
Theory **Psychoanalysis**

OUTLINE:

IN URDU and Hindi

Introduction

By Sigmund Freud

Sigmund Freud

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Introduction to the Psychoanalysis.

Psychoanalysis is defined as a set of psychological theories and therapeutic techniques that have their origin in the work and theories of Sigmund Freud. The core idea at the center of psychoanalysis is the belief that all people possess unconscious thoughts, feelings, desires, and memories.

Relation to Literature

By bringing the content of the unconscious into conscious awareness, people are then able to experience catharsis and gain insight into their current state of mind. Through this process, people are then able to find relief from psychological disturbances and distress.

Introduction to Sigmund Freud.

Born on May 6, 1856, in Austria.

His family moved to and settled in Vienna in 1860 when he was at 4 years old where Freud remained until 1938.

Attended University of Vienna at the age of 17, In 1881 he graduated in Medicine Faculty. After medical school, specialized in neurology and then studied for a year in Paris with Jean Martin Charcot.

Hysteria {extra emotions in women} was common among women in the Victorian Era.

Freud was very interested in hypnotherapy. He was Austrian neurologist

In 1885, Freud began to distance away from a medical approach to psychiatry.

Then he returned to Vienna and started working on hysterical patients from 1887-1897.

He discovered that being in a relaxed state of mind, patients are open about traumatic past events.

In 1896 Psychoanalysis was officially recognized. (Theory of personality & Method of Psychotherapy)

He released fundamental work for the whole psychoanalytic theory titled Interpretation of Dreams(1900)

He died in London on September 23, 1939.

Theory Of Psychoanalysis.

Sigmund Freud developed the best-known theory of personality focused upon internal growth or psychodynamics'. The theory stresses the influence of unconscious fears, desires and motivation on thoughts and behavior. Freud psychoanalysis became both a theory of personality and a method of psychotherapy.

Psychoanalytic theory has three major parts:

A theory of the **structure of personality**, in which the id, ego and super-ego are the principal parts.

A theory of **personality dynamics**, in which conscious and unconscious motivation and ego- defense mechanisms play a major role.

A theory of **psychosexual development**, in which different motives and body regions influence the child at different stages of growth, with effects persisting in the form of adult personality traits.

ID (primitive, instinctive component of personality)

–Latin word of Id is 'It' Id is the original source of personality, which is present in a newborn. The Id, the most primitive part, can be thought of as a sort of storehouse of biologically based urges: to eat, drink, eliminate, and especially, to be sexually stimulated.

The sexual energy that underlies these urges is called the libido.

Id is present in the deepest level of the unconscious and represents the inner world of subjective experience.

It is unconcerned with objective reality and is unaffected by the environment Id is completely selfish; concerned with immediate gratification of instinctual needs, and the biological drives, like hunger, sex.

The id operates according to the pleasure principle, seeking to reduce tension, avoid pain, and obtain pleasure. In a formal gathering if a person is feeling very hungry and may start eating without the formal invitation for starting the meal or a student may start eating his lunch in the class when the teacher is teaching disregarding his classroom act as Id.

☐ If the dThe pleasure principle attempts to reduce tension by wish fulfillment. In other words, it is referred to as primary process thinking. Whatever comes first in the person's mind, he or she wants to satisfy that desire immediately. demands of Id are blocked for a longer time, frustrations occur

Ego (the decision-making component)

– The Latin word of ego is 'I' which means 'self'.

The ego acts as a mediator or balancer between the demands of Id and superego.

Ego is based on the Reality Principle.

Ego delays the discharge of tension. It postponed the desires. This adaptive measure of Ego is referred as secondary process thinking.

Process Thinking – Ego waits for the right moment for the satisfaction of desire, whereas id satisfies desires immediately.

Ego develops from Id and works for Id. Ego is an executive, which mediate between the demands of id and realities of world and demands of super ego

Functions of Ego –

Control and regulation of instinctual drives.

Relation to reality

Sense of reality, Reality testing, Adaptation to reality

Primary autonomous function

Perception, Thinking, Speaking, IQ, Memory

Intuition

Superego (the moral component)

– It is ideal rather than real.

