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DEFENSE MECHANISMS IN ADJUSTING ORGANIZATIONAL STRESS IN THE MILITARY FIELD

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***Abstract :** In military psychology, stress is a key concept and according to specialists, to study stress in humans, there is no better context than the military research. The way it is designed this phenomenon in the context of military-type activities, resulting a series of practical measures relating to the application of psychology in dealing with the preparations for armed struggle, command of troops in peacetime and war. The level of professional skills is an important factor in situations of threat orientation as that of the military. Increased anxiety and behavioral disruption will result when the individual's level of competence is exceeded and there is no possibility of adaptation, when the failure is of considerable subjective and there are no ways and means of protection against such a failure . Necessities to assert the possibility of expression may become pressing needs so understimulation , the monotony, social isolation, reduced communication and cooperation, produce comparable effects of stress by oversteering. The complexity of defense mechanisms in practice is continually diversifying and they are in relations with various adaptive strategies of coping mechanisms.*

Keywords: stress, anxiety, defense mechanism, coping mechanism

As a result of socialization, a person as individual develops strong trends of adherence to the norms and values of group that formed him, making them a measure of their own behavior. In its turn, the society considers individuals as the standard, expecting them to behave in ways consistent with the model predicted according with the cultural and normative model, with legitimate means of action. Generated by the need for changes and the social behaviour deviations according to the normative guidelines, the sociology of deviance was born as an effort of the sociologists to understand the nature of social order, the conditions that make possible and may affect also in the same time. Through it,

there could be made available to specialist tools and means by which it can be read and better understand regular social changes of legislative conflict of anomy (desorganisation), during which social normative changes and gain weight the anti normative actions and conduct guidelines against the old social order.

The idea that the own defense mechanisms can perform both positive functions and negative ones is commonly known as "dual function" of mechanisms of this type and appears in numerous publications. Van Der Leeuw (1971), who notes that the defense mechanisms disrupts development of ego, but also favors, he

considers that the presence of the same mechanism shall indicate, on the one hand, the existence of a neurosis, on the other hand, the fact that this mechanism is essential for the proper functioning of the psyche of the person. Thus it was that, for example, refusal disrupts perception, but protect ego against violent reactions.

Brenner (in Plumpian-Mindlin, 1967) distinguishes two categories of defenses: pathological and pathogenic, he points out that Freud considered that the repression is pathogenic, being, in other words, a necessary precondition for the development of a disease but does not lead necessarily in the installation. As pathological defenses, features such as stiffness, strength, can identify them over generalization (using relationships with many people or in different situations). Bergeret's opinion (1972/1986) is similar, the author insisting upon the fact that it cannot be said about a topic that is sick "for use defense", but because he wears defenses usually ineffective rights can be qualified too rigid, maladaptive internal and external realities and / or exclusively of the same type. The mental functioning is uncomfortable in harmony flexibility and capacity to adapt. The diversity of cultural norms and values from one group to another and from one society to another prevents to consider deviant behavior as universal and homogeneous.

The concept of "defense mechanism" is a theoretical abstraction used to describe a work of mental functioning. Wallerstein compares this concept with others, such as assimilation and conservation (described by Piaget) - abstract formulations useful in explaining behavior would remain otherwise, the undeciphered.

Otherwise the concept, "the defense mechanism" is not aware, which may have the following meanings (Wallerstein, 1967):

- The subject is not aware of behavior manifesting defense (a thought, for example);
- The subject is not aware that his own behavior has a defensive orientation;
- The subject is not aware of instinct or emotion that triggered the respective defense.

If the defense would become aware, only the three quotes should be aware, and not

the underlying psychological activity, so the defense mechanism. Once the purpose intended (defense one) or compulsion or underlying conditions become conscious, the defense concerned ceases to be useful, obscuring its function vanishing.

The modalities of evolution in time of defense mechanisms in Cramer's view (1991) could be:

1) After its emergence, the mechanism of defense is used by the child for a certain period of time after losing its importance. It may either disappear entirely or remain dormant. Later, it may be replaced by another mechanism. Once occurred, the defense mechanisms still exist in their original form throughout the life cycle, even if they are controlled or "covered" by other mechanisms that appear later.

2) A defense can develop and may be used in its original form for a certain period of time. Later, it will change, leaving a variant of the same defenses, or it will turn into a totally different defense. The possibility that each of the protection mechanism can be a development line. Thus, for refusal, the early form cleavage could have items and the highest level could present characteristics of denial and isolation. Dorprat (1985) established the ontogeny refusal identifying four stages, starting with physiological prototypes (eyes closed, for example) and ending with the thought verbalized (for example, denial).

3) It occurs as a defense mechanism to undergo a "change of its functions" as cognitive persisting thinking, but is separated from the origin of conflict can be used in new conditions in a free intellectual activity of any conflict. Beyond the stage exercising defensive function, a defense mechanism reaches its maturity under to perform other functions. So, it can become a cognitive control mechanism or to represent a general feature of character.

The authors of *DSM-IV* state that defense mechanisms are subject to some mediators of conflicts and emotional reaction to internal or external stress factors. While in the same time, they also highlight the fact that the subjects are not aware of the existence of



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these defense mechanisms only when they are already enabled.

Analyzing these different definitions and some remarks or comments that sometimes accompany you, we find, on what is called a typical definition, such as proximity, that defense mechanisms are designated as: processes (psychological automatic, unconscious mental regulatory properties, operations, strategy, means (which use self; psychological mechanisms, assemblies feelings, thoughts or behaviors (occurring in the perception of physical danger, a theoretical abstraction (used to describe a mental activity, running mental, cognitive styles metaphors.)

