

# Association of socio-personal factors with the defense mechanisms used by infertile women

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■ **ABSTRACT** : Parenting is viewed by most of the couples as their central role in life, and the thought of not achieving it can be very upsetting. Infertility is a stressor that often taxes a couple's personal and relational resources such that defense mechanisms are a natural outgrowth of the experience. Social and personal factors play a huge role in an individuals' life and studying their association with the defense mechanisms can help to gain a deeper understanding of infertility experience of women. The present study is an attempt to explore the association between socio-personal factors and defense mechanisms used by rural and urban infertile women of Ludhiana district. The study was based on a sample of 180 infertile women (90 rural and 90 urban). Socio-personal profile was assessed by using self- structured Interview Schedule. Defense mechanisms were explored by using Defense Mechanisms Inventory by Mrinal and Singhal (1984). Results revealed that there is a non-significant difference in the use of defense mechanisms as per the socio-economic strata of the respondents. It was also revealed that socio-personal factors like duration of infertility and educational qualification are significantly associated ( $p < 0.01$ ) with principalization and the defense turning against self is significantly associated with family type and working status of the respondents.

■ **KEY WORDS**: Socio-personal factors, Defense mechanisms, Infertile women

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