CHAPTER I

I N T R O D U C T I O N
It goes beyond saying that society does not provide everything we desire. It hinders the gratification of most of our wishes. On one side we face the challenge of our inner demands and on the other hand the press of external environmental events threaten and try to frustrate us at every milestone of our life. Society tries to make slaves of us with the irrational strings of its norms, but man is not born to be a slave of society rather to rule like a king with all the armoury at his disposal.

An individual paints his life portrait with his sophisticated brush of intelligence and patches all the black scars of anxiety arising from traumatic experiences with his diplomatic colours of defence mechanism. This screen serves as a comfortable shelter for his existence but when these spots become darker with the intensity of external traumatic experiences, he applies faster colours to cover these black spots and goes on applying the fast colours without caring for the colour scheme of the screen. Finally he succeeds in covering the black spots of anxiety but he spoils the colour combination of his life portrait. He remains aware of the colours and justifies them.
till he exhausts all the colours except black. This black no more serves as a colour to protect his life portrait rather becomes a veil for his ownself to perceive it.

To unfold the secret of the colour scheme of his life portrait, we must peep into his different life situations, as he comes across many jerky roads of life to which he has to adapt himself to lessen anxiety arising from these situations. We can observe the individual on a platform where he feels secure to preserve the key of the lockers of his secrets. 'D' Test like Horn-Hellersberg Test offers various situations where he is not asked anything about his personal life, but is invited to draw pictures with or without the help of given lines in thirteen different situations, which resemble in many ways with the situations of life (Hellersberg, 1950). How he adapts himself to these situations and the way he transforms his inner emotional experiences in the form of a drawing. This gives a glimpse of inner make-up of his defence system which he throws into action to maintain the equilibrium between the inner demands and the environmental pressures. 'D' Test
gathers following four types of information to understand various conflicts which lead to the formation of neurotic defense-mechanism.

(i) **Physiological and Behavioural Aspect:**

How much time does the subject take to start the test and to complete the test? Does the subject take the test with interest? Does he show confidence in handling the various drawing situations? Does he show indecision in handling the pencils and selection of the rectangle to be drawn? Does he show doubt about the drawings which he makes? Does he need motivation to complete the test? Does he show reluctance and inability to complete the test due to some somatic symptoms? All this gives a glimpse of his behaviour which he manifests during various situations of life (Hellersberg, 1945; Dosajh, 1960).

Physiological changes such as blood pressure and Galvanic skin response (G.S.R.) may indicate the intensity of the neurotic inhibition (Jacques, 1945).

(ii) **Content Aspect of the Drawing.**

What a person makes in each rectangle on 'D' Test reflects his inner view of himself and his
environment. The things he considers important, the things he emphasizes and the things he neglects and why he does so. All this reveals the subject's struggle between the inner forces and the outer forces simultaneously acting on him. How he brings the balance in the form of a content drawn reflects the strength of his ego and its defense system (Hammer, 1967; Levy, 1967).

(iii) **Structural Aspect of the Drawing.**

The type of the line, form, use of shading and eraser may reflect the intensity of the conflicts of personality (Machover, 1949; Buck, 1950; Levy, 1950; Kinget, 1952; Hammer, 1953; and Dosajh, 1960).

(iv) **Verbal Aspect of the Drawing.**

How the subject explains his drawings and other aspect of the drawing such as shading, omission, distortion, detailing, quality of the lines, use of colours and his attitudes towards the drawings and his experience with the test situation. All this may reflect the intensity of his inner conflicts and the strength of defense-mechanism of the personality (Napoli, 1946-47; Hellersberg, 1949; Kadis, 1950; Buck, 1950; Levy, 1950; Kinget, 1952; Hammer, 1953; and Dosajh, 1960).

An effort has been made to understand the various conflicts and neurotic defense-mechanism which lead to the formation of the neurotic symptoms by analysing the above four types of data.