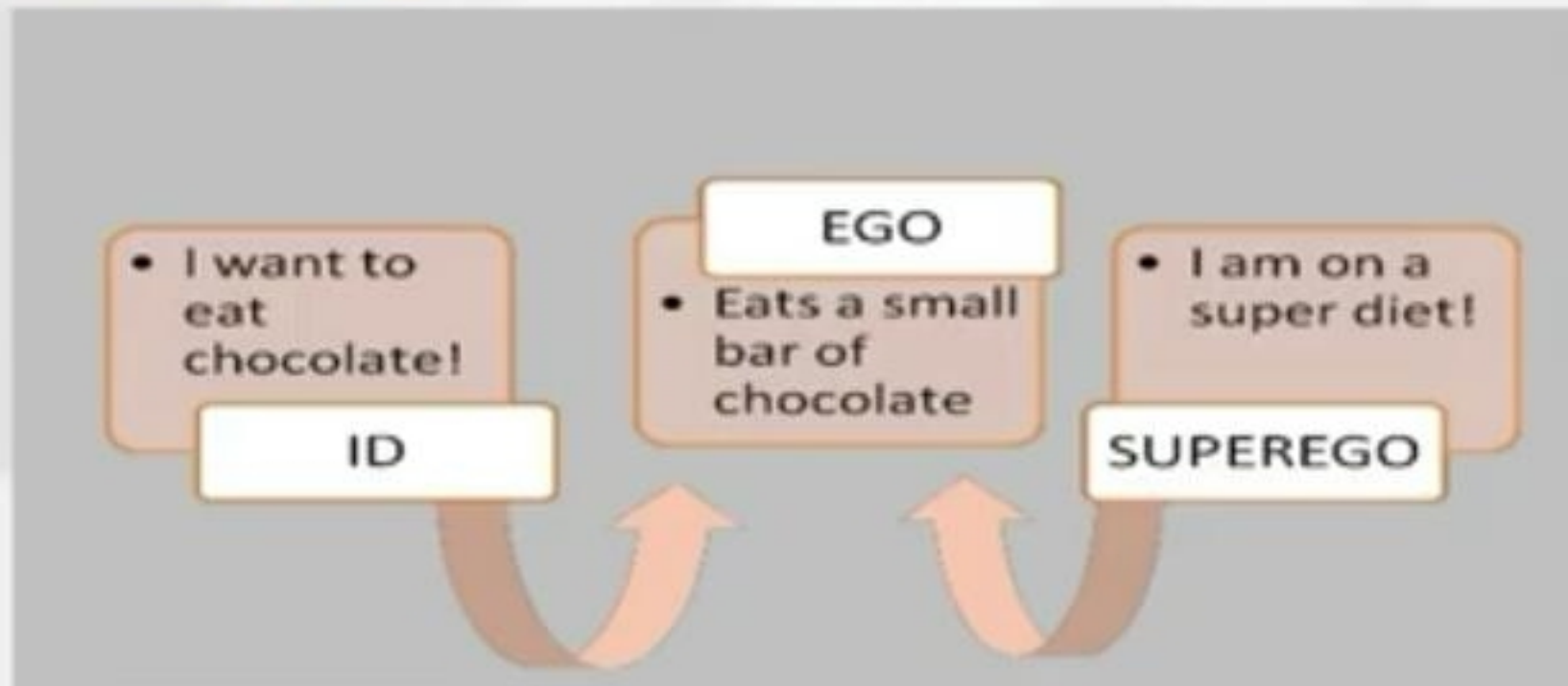
The superego is that part of personality that represents internalized value, ideals and moral attitude of society.

It is outgrowth of learning the taboos and moral values of society. It is refer to conscience and is concerned with right and wrong.

It inhabits the ID desires. Sex and aggressive superego operates through the ego system and compel the ego to inhibit desires that are considering wrong or immoral.

Its psychiatric function is expresses as guilt, self- criticism and consciences.

