

The Relationship between Defensive Mechanism and Emotional Schema with Resiliency and Stress Coping Styles in Female Head of Household of Imam Khomeini Relief Committee of Rasht.

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Abstract The main goal of this study was to investigate the relationship between defense mechanisms, emotional schema with Resilience and coping strategies. The research method was correlation-descriptive. The statistical population of this study was all Female-headed households by Imam Khomeini Relief Committee of Rasht city. using available sampling method, a sample of 200 Female-headed households were ed. The research questionnaires included emotional schema scale, defense mechanisms, coping strategies and resilience. Data analysis was performed using Pearson correlation test. The results of this study showed that there is a significant correlation between defense mechanisms, emotional schemas with resilience and coping strategies. In other words, having negative emotional schemas and undeveloped and Neurotic Defenses mechanisms leads to a reduction in resilience and more use of emotional and avoidance coping strategies, on the other hand, to have positive emotional schemas and Growth defenses mechanisms lead to increased resilience and more use of problem-oriented coping strategies. **Keywords:** Defense Mechanism, Emotional Schema, Resilience, Stress Coping Style

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