

Repression

Group 12

Defense Mechanism

Defense mechanisms are behaviours people use to separate themselves from unpleasant events, actions, or thoughts. Through these strategies people resist themselves from unusual feelings like guilt and shame.

Types of Defence Mechanisms

- **Denial:** It is one of the most common defense mechanisms. It occurs when you refuse to accept reality or facts. You block external events or circumstances from your mind so that you don't have to deal with the emotional impact.
- **Projection:** Some thoughts or feelings you have about another person may make you uncomfortable. If you project those feelings, You're misattributing them to the other person. For example, you may dislike your new colleague, but instead of accepting that, you choose to tell yourself that they dislike you. You see in their actions the things you wish you could do or say
- **Displacement:** You direct strong emotions and frustrations toward a person or object that doesn't feel threatening. This allows you to satisfy an impulse to react. One example of this defense mechanism is shouting on your children or spouse because you had a bad day at work. Neither of these people are the target of your strong emotions, but reacting to them is likely less problematic than reacting to your boss.

- **Regression:** Some people who feel threatened or anxious may unconsciously “escape” to an earlier stage of development. This type of defense mechanism may be most obvious in young children. If they experience trauma or loss, they may suddenly act as if they’re younger again. Adults can regress, too. They may return to sleeping with a stuffed toy, overeat food, Or begin smoking. They may also avoid everyday activities.
- **Rationalisation:** It is an attempt to logically justify immoral, deviant, or generally unacceptable behaviour. Rationalisations for behaviours can seem like logical, clear explanations, but trained psychologists strive to recognise the difference between logically explaining one’s behaviour and covering up underlying emotions, feelings and motives
- **Sublimation:** This type of defense mechanism is considered a positive strategy. For example, instead of lashing out at your employees, you choose to channel your frustration into kickboxing, Arts, music and sports.
- **Reaction Formation:** People who use this defense mechanism recognise how they feel, but they choose to behave in the opposite manner of their instincts.

- **Intellectualisation:** It's where the person avoids uncomfortable emotions by focusing on facts and logic. The situation is treated as an interesting problem that engages the person on a rational basis, whilst the emotional aspects are completely ignored as being irrelevant.
- **Compartmentalisation:** It's when you choose to not discuss personal life issues at work, you block off, or compartmentalise, that element of your life.
- **Repression**



Repression

Repression may be a type of mental defense reaction that involves care certain thoughts, feelings, or needs out of conscious awareness. The goal of this type of defense is to stay unacceptable desires or thoughts out of the conscious mind so as to stop or minimize feelings of hysteria.

How does Repression Work?

This process involves pushing painful or disturbing thoughts into the unconscious so as to stay unaware of them. It is important to notice that repression is about quite simply avoiding a problem or trying to not consider it. When an idea, feeling, or urge is repressed, you are doing not even realize it exists. However, these hidden feelings should still exert an influence on your behaviors and relationships.

Example

A kid suffers abuse by a parent, limits the memories, and becomes totally unaware of them as a young kid. The repressed memories of abuse may still disturb this person's behavior by causing trouble in starting relationship.

We might not remember of what lies within the unconscious, yet its insides can still disturb behavior during a number of several ways. As he worked to assist patients expose their unconscious feelings, Freud began to believe that there was some mechanism at work that actively resisted these efforts so as to stay unacceptable thoughts hidden.

Types of Repression

- Primary Repression:

This sort of repression refers to hiding unwanted material before it ever reaches consciousness. This process occurs entirely unconsciously. While the knowledge could also be hidden from awareness, however, it can sometimes enter awareness in disguised forms.

- Repression Proper:

Repression that happens when an individual becomes conscious of repressed material on the other hand purposely tries to get rid of it from awareness is understood as repression proper. Some experts suggest that cases of repression could be explained by watching certain memory processes

How It Works

Like other defense mechanisms, repression keeps people from becoming conscious of possibly disturbing or threatening thoughts from entering awareness. The aim of this process is to undertake to attenuate feelings of hysteria. Freudian analysis suggested that repression was the basis of neurosis which taking repressed physical into awareness could lead on to relief. Current psychologists tend to believe that true repression of memory is sort of rare. But it can cause more efforts which will cause real relief and permanent changes

Political Repression

The force against the citizens by the government and the state entity

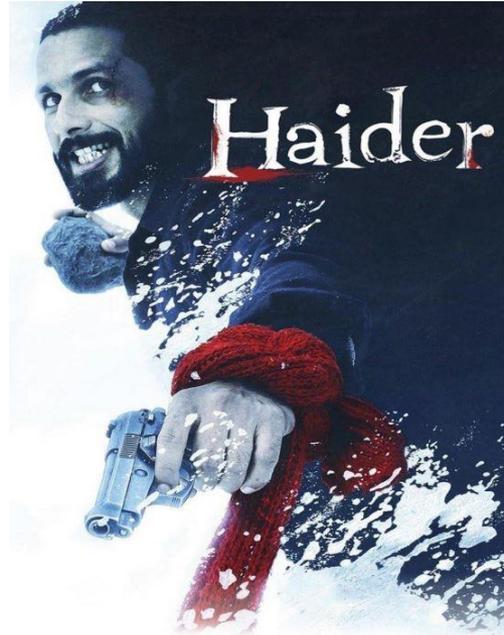
Example: of Political Repression:

- The police brutality and the violent action of terror in Kashmir.
- Murders of the Kashmiris.
- Imprisonment of them

These are the pictures showing the brutality of army and Police on the citizens of Kashmir.



The example of the political repression in an Indian movie called Haider. https://www.youtube.com/watch?v=jxNaRy_Cg7I



What is Financial Repression?

Financial repression is a term that describes measures by which governments channel funds from the private sector to themselves as a form of debt reduction. The overall policy actions result in the government being able to borrow at extremely low interest rates, obtaining low-cost funding for government expenditures.

This action also results in savers earning rates less than the rate of inflation and is therefore repressive. The concept was first introduced in 1973 by Stanford economists Edward S. Shaw and Ronald I. McKinnon to disparage government policies that suppressed economic growth in emerging markets.

Key Takeaways

- Financial repression is an economic term that refers to governments indirectly borrowing from industry to pay off public debts.
- These measures are repressive because they disadvantage savers and enrich the government.
- Some methods of financial repression may include artificial price ceilings, trade limitations, barriers to entry, and market control.

Understanding Financial Repression

Financial repression is an indirect way for governments to have private industry dollars pay down public debts. A government steals growth from the economy with subtle tools like zero interest rates and inflationary policies to knock down its own debts. Some of the methods may actually be direct, such as outlawing the ownership of gold and limiting how much currency can be converted into foreign currency

Financial repression can include such measures as direct lending to the government, caps on interest rates, regulation of capital movement between countries, reserve requirements, and a tighter association between government and banks. The term was initially used to point out bad economic policies that held back the economies in less developed nations. However, financial repression has since been applied to many developed economies through **stimulus** and tightened capital rules following the **2007–09 Financial Crisis**.

THANK YOU!

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