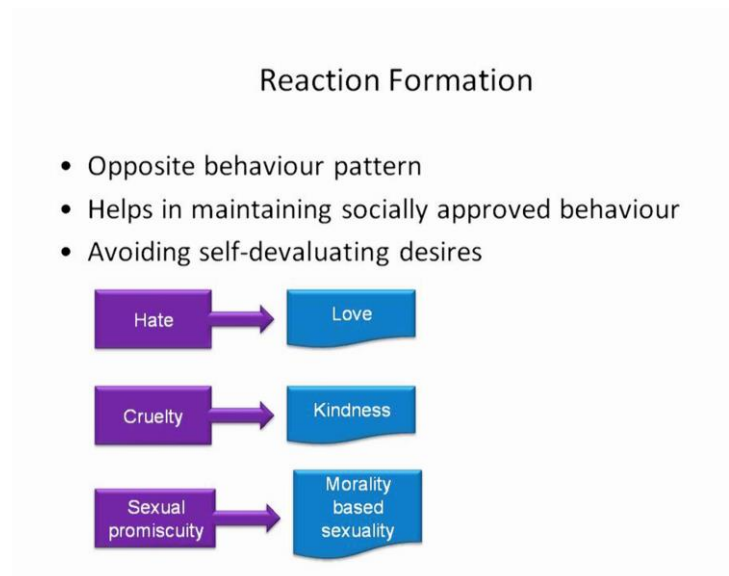


Human Adjustment Processes
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Module - 4
Lecture - 9
Human Adjustment Process-II

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See how it serves the purpose of striking balance in terms of our adjustment demands and also in terms of looking it from know multiple angels, so complex to a simple usage. As you know reaction formation basically know suggest that there is an opposite behaviour pattern compare to what one actually thinks off. So, you inwardly think something else, but outwardly you know show a behaviour you manifest a behaviour, which is exactly opposite to what you internally feel. Now, the basic service that this defense mechanism provides you is that it helps you maintains socially approved form of behaviour.

Why was there a need for changing a behaviour manifested behaviour compare to what you actually think, simply because what we actually think, grossly mismatches with what the social expectation is. And irrespective of how know true your evaluation is a now genuine your feeling is and how genuine you feel to do the way you think, society might

not accepted it. And adjustment does require that your behaviour should also enjoy certain degree of social approval. And therefore, the main purpose that reaction formation serve says that it helps you come forward finally, with a socially approved format of behaviour.

The other is that know may be that your own conscience starts know devaluating you, that although I understand at this happened, but how can you still think like this. So, if you are a person know who always thinks from that know morality point of view each and every step if you fit into the moral principles and then you evaluate there could be greater chances that you start having know self devaluating experiences. Now, reaction formation also helps you avoid self devaluating desires. So, it serves both ways know you as an individual enjoy a benefit because you are not demand needed to be self critical and hence you do not have self devaluating experience on the other broader end you come forward with a prescribed format of behaviour, which know by large society approves of and therefore inwardly and outwardly both ways you need you finally, derive what you want.

The most common type of know reaction formations would be the hate love relationship where know inwardly you hate somebody, but outwardly you cannot afford to show your hatred and hence you show certain degree of affiliation, you show certain degree of love. Take for example, it might look upset to you, but in many cases you would find examples like that, where a child or say a student of your age and individual of your age who hates one of the parents for certain reasons. Now you might have your own reasons to hate your parents, but at the same time you also know that expression of hatred for one of the parents is extremely undesirable.

Society would curse you; your other relatives will curse you for having know this type of feeling for one of the parents. And at the same time there could be a possibility that your own inner self tells you that common papa did this for it is ok, many people commit errors in life, so what? So, love, hate very commonly used reaction formation. Inwardly you tend to be very cruel, but outwardly you convert it into great degree of kindness, inwardly there is a desire for sexual promiscuity, outwardly you show knows extreme degree of morality based judgment of such expressions, these are too commonly

used type of reaction formations, I will come to one interesting example of it, at a very simple level.

