RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND COPING STYLES AMONG RELAPSING ADDICTS

FARHANA BINTI SABRI

FPP 2012 33
RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND COPING STYLES AMONG RELAPSING ADDICTS

FARHANA BINTI SABRI

MASTER OF SCIENCE
UNIVERSITI PUTRA MALAYSIA

2012
RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND COPING STYLES AMONG RELAPSING ADDICTS

By

FARHANA BINTI SABRI

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
RELATIONSHIPS BETWEEN DEFENSE MECHANISMS AND COPING STYLES AMONG RELAPSING ADDICTS

By

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 expost 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 $\chi^2(4, N = 120) = 2.811, \rho < 0.05$. 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 { ($r = .0246^*, \rho < 0.05$), ($r = .471^*, \rho < 0.05$), ($r = .463^*, \rho , 0.05$).} Maturity defense mechanisms are also significantly correlated to all three types of coping styles { ($r = .310^*, \rho < .05$), ($r = .326^* \rho < .05$), ($r = .489^*, \rho < .05$) }, whilst, the immaturity defense mechanisms were found to be correlated with emotional-oriented coping style ($r = .360^*, \rho < 0.05$).

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

Pengerusi: Prof. Madya. Rusnani Bt. Abdul Kadir, PhD
Fakulti: Fakulti Pengajian Pendidikan

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 buat 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 tindak berorientasikan tugas, emosi, dan pengelakan. Inventori DSQ dalam versi Bahasa Malaysia memiliki nilai Cronbach alpha .79, manakala nilai ketekalan dalam bagi CISS mempunyai nilai Cronbach alpha pada aras .92

Dapatan kajian menunjukkan hubungan yang signifikan diantara mekanisma bela diri dan gaya daya tindak $X^2 (4, N = 120) = 2.811, \rho < 0.05$. 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 tugasan {(r = .0246*, \rho < 0.05)} (r = .471*, \rho < 0.05) (r = .463*, \rho < 0.05). Mekanisma bela diri kematangan juga mempunyai korelasi yang signifikan dengan ketiga-tiga gaya daya tindak, {(r = .310*, \rho < 0.05)} (r = .326, \rho < 0.05) (r = .489*, \rho < 0.05) manakala, mekanisma bela diri ketidakmatangan mempunyai hubungan yang signifikan dengan gaya daya tindak berorientasikan emosi sahaja (r = .360, \rho < 0.05).

Dapatan kajian ini menunjukkan bahawa penagih relaps menggunakan mekanisma bela diri yang pelbagai sebagai sub budaya untuk meneruskan kelansungan 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.
ACKNOWLEDGEMENTS

All Praises and Gratitude is due to Allah, the Lord and Sustainer of the World and may the Mercy of Allah be with His Messenger Muhammad, Peace be upon him.

Special acknowledgement is given to Assoc. Professor Dr. Abd. Halim Mohd Hussin, a mentor who saw potential in me that no one else could see and through his fatherly approach in giving support and encouragement that made this project much more possible. Thank you for his detailed review of this project and a thorough discussion about defense mechanisms.

My thanks are given for my supervisory chairman, Assoc. Professor Dr. Rusnani Abdul Kadir for her insightful guidance and kindness. I would also like to thank other lecturers who directly involved in this study, Assoc. Professor Dr. Jamaludin Ahmad, Assoc. Professor Dr. Abd. Latiff @ Krauss, En. Mohd Yusoff Ahmad and En. Zainol Ahmad for their invaluable support and ideas contribution.

I can never put into words my appreciation to Mohd Khairul Anuar, my husband, who has given so much to make this project possible. In addition to time sacrifices, he has given me an unconditional love, support, encouragement, and a lot of hand holding. My appreciation also goes to my mother Azizah Abd Aziz, parents in law, Dr. Rahimi Goon and Dr. Noor Khatijah Nurani for their complete understanding about my journey of getting a Master degree and my passion in this field.

The most important people to thank are the relapsing addicts that, beside their full schedule of treatment program in centre, willingly to participate in this study and gave their kind cooperation and understanding. It is through their ups and downs in recovery journey that inspiring me to do this project and believe recovery is something possible.
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.

Members of the Examination Committee were as follows:

**Sidek Mohd Noah, PhD**
Associate Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

**Halimatun Halaliah Mokhtar, PhD**
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

**Wan Marzuki Wan Jaafar, PhD**
Faculty of Educational Studies
Universiti Putra Malaysia
(Internal Examiner)

**Abdul Malek Abdul Rahman, PhD**
Associate Professor
Faculty of Education and Human Development
Universiti Pendidikan Sultan Idris

---

**SEOW HENG FONG, PhD**
Professor and Deputy Dean
School of Graduate Studies
Universiti Putra Malaysia

Date: 23rd July 2012
This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirements for the degree of Master of Science. The members of Supervisory Committee were as follows:

**Rusnani Bt. Abdul Kadir, PhD**
Associate Professor
Faculty of Educational Studies
Universiti Putra Malaysia
(Chairman)

**Mohd Yusoff Bin. Hj. Ahmad**
Lecturer
Faculty of Educational Studies
Universiti Putra Malaysia
(Member)

---

**BUJANG BIN KIM HuAT, PhD**
Professor and Dean
School of Graduate Studies
Universiti Putra Malaysia
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

<table>
<thead>
<tr>
<th>ABSTRACT</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABSTRAK</td>
<td>vi</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>vii</td>
</tr>
<tr>
<td>APPROVAL</td>
<td>ix</td>
</tr>
<tr>
<td>DECLARATION</td>
<td>xi</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>xiv</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xv</td>
</tr>
<tr>
<td>LIST OF ABBREVIATIONS</td>
<td>xvi</td>
</tr>
</tbody>
</table>

## CHAPTER

### 1 INTRODUCTION

1.1 Background of the Study 
1.2 Statement of the Problem
1.3 Research Objectives
1.4 Research Hypotheses
1.5 Significance of the Study
1.6 Limitations of the Study
1.7 Operational Definitions
1.7.1 Defense Mechanisms
1.7.2 Coping Styles
1.7.3 Relapsing Addicts
1.8 Chapter Summary

### 2 LITERATURE REVIEW

2.1 Concept and Theories
2.2 Past Research
2.3 Theoretical Background
2.3.1 Psychoanalysis Theory
2.3.2 Lazarus’ and Folkman’s Theory of Coping
2.3.3 Model of Relapse
2.3.4 The Phases of Relapse
2.4 The Theoretical Framework
2.5 The Conceptual Framework
2.6 Chapter Summary

### 3 METHODOLOGY

3.1 Research Design
3.2 Location of the Study
3.3 Population and Sampling
3.4 Instrumentations
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 by 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

REFERENCES 128
APPENDICES 137
BIODATA OF STUDENT 161
LIST OF PUBLICATIONS 162