

STUDY OF RELATIONSHIP BETWEEN STRESS LEVEL AND APPLICATION OF DEFENSIVE MECHANISMS IN FEMALE HIGH SCHOOL STUDENTS IN ROSHTKHAR

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Defined as following: A process through which any organism responds to some

Introduction: Everyone experiences stress during the lifetime, a process. Stress is environmental and psychological phenomena, that is, stressful stimulus threatening or endangering it, is called stress.

Methodology: To select respondents, first, three schools were selected, and then some samples were selected randomly out of them. Sampling was done in three schools, out of which three classes (first, second, third) were selected; so, out of each school, 24 subjects (8 from first grade, 8 from second grade, 8 from third grade) were selected, so that, the sample, totally, consisted of 72 subjects.

Results: The highest score is related to anxiety ($X=45$) and the lowest score is related to rational justification. The highest average ($=30.2$) was related to anxiety and the lowest average ($=3$) was related to esteem.

Conclusion: To sum up, out of the all variables of defensive mechanisms only simulation, offering excuses, are related meaningfully with regression and fantasy with regression, and rational justification with certainty level 1- and the other variables of defensive mechanism are not meaningful.