

Human Adjustment Process
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Module - 4
Lecture - 8
Human Adjustment Process II

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Intellectualization	Logic-tight explanations
Undoing	Agreement for immoral desires
Regression	Moving back to earlier developmental level
Identification	Identifying with famous person or institution
Introjection	Incorporating external values
Compensation	Over gratification in another area

The first one that we would be talking about today is identification; identification is basically, characteristics of say an individual, who just know finds affiliation either with an individual or a group of individuals or with institutions. And by doing, so we find worth or he adds worth to himself or herself ok. So, as you can see the description here, if there is an increased feeling of worth simplifying identifying with the person or an institution and of course, that person or that a institution should have an illustrious standing in the society. Say for example, people who take pride in adding the some surnames, because those surnames have high degree of social acceptability.

Or people joining certain communities, say for example you joined the community for the preservation of wild life. And in your society you find that there are dominant stake holders, who are affiliated to this society or when you know join the lamina association of a given institution. You find that you as an individual even though you have pass out

from that institute ok.

In your individual capacity your structure is not as big as the composite structure of the institution and therefore, you take pride in saying that I am an alumnus of such in such institution. Similarly institutions they can also decide that, we have our own standing, but if we collectively stand our position becomes far more stronger, like say you can have a IIT Kanpur alumnus association, you could have a IIT Delhi alumnus association, IIT Bombay alumnus association perfectly fine, but then you realize that, if you make something like pane IIT your strength increases like anything. So, this is basically the state of identification, institutions they do not have to know use defense mechanisms, but individuals they have to do that.

The next defense mechanism is introjection; introjection is very different type of defense mechanism in the sense that rest all defense mechanisms that we have discussed throughout this these days. What the differences where you apprehend that there could be a threat to your ego and therefore, you use the defense before hand and by a large you do certain things, which does not allow your ego structure to be hurt. In introjection what happens? You start incorporating external values to your ego structure; this is something that was not done in any of the defense mechanisms so. So, here, what happens? That you actually remain what you are, but because you see that there are some further applicating know things, there are some applicating values that others are, therefore, you start selecting picking and choosing those know worthy external values and standards and you incorporate into your own ego structure.

This whole exercise is done, so that you are not left at the perceive of others. The best example of introjections could be where you have been patternizing one type of an ideology. And then you realize that the society now has the dominance of those who are opposite to your ideology, fine and then you interject there values into your own ego structure. So, that you are not at the mercy of them rather you also say that fine know earlier I was like that, but now I think this group is correct, this view point is correct, this is introjection.

Very commonly seen when you find society under transition, say case is like arrival

group, which is also into merciless know prosecution, merciless killings, complete intolerance for people belonging to the opposite ideology, if they come into part then you realize that many people start showing introjection as the defense, because if you know get disaligned from the dominant ruling row, your survival is at stake. Now, you cannot transform the whole way you used to think about the world and the worldly affairs. So, what you do? You keep it know silent, you take external values, which will help you survive, which is the dominant view point in the society as of now. And then you also started vacating things in that order that is introjection. So, it is like say in biological science is they use the word called grafting know.

Say those who undergo plastic surgery for example, so part of the skin from one part of the body is cut and externally knows it is put on the place where the actual plastic surgery has taken placed. So, say for example, if this is the area where we have lost the skin, usually know thy skin would be cut and then put here know. So, it is externally grafted and gradually the body adapts to it, the cells starts growing. Even in many many botanical gardens you would find that grafting of the trees added know, branch, the stems of two plants are cut half way and then they are joined together. So, you could have say tree x and tree y half of the stem of tree x is cut half of the stem of tree y is cut and they are put together know and then they coil them, after sometime this stem grows together they are not divided the stems, this is called a technique of grafting. Introjection is very close to that in terms of taking values from an standards from the external world and then grafting it on your own ego structure fine.

And then we come to compensation, compensation basically is an exercise of covering of once own weaknesses by interdicting certain desirable trades or you tried to over ratify in the area, where you realize that this is the source of frustration failure. Now, in compensation what happens, one common example could be that, I must say that many of you must have seen is a situations in the schools.

Say, you have somebody who is extremely good at academics and you have somebody who is not so good at academics, but he is an excellent player. Now, usually what happens in the school situation, if you are worthy student of know achieving certain structure in your in terms of academic achievement then you will have to wait for know

quite long school will have to wait long for you to get a displayable recognition for the school. So, say know school would identify that write from class fifth when you took an entry, you are really a very bright student.

