



UNIVERSITI PUTRA MALAYSIA

***RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND
COPING STYLES AMONG RELAPSING ADDICTS***

FARHANA BINTI SABRI

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**MASTER OF SCIENCE
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**RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND
COPING STYLES AMONG RELAPSING ADDICTS**



By

FARHANA BINTI SABRI

**This Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
In Fulfilment of the Requirements for the Degree of Master of Science**

July 2012

DEDICATION

*I dedicate this work to my husband, Khairul
and to my mother, Pn. Hjh. Azizah Abd. Aziz*



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Abstract of this thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirements for the degree of Master of Science

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FARHANA BINTI SABRI

July 2012

Chairman: Prof. Madya Rusnani Bt. Abdul Kadir, PhD

Faculty: Faculty of Educational Studies

This study aims to determine the defense mechanisms and coping styles used most by relapsing addicts. In determining the defense mechanisms and coping styles, this study investigates the relationships between defense mechanisms and coping styles used by the relapsing addicts. One primary research objective and ten null hypotheses were developed as a guiding research.

A combination between descriptive study and correlational ex post facto study employed in this study and a multi stage sampling method was applied in sample selection process.

120 respondents were involved in this study, which were randomly selected from four centers in central zone of Peninsular Malaysia. Defense mechanisms were measured by the Defense Styles Questionnaire-40 (Malay language version) and coping styles were

assessed by the Coping Inventory for Stressful Situations- adult version (Malay language version). Three defense styles were measured in the DSQ, namely, neurotic, immaturity, and maturity while three subscales were used in the CISS that is task, emotion, and avoidance-oriented coping. The DSQ-40 Malay language version obtains overall Cronbach's alpha value of .79 while the internal consistency for the CISS was very good at .92 Cronbach's alpha value.

The findings of the study indicate that there is a significant relationship between defense mechanisms and coping styles $X^2(4, N = 120) = 2.811, p < 0.05$. The neurotic defense mechanisms used most by relapsing addicts ($M=12.46, S.D=2.14$), while task-oriented coping style used most by them ($M=58.67, S.D=10.06$). The neurotic defense mechanisms are found to be significantly correlated to avoidance, emotion and task coping styles $\{(r = .0246^*, p < 0.05), (r = .471^*, p < 0.05), (r = .463^*, p < 0.05)\}$. Maturity defense mechanisms are also significantly correlated to all three types of coping styles $\{(r = .310^*, p < .05), (r = .326^* p < .05), (r = .489^*, p < .05)\}$, whilst, the immaturity defense mechanisms were found to be correlated with emotional-oriented coping style ($r = .360^*, p < 0.05$).

These findings of this study also demonstrate that relapsing addicts employ multiple defense mechanisms styles as a sub-culture to survive in their addiction. These findings imply that counselors who are working with recovering addicts must possess an adequate competency that includes their knowledge on addiction and its treatment strategies in working with addiction related issues.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Master Sains

HUBUNGAN DIANTARA MEKANISMA BELA DIRI DAN GAYA DAYA TINDAK DALAM KALANGAN PENAGIH RELAPS

Oleh

FARHANA BINTI SABRI

Julai 2012

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Kajian ini bertujuan untuk menentukan mekanisma bela diri dan gaya daya tindak yang paling digunakan oleh relaps. Dalam menentukannya, kajian ini mengkaji hubungan diantara mekanisma bela diri dan gaya daya tindak yang digunakan oleh penagih relaps. Satu objektif utama kajian dan sepuluh hipotesis nul telah dibina sebagai panduan kajian.

Kombinasi kajian berbentuk deskriptif dan kajian berbentuk korelasi telah digunakan dan kaedah persampelan pelbagai tahap telah digunakan dalam proses pemilihan sampel kajian. 120 responden telah dipilih secara rawak dari empat buah pusat di kawasan tengah Semenanjung Malaysia. Mekanisma bela diri diukur dengan menggunakan inventori *Defense Style Questionnaire-40* (versi Bahasa Malaysia) manakala gaya daya tindak telah dinilai dengan menggunakan *Coping Inventory for Stressful Situations-versi*

dewasa (versi Bahasa Malaysia). Tiga gaya bela diri telah diukur dalam DSQ iaitu neurotik, ketidakmatangan, dan kematangan, manakala tiga sub-skala telah digunakan dalam CISS iaitu daya tindak berorientasikan tugas, emosi, dan pengelakan. Inventori DSQ dalam versi Bahasa Malaysia memiliki nilai Cronbach alpha .79, manakala nilai ketekalan dalaman bagi CISS mempunyai nilai Cronbach alpha pada aras .92

Dapatan kajian menunjukkan hubungan yang signifikan diantara mekanisma bela diri dan gaya daya tindak $X^2(4, N = 120) = 2.811, p < 0.05$. Mekanisma bela diri neurotik ($M=12.46, S.D=2.14$), dan gaya daya tindak berorientasikan tugas paling digunakan oleh penagih relaps ($M=58.67, S.D=10.06$). Mekanisma bela diri neurotik mempunyai korelasi yang signifikan dengan daya tindak pengelakkan, emosi, dan tugas $\{(r = .0246^*, p < 0.05) (r = .471^*, p < 0.05) (r = .463^*, p < 0.05)$. Mekanisma bela diri kematangan juga mempunyai korelasi yang signifikan dengan ketiga-tiga gaya daya tindak, $\{(r = .310^*, p < 0.05) (r = .326, p < 0.05) (r = .489^*, p < 0.05)$ manakala, mekanisma bela diri ketidakmatangan mempunyai hubungan yang signifikan dengan gaya daya tindak berorientasikan emosi sahaja ($r = .360, p < 0.05$).