Example

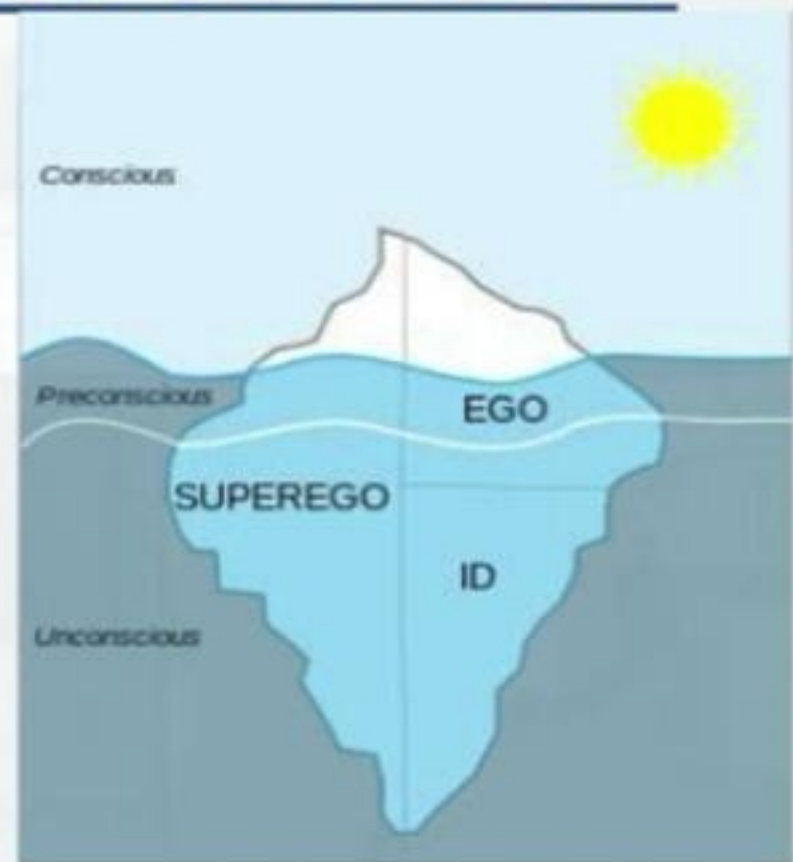


LEVELS OF CONSCIOUSNESS

Conscious level

Preconscious level

Unconscious part



Conscious level, which relates to the **awareness of an individual to his environment**. ☐ It **function** when the individual is **awake**. ☐ It is **concerned** with thought, feelings and sensations, memory, IQ. Conscious as sense organ of attention. It is only 1/9 of total mind. ☐ Through attention, person becomes conscious of perceptual stimuli from the outside world within the organism. ☐ Only elements in pre conscious enter consciousness. It is one-way traffic to unconscious mind. ☐ **Conscious part of mind is aware of here and now as it relates individual and his environment.**

Preconscious level is described as that part of mind in which ideas and reactions are stored and partially forgotten. It also acts as a watchman because it prevents certain painful, unpleasant, unacceptable, distributing unconscious memories from reaching the conscious mind. Slip of tongue, slip of pen. Preconscious region of mind is not present at birth but develops in childhood. It is accessible to both unconscious and conscious mind. Elements of unconscious mind are accessible to conscious through preconscious. So, it works as censor for a person's wishes and desires.

It is associated with mental activity i.e. secondary process of thinking. Aims of secondary thinking are to avoid unpleasantness and delaying instinctual discharge. It respects logical connection. It is associated with reality principle. It works accordingly demands of external reality and person's moral values etc.

Unconscious part is the largest part of mind (9/10). ☒ It is hidden part of iceberg that floats under water. **It contains repressed ideas and affects.** ☒ Elements of unconscious mind are in accessible to consciousness. ☒ They become conscious only through preconscious mind. **Repressed ideas may reach to consciousness when censor is over powered or relaxed (dream state).** ☒ It is **storehouse for all the memories, feelings and responses experienced by the individual** during his entire life.