And the school is expecting that you could know bring loral to the school, because you could be know hundred out hundred in the board examination, but then they school will have to wait for 5 years know, till you give the class tenth exam and finally, attained that level of achievement, which they school will take prided. But you know that there is a foot ball match this student goes performs and brings the huge cup for know the school. And usually, I am sure you must have had similar experiences wherever you go all the schools the principals office will have huge shields and cups and interestingly enough these shields and cups are not brought by students, who are academically very bright, but are brought by students who have performed in other areas, sports or extracurricular activities. And then you also have know some certificates some group photographs your individual cut outs saying that know class tenth topper UP, class tenth all India topper likewise.

Now, compensation would in that situation would be say somebody for example, you are a good student and I am a weak classmate of you, but I am know very good at football. Now, the moment I realize that, I cannot perform as well as you in terms of say science, mathematics, or English or other language or other subjects, but you cannot come anywhere close to me in terms of performing in the ground. And therefore, I know give my best in terms of performing in the sports field. And this makes me compensate for my under performance in academic area, you are a hero, school knows you, all teachers know you, all students knows you, because you are a academically bright and so is the case with me even though I am not bright as you, why? Because the school, entire school distinguishes know that this is the best player the school ever had.

You have compensated for something that you do not have; you have something, you do not have something, you over gratify what you have so that it compensate for what you do not have. You would find many, many, many, many such cases of compensation, usually know many times people who are physically challenged, they would tried to achieve like anything in a given area. So, say you could be physically crippled and then

you decide that the day this rafting competition takes place, I certainly participate rock climbing the day is introduced, I will definitely go and I will put the fullest of my effort to succeed in rock climbing, it is just to prove that, I can and perhaps better than you.

So, that is the defense mechanism called compensation with this we have come to an end of the whole list, long list of defense mechanism. There is one interesting defense mechanism that we did not discuss, what is called as sublimation, sublimation all of you must be aware of this word know, as discussed in chemistry know, that transformation from one state to the third state without crossing the intermediate step know,, so solid to gas without getting converted into liquid. Sublimation is exactly the same thing in psychology it is use in the same fashion, it is an interesting defense mechanism, where your grade degree of frustration gets converted into highest degree of creativity.

So, it is something likes say, you are engaged in an activity you did not get the desired goal and non fulfillment of the goal becomes a great source of this comfort for you it induces great degree of a frustration in you, but instead of sinking down, you sublimate that energy you convert that frustration into a creative outcome. There are hundreds and thousands of such examples; you feel cheated in a love affair and then all the pain that you derive out of it, out of the separation gets sublimated into a piece of poetry. You become a great warrior you perform the best in the battle field, simply because you are repeatedly told by your friends that you are not worthy of being in the arm forces.

I will give you couple of no real life examples; those who are aware of the bangla literature and those otherwise interested in literature would know very re known Bangla writer named Behuthi Bhushan Bandopadyaya. Behuthi Bhushan Bandopadyaya wrote a story and it was very, very popular he was at this time he was one of the very popular know writers. And he wrote a piece of literature, which somebody read and that somebody later on happened to meet know this author who look finally, wrote it through which we came to know I can also came to know through that very piece.

What happened? Behuthi Bhushan Bandopadyaya wrote the piece of this creative literature titled Nilang Guria. Now, Nilang Guria was published somebody reads it

deeply impressed and then he wrote back to the author saying that you did not do justice to this character. The story was that there was boy from small town, who goes to Calcutta for his education and then perhaps he was involved for his own pocket money he was involved in providing private tutorship for a girl, who happened to be a daughter of a very known barrister in Calcutta, these two this boy and girl they falling love with each other and finally, because of all those social and economic compulsions.

There was no way out for them to get married and there was some dispute that took place, because of this issue. and the girl thought know that the girl told this boy to leave the house and she thought that he would turned back and say that fine know, I am sorry and why do not we go ahead with this relationship, but in turn the boy did not say anything, but quietly walked out not only a for house, but out of her life. Now, this was the crush of that whole piece of literature now, this reader after reading this Nelangu Guria he writes to Behuthi Bhushan Bandopadyaya that you did not do justice to the girl. What was the harm, if the story would have taken in different turn.

Much later, this boy who was then private tutor studying in one of the colleges in Calcutta becomes celebrated writer, this girl who now happens to be member of family of some other man. Sends a letter to her, congratulating on his whole achievements and sending pieces of stone that usually people we have know that Neelam stone and says know that given your zodiac sign and given the level of achievement that you have attained in your life, this is the suitable story should certainly we are within finger x and this would add to your glorying and all those things.

