

## PROTECTION MECHANISMS AND COPING STRATEGY: OPPORTUNITIES AND LIMITS

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### ABSTRACT

*This article compares the defense mechanism and coping strategy methods as ways of self-management and coping with difficult situations, and discusses the advantages and some disadvantages of using it. The study of the role of conscious and unconscious factors in maintaining the psychological health of a person, the prevention of nervous disorders in the individual, their formation and spread is of great importance. If the new requirements are too much for the individual, then the coping process can take the form of protection.*

**KEYWORDS:** *Defense Mechanism, Coping, Strategy, Psychological Health, Stress, Behavior, Personality, Variable, Resource, Activity.*

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