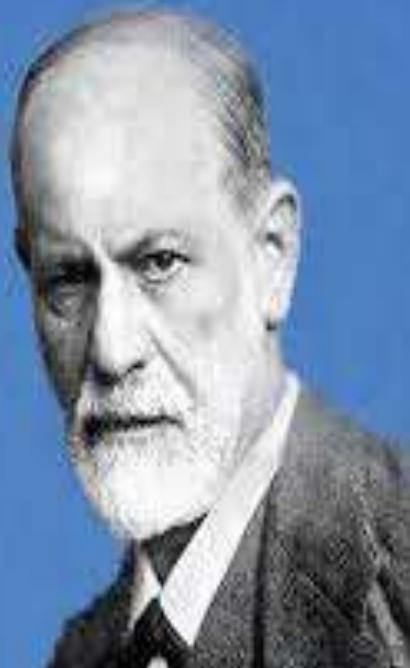


# PSYCHOANALYSIS

**SIGMUND  
FREUD**



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# Sigmund Freud

- **Born on MAY 6, 1856 in Freyberg Town, Crech Republic**
- **In 1881, He graduated From University of Vienna**
- **In 1900 he released his famous book 'INTERPRETATION OF DREAMS'**
- **In 1939 –Freud Passed away.**

# OVERVIEW OF PSYCHOANALYSIS

- **A set of philosophical human nature**
- **Psychoanalysis is both an approach to therapy and a theory of personality**
- **Emphasizes unconscious motivation: the main cause of behaviour lie in unconscious mind**

## **DETERMINISTIC**

- Life is about gaining pleasure and avoiding pain

## **HUMAN AS ENERGY SYSTEM**

- Freud believe that human is motivated by the unconscious, where the Id is found along with the aggression and sex instincts

- Freud determined that all instincts fall into one of two major classes: the life instincts or the death instincts.
- **Life Instincts (Eros)**

Sometimes referred to as sexual instincts, the life instincts are those that deal with basic survival, pleasure, and reproduction.

(these drives include such things as thirst, hunger, and pain avoidance. The energy created by the life instincts is known as **libido**)

**Behaviour: Love, Cooperation, Pro-social, etc.**

- Freud proposed that “the goal of all life is death”
- people hold an unconscious desire to die.
- self-destructive behaviour is an expression of the energy created by the death instincts.

## **UNCONSCIOUS**

Contains all the feelings, urges or instincts that are beyond our awareness but it affect our expression, feeling, action (E.g. Slip of tongue, dreams, etc.)

## **PRECONSCIOUS**

Facts stored in a part of the brain, which are not conscious but are available for possible use in the future  
(E.g. address)

## **CONSCIOUS**

Only level of mental life that are directly available to us  
The awareness of our own mental process  
(Thoughts/feeling)

**Structure of Personality** Consist of three parts :

1. **Id**
2. **Ego, and**
3. **Superego**

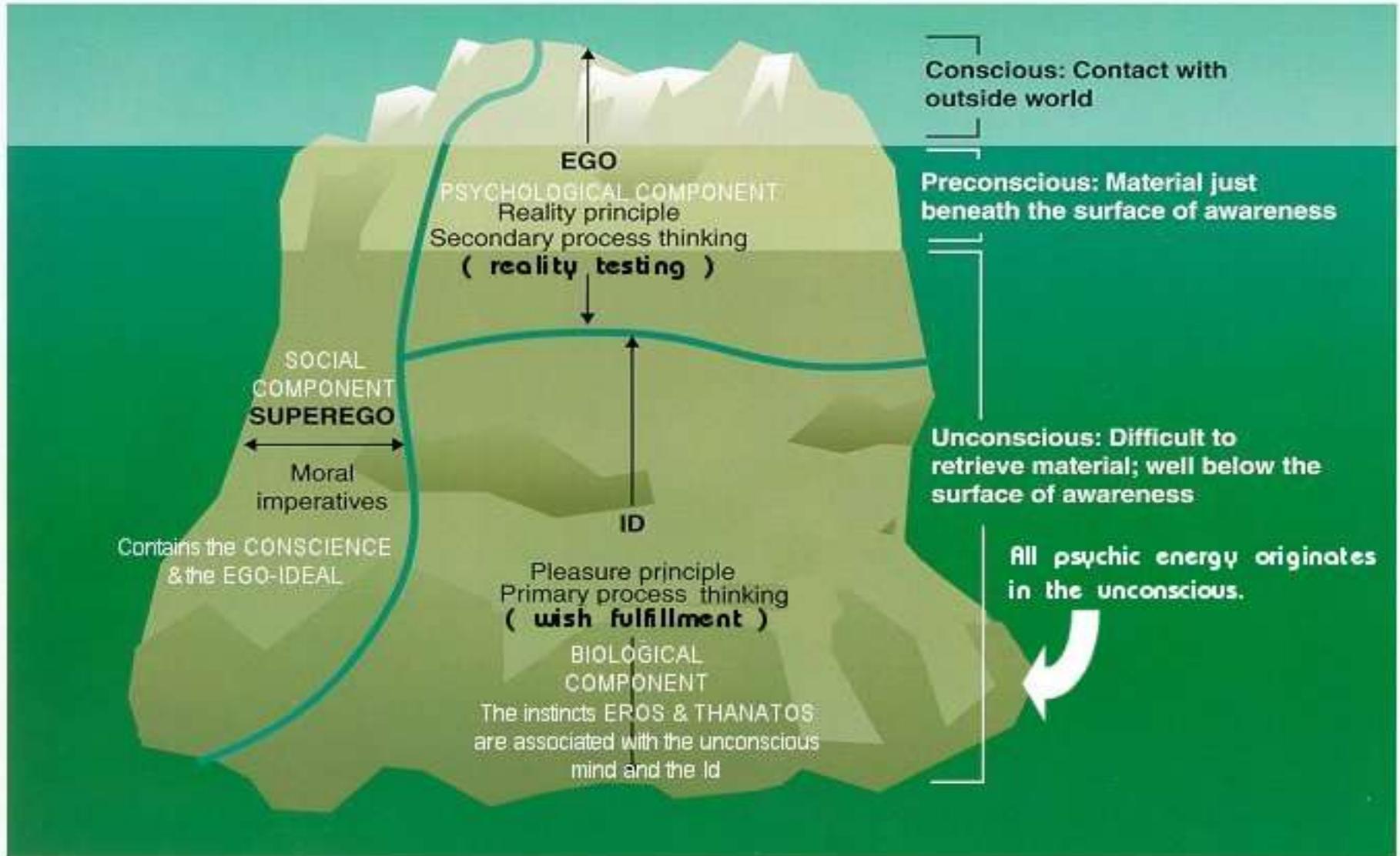
- Infants are born with **Id** intact
- Operates on **Pleasure Principle**: to gain pleasure, avoid pain
- Driven by sexual and aggressive urge