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Reaction Formation

Simple:

- A spinster looking for a man after locking door from inside

Complex:

- Crusade against declining moral values
(earlier difficulties; safeguarding against reoccurrence)
- Self-appointed moral guardian of society
(vicarious gratification: reviewing print material for pornographic content; gratification without endangering self-concept)

A spinster everyday know after you lock your door, you put the latch, in the night when you go to the bed, you have a tendency to know search your room look inside the know under the bed, you open the cupboard you check that nobody is there. The very fact that the main door was locked, the very fact that you are throughout the you were in the room and you know that really no body has entered the room, still you tend to be extremely cautious. That is the simple form of know reaction formation where actually the actual desire of know sharing room with somebody gets converted in the form where you should this type of tendency, where in you search for the presence slash absence of an individual in your bed room ok.

At one end you say that you know I live all lone and therefore, I need to be very cautious which looks with the judicious know when you listen to such comments, but might be that this is the actually a form of reaction formation where you want somebody to be there. Come to a complex example and in contemporary Indian society that type of goods that you see you will find many of them. You have know you see somebody know running guzzle against declining moral values. Actually what has happened, the person

had difficulties in the earlier period of the life and know, he was supposed to safeguard himself against the recurrence of such experiences. And therefore, later on in your adult load you initiate this guzzle and you say that fine there is a decline in the moral value and we should uphold it like anything.

I need not mention it, because I will run in controversy then. There are hundreds and hundreds of such scenario in contemporary India, where you would find people fighting for only and only for this process. Clamming that overall there is a great degree of decline and very fast rapid declining of moral values in the society and hence we know the torch bearers of the moral principles of the society will try to uphold it and you try all sorts of things. Right from starting your own television channel, where you continuously give sermons to know recording session somewhere and then distributing it to multiple channels to holding some type of a gathering where you advocate the moral principles and the morality driven behaviour.

To the fact that know you have few ov vans and these vans would basically run in the country, in the society talking about it know different type of recorded things, which will be continuously we played in the vehicle will keep moving in the city. I am sure you must have seen all of them all of them, yesterday I was out of the town I was in some other town in their also I found one vehicle know running around the city and song was being played. So, I could not decide for what the song was. So, I asked the person there who was from the local area that what is this song about because the earlier when the movie used to be released and it is to come to a theater this was the pattern of announcements.

So, his told me that the valentine day is coming close. So, one person in the city who runs an organization these are his vans know and it would talk about know that know think of the priority of the action and think of the priority of the body in all song and dramatic form, which is recorded and throughout the till valentine day it will replayed. Two, you could appoint yourself as a moral guardian of the society, in the first case you would running you are running a crusade, in the second case you self appoint yourself that I am the moral guardian and therefore I have the authority invested in me to act as a sensor to several of the things that the people in the society have an access too.

Now, for example, I say that you know the sale of pornographic material in the country is increased. For example, I do not know whether it is increased or not am just giving an example. Are I say that gradually the there is a rapid decline in the morality of the adolescents and you find know intense celebration of occasions like valentines day, which is coming very shortly, earlier what happened to be a day the different different products, because for their sale, because of they want to have any increase in all of things they are now advertising that why to celebrate a day, celebrate a week. So, you expand more in buying things and therefore, the industry would flourish. Now, if I take a stand that, I am the moral guardian of the society nobody is pointed me I appoint myself all moral guardians appointed point themselves.

And therefore, I say that you know any type of magazines that is sold to the market, I will take the liberty of screening them to decide whether they are suitable for our adolescents or not. Now, what it actually serves? It could lead to a vicarious gratification, why? Because you start reviewing know print material for pornographic content. So, what you do in this screening process you yourself get an exposure to it. Now, I have been able to gratify my desire to go through the pornographic content without in endangering myself concept. So, my moral self with tell me, [fl] I did not want see all this, I was in valuating for them. So, I am safe and I am safe not only from your end my own moral values will not disregard, know you remember the earlier slide this said that, you have to avoid the self devaluating desires also. If I show my desire that I want to go through this pornographic content, my super ego might tell you what type of person are you, how immoral you are.