Now, later on it was identified Behuthi Bhushan Bandopadya as per the story goes that he replied back to this reader saying that I am really humbled by your positive comments, but it is always good, because you read the translated versions it is always good to know read the original version. Much later this man, the writer who finally, wrote all these experience, happened to get in touch with this reader, who said that Behuthi Bhushan Bandopadyaya his family happened to be our neighbors, they needs to stay I guess his childhood days was he spent in one of the districts, northern districts of Bihar, precisely speaking darbhanga was the place where his family was from. And then he said that you know that this is not a piece of novel, but actually this is what happened

actually to Behuthi Bhushan Bandopadya, you have such stories at one level and you have several other celebrated stories which has come to the silvery screen also know, Laila Majnu for example.

Where finally, the life of two individual gets rowing in the process, just out of break out in relationship, other case where there is a breakup in the relationship, but then you get finally, creative out come out of it. Similar type of story I know about a great freedom fighter, but we would not discuss it right now here. The whole story was that of bravery that he demonstrated after, which she was hanged by the British government. The entire act of bravery was driven by the fact that his friends said that you refrain from participating in such acts, because you do not want you to be separate from a particular girl. And this man wanted to prove that machine comes first, relationship comes later, because he was not in the actual plan that he will be executing this blast against the British government.

There are there are several such stories know, there is a park when you move from Delhi towards Jaipur, there is a park, where you have the whole know story of the life of Shiva and Parvathi being putting the form of sculptures. The man responsible for coming for word with that said that he was in a relationship and the girl did not like know him playing with no stones. And of course, those who are into sculptures know their hands are no protect tuff very very you know thick skinned they become their palm, the girl did not approve her fate and this man was know the enjoying this act like anything.

And finally he had to choose between the girl on sculpture and he opted for sculpture and when he was given this assignment, he would continuously works for hours and hours together, when he was asked at how could you complete so many pieces of a sculpture in such a shorts span. And how could you works so long no hitting the stones carving them and he said that every time I hit a stone with a hammer, it reminds me that somebody had broken the relationship and I feel, I am hitting her that you have broken the relationship first hammer second hammer. So, these are no basically the acts of sublimation, what I am all I am trying to say is that, you have certain adverse experience in your life and instead of the adversity making using you stay with your frustration for some time and then you come forward with the creative outcome, this is the state of sublimation.

So, this was all about defense mechanism, if you want to ask something? The forum is opened for discussion now, if not then what I will do is that I will once again start with first defense mechanism that we had discussed denial of reality and like we follow the same pattern. What we had done actually till now is that we have just taken one defense mechanism tried to understand what it is, what we would do now is that we will again take the same defense mechanism, because you have now understood what it means. And then we will try to stretch it and see how there could be simple situations, where this is used complex situation and are they are devilled situations also. So, basically trying to stretch it, but before that if you have any question related to this, while discuss it, nothing fine.

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Denial of Reality

- Screening out unacceptable realities
- Refusal to discuss
- Faint when confronted with harsh reality
- Too much preoccupied with work to avoid issues related to personal problems

We will go back to denial of reality now, this was the first defense mechanism, we had discussed and we will follow the same chart that we had followed know. There we had the name and the description of the defense mechanism here, we would have something else. Denial of reality actually means that you are trying to screen out some unacceptable realities of your life. Now, all we said was that in denial you just do not attend to know the reality and you try your best to ignore it, you are screening it out, you are weeding it out, what could be the menufrustrate form of denial. One, you refused to discuss, you do not you just think that this topic is not worth discussing not because you are really

convinced that it is not what discussing but, because the moment it is discussed, several things will start coming back to your conscious awareness, something that you do not want to happen.

The extreme of it that the moment something takes place, you felt. I know somebody a woman, who would be of the age my mother by this time, she had just typical habit that whenever there was a situation in the family where there was too much of rift, she would just faint. Now, in historic reactions also in hysteria, you find such type of fainting, you find fainting even in the case of epilepsy also, but epilepsy has an organic reason for fainting. Hysteria has pure psychological reason for fainting, but this is neither historical nature this is not epileptic nature, this is simply that say there is a great sense of discomfort something that reminds me of something that is extremely painful to me, I do not want it to be processed consciously and therefore, it is like say I just know the main switch will trip. So, no more powers apply to my brain, I am happy for those couple of minutes, when I stay in the state of faintness then by that time I would regain my consciousness, episode would be over and people would also subside, because they would know that, oh fine, fine this person had fainted when we started this they will attend to you and not to the topic that was the cause of entire discomfort.

