

Revision notes

The structure of the personality:

Three structural properties to the personality:

- The ID
- The EGO
- The SUOEREGO

Personality functions on the 3 levels of consciousness

- ◆ The CONCIOUS
- ◆ The PRECONCIOUS
- ◆ The UNCONSCIOUS

THREE separate aspects of the personality function together to achieve three primary goals:

- Ensure survival
- Maximum experience of pleasure
- Minimum experience of guilt

Levels of consciousness:

Conscious level

- Thoughts, feelings and experiences in current awareness
- Contents change all the time

Preconscious level

- Information that individual is not concentrating on at any particular moment but that can be recalled without too much effort.
- Memories that are not painful

Unconscious level

- ☐ Forbidden drives
- ☐ Memories or wishes that causes pain , anxiety and guilt that cannot be recalled to the conscious mind

The ID:

Innate, primitive part of the psyche containing primitive drives.

In direct contact with the body body is a source of energy for life (Eros) and death (Thanatos) drives

Functions according to primary process and the pleasure principle

Pleasure principle the Id Seeks immediate satisfaction of drives otherwise known as wish fulfilment.

The EGO:

Ego

Develops from the ID to ensure survival

From three individuals contact with the outside world

Serves the id's needs by finding suitable objects to satisfy drives

Functions according to secondary process and the reality principle

Secondary processes- Ego evaluate situation before action is taken (capable. Of reflection and planning) and can postpone action until appropriate time and place

Reality principle- ego takes physical and social reality into account before action is taken (sensory perception rational thinking memory and learning)

Ego -

- Under constant pressure from the id
- Must take reality and moral social code into account
- Conflicting demands between the Id the super ego causes psychic difficulties for the ego
- Functions on three levels of consciousness but uses energy generated by id

Important!!!!!!

- Cathexis - eager invest energy object deemed appropriate for satisfying Drive generated by the Id
- Develops in first year of life but continually develops in that it learns through experience (learns new ways to satisfy drives)

The super ego

- Develops from the ego
- Represent societies moral codes and pressurizes Individual to live by these codes the ego -ideal
- Functions according to the moral principle punishes individual feeling guilty for immoral wishes and behaviour
- Punishment meant is known as a conscience
- Constantly puts pressure on the ego via the conscience and the ego ideal

Functions on all three levels of consciousness

- May feel consciously guilty about drawers and wishes
- Super ego puts pressure on the ego to keep for bidden drives and thoughts at an unconscious

Anticathexis –

Moral objection place by the super ego on objects deemed on suitable inappropriate for eager to use to satisfy drives generated by the Id.

Tension between the Cathexis (Potential objects identified by either as suitable) and anticathexis (the objection placed on these objects by the superego) leads to anxiety

Drives -

Psychological representation of energy obtained from the body

Main driving forces in human functioning

- encourage the person to function
- determine the direction of behaviour

Life drives -

All drives aimed at and it satisfying basic needs for survival eating breathing drinking

Provide energy for the functioning of the ego

Responsible for the development of the ego

Sexual drives

- Primary function is erotic pleasure
- Sexual drives develop and change with the age as other body parts become the sources of sexual drive energy.

Death drive

- ❖ Intra- psychic – explanation for war, aggression, murder, suicide.
- ❖ Conflict with the life drives result in outward. projection of the death drive onto other people or objects
- ❖ Via feelings of guilt generated by the superego
- ❖ Self – harm

Development of the personality:

Psychosexual theory- focuses on the development of the sex drive of the sexual drive energy.

Oral stage – first year of life

Anal stage – the second year

Phallic stage – third year up to sixth year

Latent stage – sixth year to the twelfth year

Genital stage – from puberty onwards

Oral stage

- ❖ Ranges from birth to the end of the first year
- ❖ Lips and mouth primary erogenous zone (source of sexual drive energy)
- ❖ Weaning from breast / interrupted feeding frustrates the oral sexual drive and is perceived as punishment
- ❖ Displacement of pillow ,dummy
- ❖ Excessive cuddling could make transition to the next stage difficult (fixation, regression.)
- ❖ Simultaneous development of the death drive
- ❖ Directed at external objects – biting, during feeding.
- ❖ Ego and superego begin to develop
- ❖ Baby acquires knowledge about the external reality
- ❖ This knowledge lays foundation for the development of the ego
- ❖ Punishment and reward: first moral rules are absorbed into the superego.

Fixation in this stage:

- ❖ Oral personality type
- ❖ Dependence on others
- ❖ Narcissism
- ❖ Excessive optimism
- ❖ Jealous and envious
- ❖ Reaction formation – opposite characteristics

The anal stage:

- Second year of their life
- Anus and excretory canal are important erogenous zone (main source of sexual drive energy)
- Toilet (potty) training important for deployment of personality in this stage.
- Important for absorbing social rules
- Punishment and reward further develops the superego
- Expression of aggression urges:
- Excrete at the wrong time
- Refusal to excrete

The anal stage

- Anal personality type
- Excessive neatness
- Thriftiness
- Reaction formation – opposite characteristics

The phallic stage:

- Three years old to 5/6 years old
- Boys and girls start developing along different lines

Boys develop OEDIPUS COMPLEX

- Penis becomes main source of drive energy for boys
- Develops sexual desires in relation to mother
- Jealous of father
- Ridicule and punishment by others for this behaviour is experienced as a threat of castration (castration anxiety)
- Imitates the father and develops superego

Girls develop ELECTRA COMPLEX

- Girl observes she has no penis and holds mom responsible for this
- Envy her fathers (penis envy)
- Develops sexual desires in relation to her father
- Jealous of mother
- Defence mechanism – repression and identification
- Imitates mother , develops superego

The phallic stage

- Overly strict superego (developed in this stage) can lead to mental disorders in later life
- Overly strict superego can develop if:
 - Father is too strict
 - Father is often or permanently absent
 - Father is not strict enough

The latent stage

5/6 years of age until puberty

No new physical source of sexual drive energy

Due to identification in phallic stage, children concerned with mastery of gender-roles.

The genital stage

- ☐ Puberty until the end of life
- ☐ Increase in sexual drive energy (multiple sources)
- ☐ Reawakening of pre-genitals stage sexual wishes
- ☐ Repression is no longer sufficient to cope with the conflict between sexual urges and moral code
- ☐ A man falls in love with a woman who reminds him of his mother
- ☐ A woman falls in love with a man who is a suitable substitute for her father.

Optimal development

Genital character of personality type:

The genital stage of development is reached without any fixations on earlier stages

Strong EGO and a superego that is not overly strict

Ego is capable of effective reality testing

Uses the most effective defence mechanism (sublimation)