

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Freud's Psychosexual Theory of Development

- Parents Play a Crucial role in managing their sexual and aggressive drive during the first few years of life development
- Five Stages
 - i. Oral
 - ii. Anal
 - iii. Phallic
 - iv. Latency
 - v. Genital

Psychosexual Theory

1. Oral (0 to 1 Year of age):-

Mouth is the pleasure center for development.

Children born with sucking reflex. Child also develops a sense of trust and comfort through this oral stimulation.

If child's oral needs are not met during infancy, he/she may develop negative habits such as nail biting or thumb sucking to meet this basic need.

If fixation occurs at this stage, Freud believed the individual would have issues with dependency or [aggression](#). Oral fixation can result in problems with drinking, eating, smoking, or nail-biting.

Psychosexual Theory

2. Anal (1 to 3 Years of age):- Pre-School Aged

Children start to toilet training

During the anal stage, Freud believed that the primary focus is on controlling bladder and bowel movements. The major conflict at this stage is toilet training. The child has to learn to control his or her bodily needs. Developing this control leads to a sense of accomplishment and independence.

According to Freud, success at this stage is dependent upon the way in which parents approach toilet training. Parents who utilize praise and rewards for using the toilet at the appropriate time encourage positive outcomes and help children feel capable and productive. Freud believed that positive experiences during this stage served as the basis for people to become competent, productive, and creative adults.

Psychosexual Theory

2. Anal (1 to 3 Years of age):- Pre-School Aged

- However, not all parents provide the support and encouragement that children need during this stage. Some parents instead punish, ridicule or shame a child for accidents.
- According to Freud, inappropriate parental responses can result in negative outcomes. If parents take an approach that is too lenient, Freud suggested that an *anal-expulsive personality* could develop in which the individual has a messy, wasteful, or destructive personality. If parents are too strict or begin toilet training too early, Freud believed that an *anal-retentive personality* develops in which the individual is strict, rigid, and obsessive.
- *expulsive personality* : is the state of person who show emotional disturbance, disorganization and general carelessness.
- *retentive personality* : person is a person who pays such attention to detail that it becomes an obsession and may be an annoyance to others

Psychosexual Theory

3. Phallic (3 to 6 Year of age):-

Freud suggested that during the phallic stage, the primary focus of the libido is on the genitals. At this age, children also begin to discover the differences between males and females.

Freud also believed that boys begin to view their fathers as a rival for the mother's affections. [The Oedipus complex](#) describes these feelings of wanting to possess the mother and the desire to replace the father. However, the child also fears that he will be punished by the father for these feelings, a fear Freud termed *castration anxiety*.

The term [Electra complex](#) has been used to describe a similar set of feelings experienced by young girls.

Psychosexual Theory

4. Latency (6 to 12 Year of age):-

- No further psychosexual development takes place during this stage (latent means hidden). Freud thought that most sexual impulses are repressed during the latent stage, and sexual energy can be sublimated (re: [defense mechanisms](#)) towards school work, hobbies, and friendships.
- It's during this stage that sexual urges remain repressed and children interact and play mostly with same sex peers.
- the superego continues to develop while the id's energies are suppressed. Children develop social skills, values and relationships with peers and adults outside of the family.
- The development of the [ego](#) and [superego](#) contribute to this period of calm. The stage begins around the time that children enter into school and become more concerned with peer relationships, hobbies, and other interests.

Psychosexual Theory

4. Latency (6 to 12 Year of age):-

- This stage is important in the development of social and communication skills and self-confidence.
- As with the other psychosexual stages, Freud believed that it was possible for children to become fixated or "stuck" in this phase. Fixation at this stage can result in immaturity and an inability to form fulfilling relationships as an adult.

Psychosexual Theory

5. Genital (12 to Death):-

- During the final stage of psychosexual development, the individual develops a strong sexual interest in the opposite sex. This stage begins during puberty but last throughout the rest of a person's life.
- Where in earlier stages the focus was on individual needs, interest in the welfare of others grows during this stage. The goal of this stage is to establish a balance between the various life areas.
- Freud believed that the ego and superego were fully formed and functioning at this point. Younger children are ruled by the [id](#), which demands immediate satisfaction of the most basic needs and wants. Teens in the genital stage of development are able to balance their most basic urges against the need to conform to the demands of reality and social norms.