

Anxiety and Defence Mechanism of Nail Biters and Normal Individuals

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Abstract

In the present paper an attempt has been made to find out the difference between the anxiety level of those indulging in nailbiting when being compared to normal individuals who don't practice any such behavior and if those who show indulgence in nailbiting have a particular tendency towards defense mechanism in comparison to normal individuals. Sample consisted of 80 individuals of age range 20-45 years, consisted of males and females, all residents of Varanasi were selected for the purpose of study. They were divided into two groups of 40 individuals each. One group consisted of 40 nail biters and the other group was of 40 normal individuals (non-nail biters). Anxiety scale and defense mechanism inventory were used to collect data. Data have been analysed by using descriptive analysis, t-test, and coefficient of correlation. Findings indicated that nail biters are high on anxiety level as well as have a particular tendency towards use of defense mechanism when compared to normal individuals (non-nailbiters) who don't use nail biting as a defense to restore their aroused anxious state or aroused emotional state to normal psychological functioning.

Keywords: anxiety, defense mechanism, nail-biters, non-nail biters