But there could be a very intelligent way of handling denial of reality, where you involve yourself in some type of work. So, you are too much preoccupied with that work, so but, so that you do not get time to process other things. Somebody who has difficulty in terms of marital adjustment for example, we have difficulty at your domestic front, great degree of mismatch and discomfort between the husband and the wife for example. Or say you have an adolescent child with whom you have a great degree of difference of opinion and therefore, his or her behavior happens to be a great source of discomfort for you, you are not able to manage him or her, what to do now? You are you get too preoccupied with your own official things.

So, much, so that you will do not get ever time to see what your wife has been doing or husband has been doing or what your daughter or son has been doing. So, you get a chance to know ignore all know relevant personal problems simply, because you are too preoccupied with your work. And you say that I am too preoccupied the world also sees

that you to preoccupied, but the truth could be that you deliberately have made yourself land up in this situation, because you want to ignore those things. So, these could be known ways in which denial of reality could manifest.

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Fantasy

- Conquering hero: capable, powerful, respected
- Suffering hero:

We come to fantasy now, fantasy you remember, what the state law of know gratification through imaginary achievements. And in terms of know imaginary achievement one would always make oneself as the lead character of that fantasy, but then there could be two situations, you could dream yourself as a conquering hero or you could dream yourself as suffering hero.

Conquering hero fantasy would be where you are involved in the process and finally, you do what you wanted using the way you wanted to achieve it. Your achievement and you both are celebrated that is the conquering hero fantasy. In a suffering hero fantasy there would be a twist in the story, you tried to achieve the goal, but you suffer in the process and your suffering finally, leads to the achievement of the target and it is celebrated. Let me give an example; conquering hero as you can see here would not require that you prove your capability, your power and then the fact that you derive a great degree of acceptance and respect for whatever you have done.

The conquering hero fantasy an example; a small boy suddenly fell into the river and the river was flooded with water, it is monsoon season in the north of India, river is over flooded, the small boy who know falls into the river, six help and there are all people know who give know who are around there, but nobody knows how to swim everybody scared of know going to the water. You work returning back after buying some green vegetables for your family and you saw the news and you suddenly left your bag their jumped into the water, you struggled lot against the forces of the water. And finally, you see could succeed holding the little finger of the boy and then you dragged and dragged and finally you could catch hold of the wrist and then brought the boy back to the banks.

Everybody was cheering up, many, many know news channels arrived their mean why and there was a live telecast of this whole episode. Next day the district magistrate announced that he would recommend the bravery award for this very boy who had done this exemplary walk, in his whole story there is only capability power, your superiority, your achievement, you derived respect out of it, this is conquering hero fantasy. If the situation is the same and then if you have a suffering hero fantasy, what would be the twist in this story? Again over flooded river, monsoon season north of India the same people are around you, you are coming back after taking those green vegetables, you are hesitant whether I should go there or not you are also scared, but you think that no no you should certainly do that.

But you are not convinced whether you would be able to do that, because you have very recently learned swimming, but still because nobody is going their therefore, you jumped into the water. You could only manage to catch hold of the little finger of the boy, tried your best to catch hold of the wrist, but it was extremely difficult and because you have to dragged the whole body of a live boy using the little finger you had to use excessive force, you were completely exhausted. By the time you are able to come to the banks suddenly there was high flow of water, you could come to the bank and apply the best of your force to throw this boy on the banks the boy reach the bank, but then mean while the next flow of water took you away to the main stream you drown and you died. But then camera was is still on, this whole live telecast is going on, your body is recovered little ahead and then the district magistrate says, postamusly we will know ask the government of India to give the bravery award to this very boy.

And then the head of the nation decides that we will know give the tricolor to the dead body of the heroes, the national flag will be brought half way down all the way of paying national spread and the superintendent of the police in the district magistrate decides that know there would be know the whole official way of a cremations, so gun salutes all those all those all those things know. Now, you are able to prove your capability, but you suffer in the process, target achieved at a cost, but still you realize that you are the hero. So, this is all about fantasy, it could take a different shape also, where at the end you need not celebrate it to that extent, you could say that know you could make it extremely negatively loaded in the sense that all though this exemplary performance was their the performance was not recognized. So, that is about fantasy, but fantasy would always have this bipolar dimension either you go for a conquering hero fantasy or you go for a suffering hero fantasy.