Unconscious is associated with particular form of mental activities that is primary process – with fulfillment and instinctual discharge. ☒ **It is associated with pleasure principle.** Primary process thinking has no conception of time, logic, circumstances and needs immediate gratification of their desires, which is very common in infancy. ☒ Memories in unconscious mind lose their connection with verbal expressions. ☒ They can reach consciousness once words are reapplied to forgotten memory.

Psychosexual Development

Freud believed that personality develops through a series of childhood stages in which the pleasure-seeking energies of the id become focused on certain erogenous areas. This psychosexual energy, or libido, was described as the driving force behind behavior. ☒ If these psychosexual stages are completed successfully, the result is a healthy personality. If certain issues are not resolved at the appropriate stage, fixation can occur.

According to Freud, all human being pass through a series of five psychosexual stages:

Oral stage 0 to 2 years – During the first year of life the mouth is the principal organ. Gratification is by sucking the breast of mother and bottle.

Anal stage 2 to 3 years – Membranes of the anal region provide pleasure. Not passing fecal matter also gives pleasure to the child.

Phallic stage 3 to 6 years – self-manipulation of the genital organs; the child also identifies group to which he belongs'; what is the difference between him and his younger sister.

Latency stage of 6 to 12 years – this is a stage of psychosexual development when overt sexual interest is repressed and sublimated. The child's attention is focused on learning skills and other peer activities.

Genital stage – This is the final stage of psychosexual development reached in puberty when the deepest feelings of pleasure are said to come from heterosexual relations.

► Freud's Psychosexual Stages of Development



ORAL 0-2
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



ANAL 2-3
The child learns to respond to some of the demands of society (such as bowel and bladder control).



PHALLIC 3-7
The child learns to realize the differences between males and females and becomes aware of sexuality.



LATENCY 7-11
The child continues his or her development but sexual urges are relatively quiet.



GENITAL 11-Adult
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.

Defense Mechanisms/ Ego Mechanisms

Defenses are unconscious mental process that ego uses to resolve conflicts among instincts (wish or need). When defense is most effective they abolish anxiety and depression. Defenses are dynamic and reversible. ☒ Ego defense mechanisms are mental mechanism, used when individual unconsciously experiences a basic conflict between id-impulses and demands of superego. ☒ The ego unconsciously uses some of its energy to initiate a defense mechanism that effect a **compromise between id and super ego**, thereby relieving anxiety. Sullivan, those called into play when anxiety is a response to a threat to the self- concept, calls another form of mental mechanism security operation. ☒ They act without awareness of the individual employing them. **Use of mental mechanism is healthy and lowers/reduce the anxiety and It is a normal process of adjustment. Method of self-protection is by Ego Mechanisms.**

COMPENSATION: Compensation a pattern of adaptive behaviors by which anxiety from feeling of inadequacy or weakness is relieved as individual emphasizes of intensive training of some personal or social attribute that over shadows his inadequacy and gain social approval .It can be seen in **infant who substitute his thumb for nipple to relieve tension and compensate for some pleasurable sensation of sucking.** EX A Polio child can be an artist and painter or develop his muscles of upper limbs and becomes archery expert.

DISPLACEMENT: When an individual unconsciously believes he would be in great danger of that person knew his feelings about same person. **He discharge of feelings on to a person or object entirely different from the one to which they actually belong.** He displaces his emotion to other person or object which is less anxiety producing. Example {1}; **-Teacher, who is angry with supervisor, cannot show his feelings but reacts with unreasonable anger when a student breaks a windowpane. Actually teacher has unconsciously substituted the student for supervisor and displaced his feelings.** Example {2}; **-Husband got annoyed with boss came home, scolds the wife unnecessarily and wife beats the child when he ask for a sweet. In this emotional feeling is transferred to person or object that is less dangerous than who initially aroused the emotion.**

SUBSTITUTION: Mechanism used to reduce tension resulting from frustration. **Substituting action must have certain similarities to the frustrated one.** Example {1}; a student who has not been able to get admission in M.B.B.S. may try to substitute it with other course of physiotherapy or Nursing.

