into play by our unconscious mind through which we manipulate situations or deny them or distort reality to overcome the feeling of anxiety or guilt. Defense mechanisms are not under our conscious control and are non voluntary. They are used when there is a conflict between id, ego and super ego on a daily basis, each person use defense mechanisms to cope up with daily life hassles and it is completely healthy to use them, but the problem arises when we overuse these defense mechanism or we use them in a unhealthy way that effects our daily life or the psychological and mental well being.

On emotional maturity scale higher score indicates Emotional Immaturity. Our results in Table number 4 reveals that there is a relationship between emotional maturity and all three types of defense mechanism styles, but the relationship is very low. Higher the score on

emotional maturity the person tends to use more immature and neurotic defense mechanism styles and less of mature type of defense mechanism styles. Our findings shows positive correlation, which is not significant. But with mature type of defense mechanism it shows negative correlation. This means that a person who is high on emotional immaturity he or she will use less of mature defense mechanism styles. Our findings goes along with study by Cramer(2012), in which the results shows that defenses are related to development period, once the period is concluded, the use of the related defense declines. Which means that once the person reaches to the level of emotional maturity he or she will make less use of immature or neurotic type of defense mechanism styles. Emotional maturity is when the person is mature or capable enough to handle the situations without over exaggerating them. A person who is emotionally intelligent will seek to solve the problem without unnecessarily blaming others for their problems or behavior.

Emotionally mature person has the ability to manage and understand his or her own emotions. Similarly, the emotionally mature person will be master at managing and understanding the emotions of others as well. An emotionally mature person will be self aware, because when you are self aware about your emotions or thoughts then only you can understand the emotions of others. When you are clear about your strengths and weaknesses it becomes easy for you to manage your life well. Findings of the study reveals that there is no difference between the means of males and females on emotional intelligence, resilience and emotional maturity. But the study found differences between males and females on mindfulness which is significant at ($p < .05$) level. The means reveal that males are more mindful when compared with females.

To meet the third objective that is to study the gender difference with the use of defense mechanism styles, hypotheses 9 was formulated that there will be gender difference in use of

three different types of defense mechanism styles. Our result in Table number 9 shows that our hypotheses is partially accepted, as on two types of defense mechanism styles that are immature and neurotic, they don't show significant difference which goes along with our study by Petraglia ,Thygesen , Lecours (2009). Which revealed that there is no significant gender difference in the use of defense mechanism styles. But on mature defense mechanism style they show significant difference and it is significant at ($p < 0.01$) level. The Table no 9 reveals, that males use more of mature type of defenses mechanism styles when compared to females.

6.2 CONCLUSION

The present study findings indicate that emotional intelligence, mindfulness, resilience and emotional maturity have relationship with the use of defense mechanism styles. It also represents the contribution on predictable variable (emotional intelligence, mindfulness, resilience and emotional maturity) towards immature, neurotic and mature type of defense mechanism styles. The study also presents gender difference on the use of defense mechanism styles, where males show high level of usage of mature defense mechanism styles as compared to females. Lastly, no gender difference was found out on emotional intelligence, resilience and on emotional maturity. But, with mindfulness it tends to show high mean scores for males, which represents that males are more mindful when compared with females.

6.3 LIMITATIONS

While conducting the study the sample collected was 120 students out of which 60 were males

and 60 females. The number of sample size is not sufficient. Students may have not filled certain questionnaires sincerely. As the measures used in the study are self report measures which increases the risk of manipulation of certain answers by the participants. The technique used to collect the sample was purposive sampling, which could reduce the generalizability of the results.

6.4 SIGNIFICANCE

The study conducted could be helpful in knowing the person better, as it helps us to know what type of defense mechanism styles are used by individuals with different personality traits. If one develops more emotional intelligence, resilience, mindfulness and emotional maturity they will use more of neurotic and mature type of defense mechanism styles. It will also help us to know the contribution of the above variables with the use of defense mechanism styles and the gender difference is also examined with respect to emotional intelligence, mindfulness, resilience and mindfulness.

REFERENCES

- Basharat, M.,A., Haji Aghazadeh, M., &Ghorbani, N. (2007). Analysis of the relationship between emotional intelligence, defense mechanism and general intelligence, *Contemporay Psychology*, 78-89.
- Bond, M.P.,&Vailant, G.S. (1986). An empirical study of the relationship between diagnosis and defense style. *Arch Gen Psychiatry*. 43, 285-8.
- Cramer, P. (2006). Anger and the use of defense mechanisms in college students. *Journal of Personality*. 59(1), 39-55.
- Cramer, P. (2012). Psychological Maturity & Change in adult Defense Mechanisms. *Journal of Research in Personality*, 46(3), 306-316.
- Cramer, P. (1995). Identity, narcissism and defense mechanisms in late adolescence. *Journal of Research in Personality*. 29, 341-361. 8.
- Ghaedi, G.H., Azad, S., Rostani, R., Shams, J. (2008). Relationship between intelligence and defense mechanism, *Faculty of Medicine, Shahed University*, 74, 41-50.
- John Pellitteri. (2002). The Relationship between Emotional Intelligence and Ego Defense Mechanisms. *The Journal of Psychology: Interdisciplinary and applied*. 182-194.
- Malone, J.C., et al (2013). Adaptive midlife defense mechanism and late life-health. *Personality and Individual differences*, 55(2), 85-89.
- Mishra, P.S., & Mohapatra, A. K. D. (2010). Relevance of Emotional Intelligence for Effective Performance: An Emperical study. *Vikalpa: The Journal for Decision Maker*, 35(1), 53-61.
- Niemiec, C. P., Brown, K. W., Kashdan, T. B., Cozzolino, P. J., Breen, W. E., Levesque-Bristol, C., & Ryan, R. M. (2010). *Journal of Personality and Social Psychology*, 99(2), 344-365.
- Parekh, Maria and Majeed, Hina (2011). Ego defense Mechanisms in Pakistani Medical Students: A Cross Sectional Analysis. *BMC. Psychiatry*, 10(12), 1471.
- Petraglia J, Thygesen KL, Lecours S, Drapeau M. (2009). Gender Difference in Self-Reported Defense Mechanisms: A Study using the New Defense Style Questionnaire-60. *Am J Psychother*, 63(1), 87-99.

- Rode, J.C., Monney & Bommer, W.H (2006). Emotional Intelligence & Individual Performance: Evidence of Direct and Moderate Effects. *Journal of Organizational Behavior*, 30(2), 113-124.
- Sreelatha, R. (1992). Defense Mechanisms and Adjustment Patterns Among Adolescent, *Unpublished M.Ed Dissertation*, Manonmanium Sundaranar University, Tirunelveli.
- Vaillant, G. E., Bond, M., Vaillant, C.O. (1986). An Emperrically validated hierarchy of defense mechanism. *Archives of General Psychiatry*, 43, 786-794.
- Vembar, Vanathi. (2003). A Study on Emotional Intelligence and Organisational Stress. *New Frontiers in Education*, 1 (7), 19-24.
- Vladimirovna (2002). The use of the TAT in measuring Defense Mechanisms. *Dissertation Abstract International*, 68(12), 4990.