So, safeguarding myself against my own immoral desires and at the same time saying I am the great crusader, who is know, trying to safeguard the moral values, which is in grave danger in the society. Several years back, every year it happens, but several year back suddenly a new brigade was identified you know. When in Bangalore on one of the occasions on the valentines day couple of years back, group of pelicans they entered the restaurant and boys and girls they were chased they were beaten items in that restaurant was broken. And later on the chief of they call dash and I am not using the full name, because I do not want to run into controversies know. So, now, the man comes before the camera and says yes, we have done it, why? And I gave the same thing. The moral

values are degrading it is being eroded by know this type of western influence and we the moral guardian have to safe guard. It has been know there are few organizations in this country, who would deliberately target these occasions and the whole issue is that, this is the against the moral values that is very, very native to us it is all western influence. Such behaviour in the complex format you find and it is actually it could be reaction formation, where your own internal desire takes a very different turn which has great degree of social approval and without falling into the trap of devaluating your own self you yourself satisfy certain things which otherwise you yourself disconsidered to be immoral.

And hence, if you look at know the different types of protest that takes place again different types of social and cultural practices in this country, you would find the action formation how generously it is been used. And nobody says this is reaction formation there not supposed to say ok, otherwise the whole mechanism fails.

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Displacement

- Shift of emotion, usually anxiety and hostility



Inward hostility:

- Cause is outside individual or event, but person turns to excessive self-accusation
- Feeling of severe guilt and self-devaluation

Complex/ deviant:

- Destructive criticism, vindictive gossip

That makes different mechanism, we had discussed what displacement? All we had talked about in displacement was that basically displacement means shifting of the emotion and shift this is usually of shifting of the pent of feelings. So, the example we had taken know was that from the boss, the anxiety and hostility was the bosses hostile to

you and this led to certain degree of anger within you, certain degree of anxiety within you and this anger and hostility, anxiety goes from the boss, you shout at your wife, your wife shouts at the children and it processes, this was the example that we had taken. What could be the other formats of displacement? This is the very obvious type of a displacement know. One could be that you turn inwardly hostile even that day we had talked about in implosion know that instead of exploding out you inflod within.

Now, here in the case of inward hostility what would happen that the cause of actual anxiety and hostility love is outside. So, its a behaviour of one individual in the surrounding or it was something in the environment itself that triggered that hostility within you, but then you start accusing your own self, if I had not gone there this would not have happened, if I would have left the place earlier then this would not have happen, if I would not have done this or if I would have done this then this would have happened, so you start accusing your own self. Now, ones you start accusing yourself your own self there is know severe feeling of self devaluation guilt involved there. So finally, at the end of it when you start the blaming your own self at the end you say so bad, you start having this type of a feeling or you would arrive guilt out of it.

So, inward hostility that way does not of the purpose, because it finally, puts you as an individual into trouble, because finally, you what you finally, get out of uses of this module would be that you become know much more self devaluating tendency you develop. You develop certain degree of guilt both of which am not, because it will again demand you to know take care of these two feelings that are gradually cropping in,, so that you can strike the level of adjustment. There could be very complex type of usage of displacement, which act times could become deviant also, which is destructive criticism or vindictive type of gossip.

Now, criticism is know always considered to be good academically speaking, but criticism in one to one relationship is by large not accepted. And therefore, what we choose to do as human beings most of us is that say for example, I and she both are in the in each others company we would not criticize each other. So, she would not say anything wrong about me, I would not say anything wrong about her, but both of us can find him. As a target and criticize him, because he is not there to listen to it and to defend

to it therefore, it is easy for us, but the moment I and him are together now, I do not criticize him, I criticize her, because she is not available to defend herself. Mostly we run in this format the person who is absent in the group is criticized the most.

But here criticism is known taking the destructive term all together known and therefore, the moment it becomes destructing it is the divine format of expression of criticism. So, I criticize you for something, but if I turned into rampage, if I turned into destruction this is not permissible. I am sure you must be aware at some recently an art exhibition was going on in Delhi, where paintings of famous famous artist from India was put for display and then there was the whole protest by one of the groups saying that few of the Hindu gods and goddesses have been their nude paintings have been put for display and it just rejected.

Just last weekend there was a display at Bangalore and again similar type of thing took place. Now, you can imagine that known I criticize certain format of expression, but irrespective of the fact that known how precious this speech of art is I just say, because it does not match my sentiments therefore, it needs to be burnt. I might sound little illogical or much more illogical or insane, but let us give you different examples, which I think one should think off. Under certain forms of known social transformation, political unrest or the hole attempt of any political stability and social transformation, you realize many things happening and we will take one or two examples, one from India one from nearby would be one of our neighbors.