Sir.

Yeah.

See, fantasy you do not have a believe that this has actually happened, because this is all imaginary achievement know, but the fact that for certain period you are involved in that gross phase of imagination, you derived that satisfaction, you did not jump, you are aware that you did not jump, but this three four five minutes of that episode of whole visualization and pleasure that makes you replaced, but after that phase of fantasy is over it is not that you realize this has actually happened that does not happened.

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Repression

- Selective forgetting vs selective remembering
- Beheaded soldier during Kargil war
- Amnesic battle experience
- Protection from sudden traumatic experience until one is desensitized to the shock
- Hypnosis or sodium pentothal interviews

Then we come to repression this was the third defense mechanism, that we had discussed, which was known basically, you remember that we had talked about real life experiences separation and repression that distinction we had established when we were talking about this. The important construct in case of repression is that you tried to selectively forget, people also argue that this is perhaps not selectively forgetting something, but selectively remembering something. So, things which you find hurts your ego, you simply choose that aspect and then you know put dark curtain over it, it is forgetting, you do not recollect it. So, this view point is always there know that whether it is selective forgetting or is it selective remembering.

But then both of them actually the first do the same thing that either say, if I have say such this long experience and this is the period that I want to forget selective forgetting would say that you select this period and then you cover it up. Selective remembering says that you select this period and blow it, zoom it, so that this part becomes minimized and it not visible. Different type of situations know one can experience, I want share a very interesting story with you, little painful, this was when the Cargill war was on and after the war that was the first war to the best of my knowledge when there was a live media coverage from certain distance know all the news channels will continuously continuously show the visuals of the war front. And all it is because it is all know distant

type of awareness, because you have stayed one point, your enemy is at some other unseen point that you cannot see, but then you have the bombshells you have firings that taking place know. So, enemy is not visible only the bullets are visible or the know bombshells are visible, but this was for the first time yet it happened, I very distinctly remember it know, because that happened when I was an elder, so I could remember it. There was a very interesting episode their a sad episode when media team once from one of the news channels and the people on one of the war fronts this group was there, they had finally, made up to a particular point that they wanted to achieve.

And the two officers who are there in front of the camera was showing know what actually took place and how difficult it was to achieve the target and finally, they have done it. And then suddenly a bombshell came from the other direction and it beheaded the officers who at now describe the achievement. Now, these two individuals was still standing there and the man who was describing it later on actually saw the whole thing taken placed know. So, it is likes a something like, we have talking to each other and suddenly a bombshell comes and you could really see it know how a piece of know bombshell takes away my head out of my body.

Now, having seen this later on after a week, I think when this person was asked what actually took place, what did you see their, he started showing amnesic experiences of the battle field. Means; there is an amnesia know you forget these things, it is so painful for you to recollect what would have actually happened. And you selectively choose to forget it, because every time you recollect it, there is a great degree of and physiological arousal, psychological discomfort that will come. And what happens actually this type of experience, this type of exercise of repression, actually protects you from sudden dramatic experiences, till you realize that you have become know decencies to such type of shocks then you can recollect it.

You would find n number of stories, n number stories usually from the battle field, where the soldier who was right on the spot will show inability in terms of recollecting what actually happened, because the old recollection is extremely painful. But the truth is also that this is not forgetter, this is repressed, why? There could be two ways of recollecting it, if you hypnotize that soldier ask him to recollect the experience what actually

happened, the soldier would be able to do that. So, if in the translate you are able to recollect that experience this means that experience who has been deliberately hidden somewhere in your mind, which consciously you do not want to recollect. The other you must we aware of this sodium pentothal interviews know, when this injection is given to you, this chemical is injected in your body, this is called truth serum tool in the forensic sciences if they called the other word used for it is the truth serum.

This injected in your body and then you cannot have voluntary elevations, usually what happens, when your interview you filter should I say this, should I say that and you way and then come for what appropriate response. If you are given this sodium pentothal injection or what is popularly called as truth serum that elevation goes. So, you do not discriminate between the options and then whatever is true you just reveal it out. So, if you are able to reveal it out under a chemical influence or if you are able to reveal it out under the estate of hypnosis, this means you have actually not forget in it, but you are simply repressed it, fine.