- The rational level of personality
- Operates on **Reality Principles**: does realistic and logical thinking

(The balance between **Id** and **Superego**)

- Partially unconscious
- Operates on **Moral Principles**
- Able to differentiate between good and bad.
- If people follow their superego, they will feel proud but if they don't follow, they will feel guilty and anxious

# Freud's model of personality structure



# Structure of Personality

According to Freud, there are three basic structures of personality—the id, the ego, and the superego.

Freud called it "a cauldron of seething excitement"

**Id**  
The completely unconscious, irrational component of personality that seeks immediate satisfaction of instinctual urges and desires, ruled by the pleasure principle.

**Ego**  
The partly conscious rational component of personality that regulates thoughts and behavior and is most in touch with the demands of the external world.

**Superego**  
The partly conscious, self-evaluative, moralistic component of personality that is formed through the internalization of parental and societal rules.

Evaluates and judges you

- Children progress through SIX **(06)** psycho-sexual stages during psychosexual development
- A person become **'Fixated'** or stuck in a stage when a basic need is not met, therefore that person will face difficulty in transiting to another stage

# Oral Stage

- Pleasure centres around mouth

## Fixation

- Over stimulated means: dependent on cigarette or alcohol, chatterbox, or derive pleasure from acquiring possessions
- Under stimulated: make biting sarcasm or be argumentative



# Anal Stage

- Pleasure focuses on bowel movement

## Fixation

- If over-emphasizing: develop a retentive character, become obstinate and stingy
- If negligent: develop expulsive trait such as bad temper, cruelty and messy disorder



# Phallic Stage

- Pleasure zone: Sex organs (complex)

## Fixations

- Child fixated: develop a phallic character, such as reckless, weak sexual identity, homosexuality



# Latency Stage

- Until puberty
- **No fixations**
- child's energy are focused on peer activities and personal mastery of learning and physical skills.
- Sexual urges are relatively quite.
- **If Fixated: sexual problems**



# Genital Stage

- Sexual interest in opposite sex
- personal identities, caring feeling, loving and sexual relationship, careers.

## Fixation

- Frigidity, impotence and unsatisfactory relationship

**V. Genital Stage**

- The final stage of psychosexual development occurs from puberty onwards.
- It is the time of **sexual reawakening**, but the source of sexual pleasure now becomes someone outside the family.



# DEFENSE MECHANISM

**From Ego:** *to resolve the conflict between Id and Superego.*

- It deny/distorts reality while operating in unconscious level
- If it is used once a while, the purpose of using it is to reduce stress
- But if it is used frequently, it means the individual are trying to avoid facing reality

# Repression

- ***Psychoanalysis.*** the rejection from consciousness of painful or disagreeable ideas, memories, feelings, or impulses.
- Example: **accident**

# Displacement

- The transfer of an emotion from its original focus to another object, person, or situation.
- Redirecting the feelings: Example

# Rationalization

To invent plausible explanations for acts, opinions, etc., that are actually based on other causes

Providing a reasonable explanation: Example

# Denial

- The refusal to satisfy a claim, request, desire, etc., or the refusal of a person making it.
- DESCRIPTIONS: Example alcoholic

# Regression

- *Psychoanalysis*. the reversion to a chronol-ogically earlier or less adapted pattern of behaviour and feeling.
- DESCRIPTIONS Example: Divorce

# Reaction Formation

- A behavioural tendency developed in direct opposition to a repressed impulse. DESCRIPTIONS: Example the near one.

# Projection

- The act of visualizing and regarding an idea or the like as an objective reality.
- DESCRIPTIONS: Example: face is the index of mind.

# Thank You