And then we will see that does it actually serve some purpose or is there a great degree of destruction involved in each which actually should not be there. We all know the famous Bamiyan Buddha known the rock trams carving in Afghanistan, which was known turned into pieces by the Taliban government. When the Taliban took over far in Afghanistan have you seen that carved sculpture Bamiyan Buddha there is place called Bamiyan, where the very tall rock was cut and carved and it appeared as a Buddha is standing on one side of the hill. Only one piece in the world where the whole known mountain was carved into as sculpture from one of this side.

Most historic place, place of arcaologically importance, but because it did not match with

the talibanies view point, so they decided to put guns their field guns there the tanks there and explode the whole sculpture. And that entire sculpture turned into small small pieces, because of these blasts. I say for example, I am a Talibani, which I am not, hypostatical example, suppose I am a Talibani and this very fact that know faith and gods cannot be know represented in such form, which the religion does not allow, still I could look at it as a marvelous piece of art.

So, I say that fine know the people who thought of it were foolish, because know what they believe and what is never seen they have carved it, I can criticize them, because it does not match with my ideology, but I can still appreciate think of the artist know great people, they have carved the whole rock, this could have been an alternate view point. In Iraq Saddam Hussein know burst and sculptures know full body sculptures were put at certain places and when his government was finally, turned out people even had put ropes the neck of those sculptures and put them down, I am sure you must have seen those visuals. Fine, there was a ruler who certain people probably did not like and this could be one way of showing aggression that fine he executed few and therefore, I execute his sculpture, but think from the other point of view know there was an artistic expression of individual whom you are destroying think from a different view point that is this much amount was invested into creating this sculpture, now it is turned into rebels, there could be counter viewpoints know.

And therefore, ones you turned into such type of a destructive criticisms ones you start it turning into vindictive gossips then you are running a risk, because very generous usage of such things know could be either complex format of displacement or it itself can make you deviate from the expected norm and deviation are not the what call, desired form of behaviour ok.

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Emotional Insulation

- Reduction in emotional involvement
- Safeguards against unnecessary disappointment

- Not being too excited on the first date
- Avoiding premature disappointment:



Extreme conditions:

- Chronic unemployment, prison
- Becoming resigned, passive recipient

Now, we move to emotional insulation, emotional insulation you remember we talked about it and we said that basically it is a mechanism that helps you safeguard yourself against certain unnecessary type of disappointment and hence what you do is that you reduce your ego involvement, your emotional involvement into certain situation. And therefore, irrespective of the result that takes place because you are not involved with it therefore, you do not derive that dissent of disappointment. What could be the usual manifestation of such type of emotional insulation? One example I gave you, that was the true example of a person, who did not like his work place and during tea time he would definitely definitely read the newspaper, because he wanted to avoid sermons that used to be know that used to be marretted at that time.

Other example could be say you are going on your first date and you ensure that you are not too excited. And you have reason for that you may tend to philosophy and say it I do not know how stable this is, I do not know whether this is good or bad, I do not know finally, I would be chosen or not, I do not know whether I would remain loyal or not, but this entire know sequence of thoughts are basically made to failure you not, so excited about the first and the beautiful experience of life. There could basically you are trying to avoid certain premature disappointment. And interesting example; when professor Amerthiyasen got the Nobel Prize in economics, his mother somebody somebody from

the news channel called up his mother in west Bengal and asked about her comments and wanted her to endorse this.

And the mother said that fine, I have hurt from the news channels, but let this ceremony take place only then I will be able to tell you with confidence whether you really got it or not. So, even though something has been announced, you still do not celebrate it you contain yourself, let it first be executed then it is very sure all you want to do is that you want to doubly ensure that no disappointment takes place in the process.

I know somebody my family whose of a similar nature, but know not allow you celebrate things till it actually happens, ones its happens then know he will allow you celebrate like anything, but before that he will ensure it do not celebrate. The reason ones I asked a very, very senior now might be closure to eighty years, I asked him that know why why know you are like this and since when you are like this? And then I came to know interesting thing like he became parentless in the early years of his life, perhaps by the age of two or three he lost one of his parent by the age of five he lost the second parent also was brought up by an elder brother, who was just seven eight years elder to him and had to the struggle a lot.

