CHAPTER – V
SUMMARY, CONCLUSIONS, LIMITATIONS & SUGGESTIONS, SIGNIFICANCE AND IMPLICATIONS

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Summary

According to Porcerelli, Thomas, Hibbard and Cogan (1998) the psychoanalytic concept of ego defense mechanisms has passed the test of time and has lent important information to the study of normal development, adaption and psychopathology. In this context the present study was undertaken with the objective to explore the association of defense styles with locus of control, ego-identity status and with ego –strength. Data was been collected from 2700 college and University students of graduate & post-graduate of Arts, Commerce & science stream. The tools used for the study were Locus of Control scale Indian Adaption of Levensons by Sanjay Vohra, Objective Measure of Ego Identity Status Scale by Gerald R. Adams, Defense style by M. Bond, R.W. Trijsburg, & M. Drapeau and Ego strength scale by Dr. Q. Hasan in-group. As per requirement and appropriateness correlational design was employed and Product moment correlation has been worked out for analysing the data. The analysis of the data obtained in the study showed the following results.

Conclusion

On the basis of obtained result following conclusions were made:
Adolescents’ various defense styles namely Altruism, Passive Aggressive, Suppression, Sublimation, Splitting/other, Rationalization, Humour, Projection, Reaction Formation, Self-observation, Denial, Devaluation of other, Projective identification, Dissociation, Self-assertion, Omnipotence, Acting-Out, Devaluation/self, Fantasy, Withdrawal, Intellectualization, Displacement, Repression, Idealization, Anticipation, Help-rejecting Complaining, Undoing, Isolation, Affiliation, Splitting/self with External control (powerful others) in range of $r = -0.085$ to $r = -0.164$ and with chance control (locus of control) in range of $r = -0.083$ to $r = -0.197$. Though these correlations were found to be significant and negative but very mild in strength it can be revealed that adolescents’ who believe that outcomes are controlled by powerful others or by chance are less tended toward the use of various defense style in their daily life.

Internal control was significantly and negatively related with all 30 defense styles (based on the average correlation). Among these correlations Suppression, Humour, Rationalization, Self-assertion, Altruism and Idealization are respectively highly negatively related and Passive Aggressive, Devaluation/self and Splitting/self were found to be respectively less negatively correlated with internal control it revealed that internal controls are less tended to use these defense style. Apart from these all remaining defense styles were found to be moderately correlated ($r = -0.115$ to $r = -0.193$) with internal control style.

Defense styles of adolescents were found to be significant and negatively correlated with different ego identity status. These different defense styles were found to be correlated with diffusion status in range
of $r = -0.05$ to $r = -0.179$, with foreclosure status in range of $r = -0.04$ to $r = -0.138$, with moratorium status in range of $r = -0.032$ to $r = -0.126$ and with achievement status in range of $r = -0.035$ to $r = -0.136$ which exhibit as adolescents moving toward growth of identity development their dependency toward the use of various defense styles are decreasing.

Adolescent with ego strength were found to be more tended towards using more of various mature defense style like Altruism, Suppression, Sublimation, Humour, Anticipation as these were found to be positive and significantly correlated whereas usingless of pathological and neurotic defense style namely Reaction Formation and Splitting/self as these both were found to be significantly and negatively related.

Adolescents’ ego strength was not found to be significantly related with Passive Aggressive, Projection, Reaction Formation, Self-observation, Denial, Projective identification, Dissociation, Omnipotence, Acting-Out, Devaluation/self-Withdrawal, Displacement, Repression, Help-rejecting Complaining, Isolation, Affiliation and Splitting/self defense.

**Limitations and Suggestions**

The current study was limited by following issues and the suggestions to refine the same have been provided.

- The results of the present study were limited by a non-clinical sample, but as regardless of empirical and theoretical orientation,
the increasing body of evidence for psychological functioning outside of awareness and for defenses has important implications for anyone involved in the treatment of patients, either medical or psychiatric it will be important to replicate this study with patient groups. By this replication, we would be able to evaluate whether the same relationships and differentiations emerge in a sample with more psychotic symptoms and able to get additional results.

- The present study is limited by exploring association of adolescents’ defense styles with their external, internal and chance orientations. Another direction of future research would be to establish cluster of different defenses for various personality types. Nonetheless, the results roughly are able to differentiate internal and external control adolescents based on their frequency to use defenses but further study would expand into more personality types and possibly larger differentiations among different personalities.

- The present study was limited to Gujarat state It can be spread into other areas also. To validate the finding the study can be replicated on other sample selected from different states of India.

- A limitation of the present study is also that the sample is related to the generalizability of the findings. The sample was entirely adolescents and predominately college going. Further studies should be carried out in different populations other than adolescents alone.

- The present study is a correlation study, Further cross sectional type or longitudinal with various demographical variable can be studied to advance the literature regarding defense mechanism and contemplated objectives.
Significance of the study

Despite limitations and its respective suggestions, the significance of study can be drawn as there is not much research on defense styles on non-clinical sample, the present study would encourage more research in the field of developmental, personality, and social psychology as all found evidence for defense mechanisms that explicate psychological functioning of normal population too.

Implications of the present Findings

Implication of the present finding can be portrayed as follows:

- As evaluating correlation of defense style with their personality aspect ie. Locus of control, ego identity and ego strength in adolescents samples the present research signifies its role to provide earlier attention and care to those who are inadequate in their development. Furthers this finding could assist clinicians in identifying adolescents at risk for psycho-pathological problems.

- The findings can be implemented by rehabilitation centers, and private practice settings which promote adolescents development in different areas.

- The present investigation also will be helpful to all graduates, post graduate and researchers of ‘Psychology’ as the variable treated here appears to be quite relevant to some aspect of their curricular demands in ‘psychology’.