Dapatan kajian ini menunjukkan bahawa penagih relaps menggunakan mekanisma bela diri yang pelbagai sebagai sub budaya untuk meneruskan kelangsungan kehidupan dunia penagihan mereka. Kajian ini memberi implikasi bahawa kaunselor yang berkerja dengan penagih dadah yang sedang pulih perlu memiliki kecekapan yang mencukupi dalam berhadapan dengan isu-isu penagihan. Ini termasuk pengetahuan mereka terhadap penagihan dan strategi rawatannya.

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I certify that an Examination Committee has met on 31st of July 2012 to conduct the final examination of Farhana Bt. Sabri on her master thesis entitled “Relationships between Defense Mechanisms and Coping Styles among Relapsing Addicts” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The Committee recommends that the student be awarded the Master Science in Guidance and Counseling.

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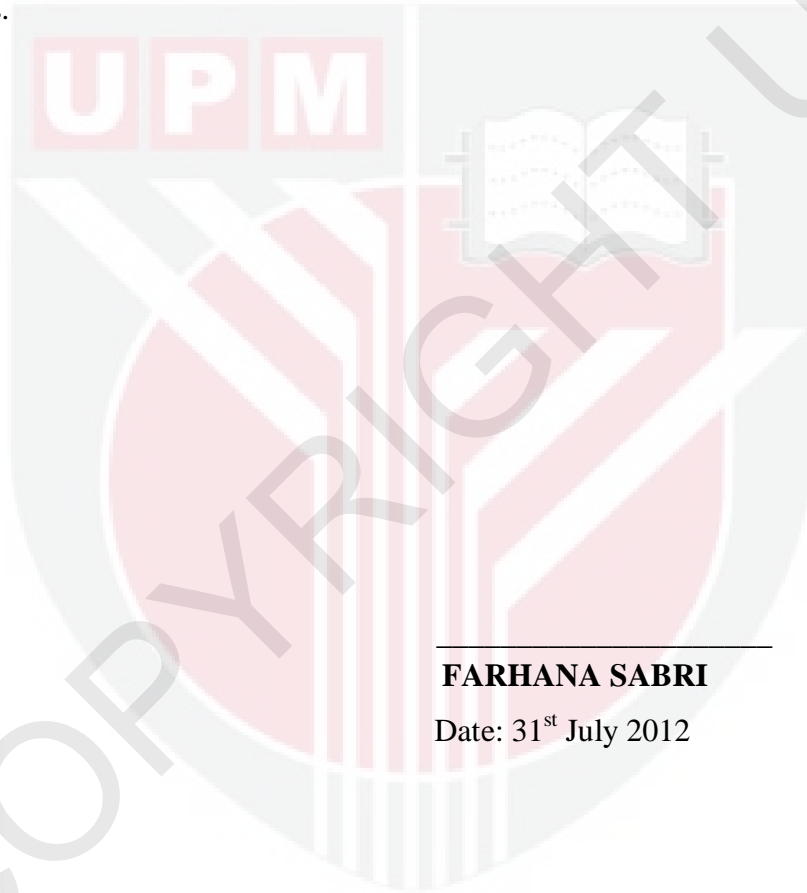
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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institutions.



FARHANA SABRI

Date: 31st July 2012

TABLE OF CONTENTS

	Page
ABSTRACT	iv
ABSTRAK	vi
ACKNOWLEDGEMENTS	viii
APPROVAL	ix
DECLARATION	xi
LIST OF TABLES	xiv
LIST OF FIGURES	xv
LIST OF ABBREVIATIONS	xvi
CHAPTER	
1	
INTRODUCTION	
1.1 Background of the Study	1
1.2 Statement of the Problem	4
1.3 Research Objectives	7
1.4 Research Hypotheses	8
1.5 Significance of the Study	9
1.6 Limitations of the Study	10
1.7 Operational Definitions	11
1.7.1 Defense Mechanisms	11
1.7.2 Coping Styles	12
1.7.3 Relapsing Addicts	12
1.8 Chapter Summary	13
2	
LITERATURE REVIEW	
2.1 Concept and Theories	14
2.2 Past Research	16
2.3 Theoretical Background	48
2.3.1 Psychoanalysis Theory	48
2.3.2 Lazarus' and Folkman's Theory of Coping	51
2.3.3 Model of Relapse	53
2.3.4 The Phases or Relapse	56
2.4 The Theoretical Framework	58
2.5 The Conceptual Framework	65
2.6 Chapter Summary	68
3	
METHODOLOGY	
3.1 Research Design	69
3.2 Location of the Study	70
3.3 Population and Sampling	71
3.4 Instrumentations	74

	3.2.1 The Defense Style Questionnaire	74
	3.2.2 Coping Inventory for Stressful Situations	80
	3.5 Data Collection	83
	3.6 Data Analysis	84
	3.7 Chapter Summary	85
4	RESULTS AND DISCUSSION	
	4.1 Demographic Information	87
	4.4.1 Demographic Background of Relapsing Addicts	87
	4.4.2 Treatment Experience of Relapsing Addicts	89
	4.2 Research Objective One: The Defense Mechanisms Used Most by Relapsing Addicts	92
	4.3 Research Objective Two: The Coping Styles Used Most Relapsing Addicts	97
	4.4 Hypotheses Testing	101
	4.5 Chapter Summary	115
5	SUMMARY, IMPLICATIONS, AND RECOMMENDATIONS	
	5.1 Summary of the Study	117
	5.2 Implications	119
	5.2.1 Theoretical Implication	119
	5.2.2 Practical Implication	120
	5.3 Recommendations	123
	5.4 Conclusion	126
		128
	REFERENCES	
	APPENDICES	137
	BIODATA OF STUDENT	161
	LIST OF PUBLICATIONS	162