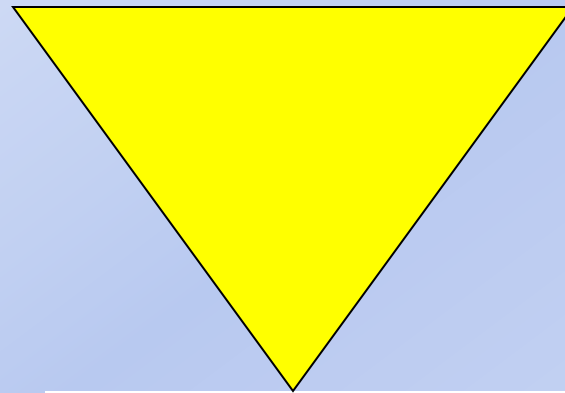


The Structure of Personality

ID

EGO



SUPEREGO

The Structure of Personality

The Id – Reservoir of Psychic Energy

- Most primitive part of the mind; what we are born with
- Source of all drives and urges
- Operates according to the pleasure principle and primary process thinking

The Ego- Executive of Personality

- The part of the mind that constrains the id to reality
- Develops around 2-3 years of age
- Operates according to the reality principle and secondary process thinking
- Mediates between id, superego, and environment

The Superego- Upholder of Values and Ideals

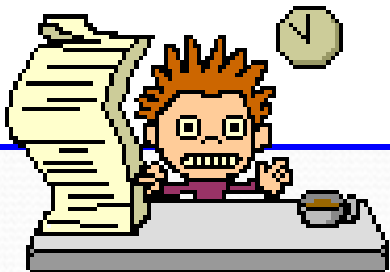
- The part of the mind that internalizes the values, morals, and ideals of society
- Develops around age 5
- Not bound by reality

School of Nursing

Course Code : BSCN3003

Course Name: Mental Health Nursing

WELL



Name of the Faculty: Nancy Thakur

Program Name: B.Sc, NSG

School of Nursing

Course Code : BSCN3003

Course Name: Mental Health Nursing

Defense Mechanism



Name of the Faculty: Nancy Thakur

Program Name: B.Sc, NSG

School of Nursing

Course Code : BSCN3003

Course Name: Mental Health Nursing

Definition:

Defense mechanism is pattern of adjustment through which an individual relieves or decreases anxieties caused by an uncomfortable situation that threatens self-esteem.



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Functions of Defense Mechanism:

- Protecting individuals from dangerous situations
- Removing anxiety and hurt
- Plays an important role in normal adjustment mechanisms.



Classification of Ego Defense Mechanism

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Denial

Arguing against an anxiety provoking stimuli by stating it doesn't exist.

Example: Denying that your physician's diagnosis of cancer is correct and seeking a second opinion



Displacement

Taking out impulses on a less threatening target from original source.

Example: After parental scolding, a young girl takes her anger out on her little brother.



Projection

Attributing one's own thought, feelings or motives to another

Example: A woman who dislikes her boss thinks she likes her boss but feels that the boss doesn't like her.



References

- <https://www.verywellmind.com/defense-mechanisms-2795960>
- https://en.wikipedia.org/wiki/Defence_mechanism