FIXATIONS: It is arrest of emotional development at a stage. Fixation refers to the point in the individual's development at certain aspects of **emotional development cease to advance.** Further development is blocked. They cannot bypass that phase, he is always handicapped in proceeding to the stages that follow. Example {1}; Child who is not breast-fed and did not get love and security, he will achieve gratification through oral cavity. He may overeat, or take huge quantity of alcohol and becomes drunkard. They are called as oral personality individual. Thumb sucking in adult life is an example of it.

DENIAL: It is a process where **the individual truly does not recognize the existence of an event or feeling.** Denial is used in Schizophrenia. It is often seen as a reaction of the healthy person when he is confronted by a disastrous situation. Example {1}-**Sudden death of husband in road accident but wife refused to accept it.** She says that he had breakfast with me, you are mistaken. Please excuse me. In cardiac case or cancer, it is a response to sudden passive amount of anxiety. Denial is not lying; individual does not accept existence of something that's disturbing.

IDENTIFICATION: It useful mechanism because it plays a large part in development of a child personality. Through this **process individual defends against anxiety resulting from feeling of inadequacy by unconsciously taking on desirable attributes found in people for whom he has admiration and affection.** He integrates these attributes into his own personality. Example {1}- A child takes on masculine attributes that he admires in his father. Another form of **identification is observed when an individual develops unreasonable sympathy for a criminal because of an unconscious sense of guilt.**

ISOLATION: Where feelings are detached from the event in the individual's memory, enabling the person to **recall the event without anxiety**. It is found in (OCN) compulsive personality. They value efficiency, cleanliness and punctuality Example {1}- **giving death pack to a patient without any emotions by nursing staff**.

RATIONALIZATION: Rationalization is a mental mechanism that is almost universally employed. It is an attempt to make his **behavior as result of logical thinking rather than result of unconscious desires that are anxiety producing**. It is a face saving device that may or may not deal with the actual truth. Rationalization is almost unconscious avoidance. It relieves anxiety temporarily but not an effective mechanism of adjustment because it helps the person to avoid facing the reality. Person gives logical excuse. Student says that due to sickness she could not pass. It is "grapes are sour mechanism." ☒ Example {1}-**Alcoholic will say that due to lack of sleep, he take drinks**. ☒ Example {2}-Paranoid patient will say that people are after me because I have lot of money.

SUBLIMATION: In mechanism of sublimation the energy involved in anxiety produced primitive impulses is **unconsciously redirected into constructive and socially acceptable channels**. It is one of positive adaptation to anxiety and responsible for much of artistic and cultural achievements of civilized people. It is when woman redirects her sexual desires into successful career of poetess. Example {2}; - Man with strong sex desire utilize in painting a nude woman.

REGRESSION: {Hebephrenic , depression} Regression occurs when an individual is faced with anxiety from a conflict, that cannot be solved by using the adaptive mechanism with which he used to solve problems. In such a situation, **he may unconsciously return to the patterns of behavior appropriate to an earlier developmental stage.** Any retreat into a state of dependency on others to avoid facing acute problems “Crying on someone shoulder” is symbolic of infants seeking comfort on maternal bosom. ☒ Example {1}- **When a grown up girl failed and cries, lies on floor and have temper tantrum.** It is found in Hebephrenic Schizophrenia when patient regress back into infant stage. He smears his hands with own stool.

REPRESSION: **Painful experiences unacceptable thoughts and impulses are dismissed from conscious mind to unconscious mind.** During childhood they are repressed and become unconscious source of emotional conflict in later life. Selfish, hostile, sexual feeling are repressed. Such repression cause internal conflict. ☒ Example {1}-**Mother's death and trauma was repressed in unconscious mind.** These Repressed conflicts may come out through conversion into physical symptoms. This is common in Hysteria and Hypochondrias

PROJECTION : Projection is transferring the responsibility for unacceptable ideas, wishes or thoughts **to another person** when individual's own aggressive thoughts are unacceptable to him and cause anxiety, he blames someone else for it. It is used in paranoid, he is suspicious about infidelity of his wife when actually he lacks fidelity in his mind. Example {1}- **Student blame the teacher that he has failed me.** I have done well but he has something against me, so he has failed me.