Now, you could realize know that somebody who really had extreme disappointment in life. Ensures that celebration should take place not only for him, but for all those who belong to him when actual achievements are attained this all together, if you analyze in a broader prospective ones you know his audio life experiences that this is nothing basically a tendency to avoid recurrence of disappointments in life. This is emotional insulation. What could be the extreme condition? Where you find that extreme personal experience of an individual and at the same time where emotional insulation is being used, somebody who has been no experience incronic unemployment for years and years it is been struggling, but is unable to get a job or somebody who has been in present for long ok.

So, the very fact that you have been isolated for a long can make you finally; become very resigning in your life. You always tend to be a passive recipient in most of the situation, your unemployment let to lower strata, lower know status of you in your

family, in your society, it also created great degree of economic difficulty for you confinement in a prison great degree of disrespect that you experienced the great degree of social devaluation that your family experience. And then you therefore, you prefer to be know resign in your life do not get involved actively in anything, or you become a passive recipient this could be the extreme usage of emotional insulation. that you do not even attend to actively participate any type of involvement where one or more than one individual is needed besides you, because you do not want to have any more disappointment in life. Why? Because you had chronic experiences like unemployment, wrong employment like imprisonment, so emotional insulation can take this extreme shape also.

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Intellectualization

- Related to emotional insulation and rationalization
- Employed under milder to extremely stressful conditions
- Death of parents explained in terms of “lived full life”
- Failures and disappointments explained as “it could have been worse”
- Cynicism conveniently used

Then we come to intellectualization. Now, intellectualization in a broader way you remember we had talked about that instead of providing justification for one specific know situation here, you have multiple things, which you try to philosophies you intellectualize and then that gaps between specific events are filled with this logic type compartments that was intellectualization.

Now, this you know somewhere is related to both emotional insulation as well as rationalization, because you have in rationalization you had a specific event where you

had to rationalize the behaviour emotional insulation because you do not want disappointments. And this is usually employed under milder to extremely stressful conditions. So for simple type of know stressful situation we do not use intellectualization, largely even for milder things also you do not use intellectualization, rationalization suffices. If it is recurrent then emotional insulation will suffice, largely when you move towards the extremity of stressful experiences there are the chances where intellectualization can be used as a difference mechanism. For example, you experience death of your parents and then you explain it in terms of the fact that they lift their full life, one was eighty seven other was eighty three.

Now, you have you do not have any scientific criteria to say that know those who cross this limit will we considered to be know those who have lived full life, but then you have your own way of looking at. You have a certain failures, you have certain disappointments, but then you say thank god, it could have been even worst you think of a worst situation and you think oh thankfully only this happened what happened was actually bad, but you think of the worst and then you derive happiness thankfully their did not happen. Or the other form of it could be that you become cynical in your life and you use cynicism very conveniently in your life. So, this could be the patterns in the case of intellectualization.

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Undoing

- Apology for wrong doing
- Repentance
- Doing penance (self-punishment)

- Depends much on childhood training
- Unfaithful relationship with more gifts
- Unethical means of earning followed by huge charity

Now, we come to undoing, undoing basically is know a form of an apology for doing something wrong, you repent for doing that or doing the penance know you punish your own self, because what you have it you have done, you can see that it was not worth doing at all. Who are the people who would use undoing as a defense, one; people who have got that type of a childhood training, take for example, children who are brought up in families, where say for example its common thing say two partners fighting each other. So, husband and wife fights each other after some time they cool down and the person who realizes his or her experiences apologizes to the other partner am sorry I got angry, but this is what you trust, you say that no my anger was justified, but you know I still should not have said this, I should not have done this, you apologies, children who see this type of situation would see beauty in apology. And our country geographically, if you see this one way of looking it could be a look at different family the way you have nurshed the way you have been brought up. There are certain geographical locations in our country, where you will not find people know who would apologies.

So, small things fight between two groups of children, who were sharing cricket field and then parents will come with guns and bullets and there would be few casualties these are common news in certain part of this country, very common. So, it largely depends on whether you would use undoing as a technique or not would largely depend on how you have been brought up. So, if you realize, if you have experience the beauty of apology then you would use it and let me tell you that even if you have not use it used it at some time, if you really repent for something go to the person and face him and say sorry and you would realize how deeply satisfying that sorry is. Instead of know thinking inwardly that I should not have done that, but I did it ones instead of that apology is the best technique know that will know help like anything.