The progress in knowledge of the human psyche made distinguish between what is innate and what is acquired. The research regarding individual development helped discredit the statements of inexorable determinism, making to impose a new being in the social world: the child. Suddenly, the adult could be designed as product of the experiences during early childhood. It opened as a new way to prevent crime: the brutal correction replaces the deviant behaviors early in the construction of personality disorder research.

Numerous and significant influence upon the character, attitudes and conduct military exercises the way in which they are conceived, organized, directed and performed all activities in the area subunit and military unit, whether it is a shooting session, an exercise or an application strategy, so on. When every action is organized and managed in strict accordance with the regulations, when they have clear objectives and require intense intellectual abilities, psychophysical moral and military, where all these are perceived as rational acts, stemming from real needs, there

are certain prerequisites for a climate of order and discipline.

The reality convinces us that the teacher with the greatest formative influence is life itself, in all its dimensions military activity. The soldiers are trained in this way rather than by advice, exhortations and various explanations (and of course they are needed), but directly when each activity is organized and conducted in accordance with the regulations, when they have a well-selected content and ideas expressed. Only in such an environment they are educated, consolidated and maintained the order and the discipline, there are developed qualities such as sense of responsibility, responsible attitude to duties, respect for rules, rigor and maturity. Therefore, the commanders of subunits concern meticulously prepare and organize training sessions, they operate according to plan prepare for battle, regulations and instructions in force. The intensive use of time in the program constitutes the basic training of young people in a spirit of attitudes fair to soldiers' duties. By simply fixing a strict military work and life does not lead automatically to a forming or disciplined behavior. The execution by every military, no matter of rank, of the statutory duties incumbent to the position that the program meets the commander ordered, establishing clear responsibilities and the conduct of each activity has a great influence on military discipline. Not deeply assimilation of conduct based rigorously on the regulations imposed based by military activities, generates, inevitably, some worries and tensions, nervous consumption increases, even create some irritation. The spiritual development is based on the work order, the perfect fulfillment of the activities included in the plan preparation for battle. Therefore, the process of engaging all military training is also one of the main

ways to prevent misbehavior. From the family to the school environment and then at work or military, the human suffering a series of successive remodeling, had to give up certain habits, attitudes, values and interests to continuously acquire new ones, accepted and respected social group. Due to adaptation of interaction partners form a whole group. We can talk about the couple's marital adjustment, circle of friends, and the interaction within small social group of any type: employment, education, military, athletic, artistic, cultural, so on. The interpersonal adaptation is, in all cases, one of the levers to optimize human relationships and increase group cohesion. In the military environment we cannot speak for marginalized individuals in the true sense of the word, as all soldiers have the same living conditions and training, are subject to the same rules and the same norms. Large problems arise when a military collective isolation is caused by repeated its tendency to violate institutional rules, thereby making "dissenting opinion" to oppose the proper accomplishment of the tasks of the group.

The sequence of development of *refusal perceptive* function of which stems from the fact that things are not present do not cause suffering, comprising five stages: withdrawal of attention, refusal by avoidance; misperception; transformation and negation contrary.

The integration process is very complex and although uniform, it carries on several distinct levels - biological, physiological, the mental structures. It is about, on the one hand, the adaptation for a particular work and living arrangements (living conditions, pace and intensity of work, conditions of physical and intellectual hierarchical relations system) through the formation of skills, abilities and capabilities in line with the requirements of the new way of life and the formation of attitudes and beliefs in accordance with the requirements of the new social role provided that an appropriate adjustment is not carried out.

The contact of the young man with this disciplined company with prohibitions and frustration with authoritarian hierarchy can activate, in some cases, aggressive

tendencies or signs of insubordination. The psychology of teenager recruit presents great originality, which will result for commander's particular difficulties. The independence and even opposition from parents and educational models and life down, and search their own style of life will spill over into the community that is authoritarian military. The sociological research data show that the youth in conflict with parents, girlfriend and frequency of disciplinary offenses is significantly higher. It appears that often young recruit had to drop out of school, and if he was married, to leave his wife. And if they (in terms of restructuring the economy) are added more frequently and the prospect of losing the job he was hired before incorporation, then we can say that they have accumulated enough factors to maintain an internal conflict between their interests and requirements its participation in military life.

It is a proven fact that integration in the military is even easier since there is increased motivation. Or, it appears that the world is manifested in last decades, a decrease in motivation and tolerance for youth organized social activities.

Instead of conclusions: The main function of military rules lies in their ability to guide the behavior of young people, in so far as they gave their legal system itself. The military institution has a strong normative influence on military groups, through developing specific rules and norms of behavior, shaping the personalities of individuals and makes an important contribution to the social maturation of the young generation. The defense mechanisms offers to the individual the conditions of integration in group membership, transfer on a less formal relations individual - the system and the result of socialization must submit compliance specific rules military environment.

The integration of young people in the military means adapting to a regime of specific work and life (living conditions, the pace and intensity of work, conditions of physical and intellectual hierarchical relations system) through the formation of skills, abilities and requirements under the new way life, and forming attitudes and beliefs specific



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to the new social role. In cases it does not take proper integration runs the risk of deviations from prescribed behavior, the emergence of maladaptive reactions from the recruits are in such a situation. In the military environment, there cannot speak about marginalized individuals in the true sense of the word, as all soldiers have the same living conditions and training, are subject to the same rules and the same rules.

There is a concern in some military affiliation insufficiently integrated into the group to adopt rules incompatible with the standards of morality or rationality of the body military, while the character deviant behaviors occur. The main factors that lead to the emergence of defense mechanisms, are inconsistent with the values of skills that young people coming military system sometimes armed, the integration effort is not made in full, insufficient knowledge of the master subunit subordinates; restructuring army, which forms the emergence of deviant behaviors favorable conditions, some logistical shortcomings and beyond.

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