

IMMATURE PSYCHOLOGICAL DEFENSE MECHANISMS: ASSOCIATION WITH PERSONAL IMPORTANCE OF JUNK FOOD, ALCOHOL AND TELEVISION VIEWING

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Introduction: Immature psychological defense mechanisms are psychological processes that play an important role in suppressing emotional awareness and contribute to psychopathology, including personality disorder. In addition, unhealthy food, television viewing, and alcohol consumption can be among the means to escape self-awareness. In contrast, engaging in, and responding fully to specifically penile-vaginal intercourse (PVI) is associated with indices of better emotional regulation, including less use of immature defense mechanisms.

Objective: To research the association of immature defense mechanisms with personal importance of junk food, alcohol, television, PVI, and noncoital sex.

Method: In an online survey, 334 primarily Scottish women completed the Defense Style Questionnaire (DSQ-40), and rated the personal importance of junk food, alcohol, television, PVI, and noncoital sex.

Results: Immature defense mechanisms correlated with personal importance of junk food, alcohol, and television. Importance of PVI correlated with mature defenses, and less use of some component immature defenses. Importance of alcohol correlated with importance of junk food, television, and noncoital sex. Importance of junk food was correlated with importance of television and noncoital sex.

Conclusions: The findings are discussed in terms of persons with poorer self-regulatory abilities having more interest in junk food, television, and alcohol, and less interest in PVI.