

However, there is a difference in narrations related to spiritual life between those who predominantly use primitive defence mechanisms and those who prefer mature defence mechanisms. It seems that the first group face more difficulties in developing vivid, flexible and open faith, which is probably caused by their rigid personalities.

From a pedagogical point of view, defence mechanisms are essential as a part of the teacher's maturity. Nowadays maturity is understood in a holistic manner. Spiritual health is seen as an increasingly important factor in the person's mental health (cf. Heszen and Sęk, 2008, pp. 72–73).

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