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Rationalization

- To justify specific behaviour
- Softening of disappointment pertaining to unachievable goals
- Mediocre performance
- The goal is not really worthy

We come to rationalization this was the next defense mechanism that we had discussed. This was basically know to justify the behavior provide rational to something and as you remember know we said that this was this is something like sour grapes experience.

Now, here what happens in just in rationalization, one would not tried to justify a very very specific behavior of him or her. Now, either you soften your disappointment that pertains to un achieving our goal or all you do is that you tent to prove know that it is not such a great know under achievement usually that you are looking at it is rather good that I did not get this, because I got that.

So, there is sense of know laws out of the non achievement of the goal and this whole sense of disappointment frustration that you derive out of your under achievement or un achievement you tried to soften it out, when you give justification. Popular examples; you make a mediocre performance, in a course and you blame know that see I think the instruction was harsh enough in rating, the instructor was harsh enough in saying that know the slides carrying the questions of the quiz will not be projected again. The instructor was harsh enough, because he announced two three weeks in advance that you can anticipate a quiz, but then there was a long null period.

And I decided to come to the class after this announcement came for two three four five days, who is did not take place and the day I have stopped and they took place. Why did I loosed this ten percent weight age? It was it is not my fault, it is fault of the instructor, this is rationalization. You say you know I have this cough and cold I have know little bit of fever sometimes I have head ache therefore, I want to safeguard myself against this chilled winter. And now, you put in this chilled winter, you put I hate to nine slot for this course, how can I know come to the class. So, you are actually doing some atrocity to me, why I loss ten percent, because you atrocious here, I am such a good student, if you give me the question paper today, right now, I will do it. I could have done it.

But it is you did not allow me to do that, this is rationalization or when you say that [fl] common [fl], I missed one quiz, what does that mean, I have given three hundred and twenty seven quizzes in my life till now. All you do is that you really say that this goal was not worthy of achievement, a eight to nine I have event attendance six to seven classes, while I was preparing for my coaching it units is six to seven classes, not a big deal, chilled winter? I was in j j n k know completely clad with snow, but still would return the pages of the book and read it, I am not consult and ten percent, I am interested in more than hundred percent, ten percent is not a big deal. So, all you do is that you

have not mineable to attain something there was the goal and then you try to demine its goal itself know that this goal is not worth achieving at all.

In the first case what you are doing, you said that the goal was important, you could not achieve to the level expected, but other person is responsible, this is one form of rationalization, the other form goal itself is not worthy of achieving. We know very generously use such defenses in our life.

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Projection

- Others held responsible for one's shortcomings
- Common in those with rigid morality

- Teacher held responsible for failure
- Society held responsible for illegal activities
- "bad luck", "fate", "kismet"

Then comes projection another interesting defense mechanism here others are held responsible for ones own shortcoming know. You remember the example that we have taken that women who is not able to conceive blames that fine know she was not given proper care and she was not given nutritious diet by her parents, so parents are responsible for her biological incapability. Now, projection overall when you look at a broader picture, you would realize that is in the society, largely people who know have rigid oral structure, they are very rigid in terms of morality, they use projection very much. Options; the way you manifesting teachers are held responsible for your failure. Twenty two students got d in this course, why? This is a mad man who takes pleasure in giving d. So, the blame is shifted to the source of know giving the great rather than those who actually deserved the great or when you hold the society responsible for what you

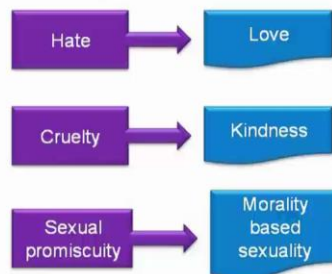
are doing, why did I become know a thief, society did not give me the opportunity to education, the right to decent leaving, I went to a school once and I was thrown out, because my father was not able to pay the fee for me.

So, society is responsible, why am I doing this? I was not allowed to do other thing other any other thing by the society. So, here it is not in the previous case one teacher was held responsible, in the other case it is not one individual, it is a society at large, why am I doing this, because of this know or when you say bad luck, when you say fate know [fl]. So, the entire blame is projected.

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Reaction Formation

- Opposite behaviour pattern
- Helps in maintaining socially approved behaviour
- Avoiding self-devaluating desires



Will continue with this, the whole exercise that we are performing now is that after having understood different defense mechanism. We are now looking at little larger picture trying to understand that what type of situations are there in life when these defenses are used and what are the various forms, symbol, complex and are their deviant forms. We will continue with this when we meet the next day.