The manifestation of undoing could be like say, if you are maintaining an unfaithful relationship, you bring more gifts, you somewhere compensate for others. Or you know that the way the method that you have adopted for earning involve certain degree of unethical practices and then you also ensure that later on you give huge charities. So, you use all type of unfair means to accumulate wealth and part of the wealth you release as charity. And then you say ho done I should not say this, but just because it has come this way therefore, this is know not showing any disrespect to any faith any religion or any

personnel practice, but you would realize that compare to small entrepreneurs in this country and middle level entrepreneurs in this country the places of worships are far more financially well off.

So, if you run small time business or middle level enterprise you still struggle for know being economically afford whereas, for people who are involved in certain type of religious places, places of worships you realize that they receive so much of donation. So, without work or just providing one particular type of religious a ritualistic services they are very well off. You would never realize know few crores, one crore gift coming to a hospital? Never, but one of the temples in South India attends there is no somebody donated something which was worth one point five crore.

The person could have donated to hospital also the person could have said that you know many children in the rural part of India, who have holes in their heart struggle, because we do not have a good system of surgery in certain localities. And most of these children they have to be brought to Bangalore and government pays attention to the only when it is put in the news or the parents threatened that we will commit suicide or they file petition in the court that please allow us to commit suicide, because we cannot afford the treatment of our children, several time several time, which has happened in our country. But the person who had given this charity could have given to the hospital know that this is for say a children of these two states this amount is for the children of remaining two states know it goes only to god, why should it go to god, if you ask this question.

If you are thinking of say income tax rebate or anything you could have donated to these organization know, but why to god and many a times would realize that there are anonymous donations. This means you are somewhere convinced that the means of accumulation of wealth perhaps said something, which you repent for somewhere although you are involved in it and therefore, to get rid of that guilt. You go for no finance, you punish yourself why cutting a piece of that accumulated wealth and donating it unanimously to a place of worship, this is undoing.

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Regression

- Adopting older mode of defense after new ones fail
- Reverting back to less demanding situation

- Older child reverting to bed-wetting after arrival of new sibling
- Newly married girl coming back to parents after first sign of trouble

Regression, we had talked about it known that you basically adopt an earlier face you go for an older mode of defense which you consider that know this was this face of my life was beautiful and the resend defense that you have adopted you realize that it is not giving you the desired outcome. And therefore, the whole tendency in the case of regression is to reword back to a state, which was basically less demanded. Common examples older children they revert back to bed wetting when they have a new sibling. So, say a child who is five year, seven year of age was not at all know involved into bed wetting had proper toilet training suddenly has new baby arrives in the family both the parents pay more attention to the new baby as suddenly he was start bed wetting, the whole intension is that the more and more childish I become the more and more attention I will ensure.

A newly married girl suddenly decides to go back to the parents after the first trouble that erupts out in the marital life, (()) I had heard how difficult it is to know maintain this relationship therefore, first sign of trouble in marriage and I say am going back to my parents. So, this is other forms of expression of regression. Then we come to introjection, introjection we had discussed know that this is basically similar to grafting where you take values from external agencies and then incorporated into your own ego structure. This is largely driven by the fact if I cannot beat you I will join you it is

driven by this. Now, say the common example could be that you start know introjecting new set of values into your behaviour after a new dictator has taken over the state or the country. You accept the format of certain things, because the most dominant member of the family wants that to happen, although you do not approve of it that because dominant member of the family does, so therefore, you accept it.

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Compensation

- Physically unattractive person developing extremely pleasing personality

And the last one compensation, where physically unattractive person develops extremely pleasing extremely pleasing personality. So, I know that I am not good looking. So, I need to compensate for it and hence I will develop know certain things, certain qualities in me, which I can definitely do. Remember we had taken earlier when we were trying to understand the concept we took the example of somebody bad at academics know trying very hard in the games field.

So it is like, so I realized that am not good looking. So, fine I will know now become very good in terms of my behaviour. So, that was all about defense mechanism with this we have completed our present module. Tomorrow when we meet we will start the next module, you remember when we were talking here about the mechanisms, we had not talked about withdrawal and compromise as techniques know. We said that we will talk after we complete this. So, tomorrow we will start discussing avoidance, withdrawal and

compromise as module of adjustment.