

Overview-Background

Oedipus Complex	Identification & rivalry w/same gendered parent, closeness with opposite gendered parent.
Drives	Eros, Thanatos (drive behaviours)
Eros	Life Drives (sex, ego) - seek to preserve life
Thanatos	Death Drives - seeks to gratify desires even when destructive or socially unacceptable
Structures of psyche	id, ego, superego
Levels of consciousness	unconscious, preconscious, conscious
Psycho-social conflict	inner conflict between unconscious desires & social norms, creates anxiety or discomfort
Defense Mechanisms	Strategies used by ego to defend itself against conflict between forbidden drives & moral codes.
Parapaxes	Slips of the tongue or pen, thought to reveal the unconscious
Biological & Psychic Determinism	Human characteristics determined at birth via inheritance of genetics/traits from parents
Mechanistic Assumption	Humans function in mechanistic way; energy consumption, conservation & transformation.
Development of personality	Psychosexual stages (oral, anal, phallic, latent, genital)

Overview of chapter

View of Person Underlying The Theory

Psycho-social Conflict Theory	conflict between drives of psyche & norms of society.
	person: drives that need to be satisfied expectation of society designed to protect society by controlling drive urges
	person tries to feel both; drive satisfaction with as little guilt possible
Biological & Psychic Determinism	drives psychologically based; biological determinism
	biological determinism: characteristics determined at conception; hereditary
	psychological determinism: mental processes determined by unconscious, pre-existing mental complexes
	drives found in: id societal rule found in: superego
Mechanistic Assumption	mechanistic functioning of humans; psychological processes & behaviours can be understood in the same way as mechanical or physiological processes
	physical principles: energy consumption, conservation, transformation

view of the person underlying the theory

Dynamics of the Personality

Motivation: Freud's Drive Theory	psyche function based on energy converted from physical-biological form to psychic energy according to the principle of energy transformation
	internalization - person takes attitude, value, belief of others/community as part of their own personality in order to better deal with things in future
	internalized energy allows or disallows person to act on & satisfy desires/torture them w/guilt
	trieb = drive libido = psychic energy, sexual energy aggressive energy

motivation: freud

Characteristics of Drives

Source	each drive stems from a certain part/area of the body (sex drives = erogenous zone)
Impetus/Energy	every drive = certain quantity or intensity; affected by condition of energy source at time & time elapsed since last satisfaction
Goal	every drive = goal of satisfaction
Object	every drive requires an object in order to satisfy the drive
	satisfaction achieved by: energy of drive + object -> carry out action = satisfaction



Characteristics of Drives (cont)

earlier object choice no longer available = displacement

goal of drives

Structure of Personality

3 id, ego, superego

Structural Properties

id unconscious drives, primitive, pleasure seeking/gratification of wants

linked to the drives: eros; thanatos

pleasure principle, thus immediate satisfaction

selfish & unrealistic - can only accomplish wish fulfillment

creation of images of desired object/fantasizing

ego moderator

moderates between id & superego (drives:societal norms)

secondary process & reality principle (evaluates; reflects; plan & postpone satisfaction of drives)

cathexis - ego's investment of psychic energy into selected objects

superego intrapsychic representative of societal moral codes

pressurizes ego into following societal/moral codes

moral principle - punishes individual w/ guilt over immoral wishes or behaviours

punishing element = conscience | encouraging element = ego-ideal

Structure of Personality (cont)

anticathexis - diversion of mental energy by superego to block mental impulses from the id

structure of psyche

Types of Drives

All drives = 1. Develop constructively (eros-life) not rigidly controlled by moral codes & do not cause conflicts w/conscious organisms

2. Disintegrate & die (thanatos-death)

Ego Drive (eros) individual's survival; aimed at satisfying basic life needs

drive responsible for development of ego; provides energy for its functioning

Sex Drive (eros) survival of species; primary concern = erotic (satisfaction=pleasure)

Freud: sex drives always present; only emerge @ puberty

Ego vs Sex Ego = survival of individual | Sex = survival of species

Ego drives = not associated w/moral prescription/guilt feelings

Sex drives = linked w/development of mental disturbances

Thanatos (death drives) Freud: explanation for war, murder, death etc

original object = human body

Types of Drives (cont)

death drive in conflict w/life drive = conflict projected outwards in form of aggression

First form of aggression = oral aggression (baby biting mother)

Sublimation = energy can be safely & acceptably used

Person causes own death = tensionlessness/nirvana (Freud: sees this as the unconscious ideal for all life)

Types of Drives: Eros/Thanatos

Defense Mechanisms

= strategies ego uses to defend itself against the conflict between the forbidden drives & moral codes

present to cope with unconscious, psychic contents; person often unaware they're using def-mechs

2 NB characteristics shared by def-mechs

1. they are denials & distortions of reality

2. they operate unconsciously & aim to keep anxiety provoking thoughts at bay

Repression represses content unacceptable to the ego into the unconscious

Defense Mechanisms (cont)

different to conscious
forgetting

Freud: this is where ideas
exist before being made
conscious

one act of repression; not
enough --> maintained
through resistance

Resistance operates when repressed
drives threaten to break
through the surface & cause
anxiety

Projection keep unconscious threatening
material unconscious by
changing the focus onto other
people's drives & ignoring
impulses within themselves

changing moral anxiety into
reality anxiety

**Reaction
Formation** keep forbidden desire at bay
by adopting fanatical stance
that gives opposite
impression to the desire

often occurs alongside other
def-mechs; projection

**Rationali-
zation** attempt to explain behaviour
w/reasons that sound rational,
but aren't actually the real
reason for their behaviour

Defense Mechanisms (cont)

not the same as ordinary lying;
normally person is not aware of
the true reason for their
behaviour

**Displa-
cement** functions by finding substitute for
the object that is forbidden by
society's moral code

some stage; society deems
displacement object as unacce-
ptable (nipple -> bottle -> pacifier
-> smoking)

**Transf-
erence** client's projection to therapist

**Counter
transf-
erence** therapist's projection to client

**Sublim-
ation** finding displacement objects that
are societally accepted (most
effective form of displacement)

Fixation person's psychological develo-
pment stuck at one stage

person behaves in way
apropriate to earlier stage to
avoid challenges of next or
current stage

too much energy investment in
objects of certain stages (one
develops personality character-
istics based on the stage where
fixation occurs)

Defense Mechanisms (cont)

Regression linked to fixation; Freud:
regression to same stage
where fixation occurred

partial or total return to
earlier stage of dev where
less anxiety was experienced

**Identific-
ation** understood in context of
Freud's development theory

takes place when person
represents themselves in
another person; unconscious
desire to be like that person

Defense Mechanisms: Freud

Psychosexual Stages of Personality

Stage	Age	Sexual Focus	Develo- pmental Tasks & Fixation
Oral	0-1	Mouth (chewing, sucking)	Weaning excessive eating, drinking or smoking
Anal	2-3	Anus (defec- ating or retaining faeces)	Toilet Training obsession w/cleanliness sexual anxiety
Phallic	4-5	Genitals (mastu- rbation)	Identifying w/genders (Oedipus/- Electra Complex) difficulty w/intimate relationships
Latent	6- 12	None (sex urges sublimated to sports/ho- bbies)	Social Intera- ction no fixation occurs

Psychosexual Stages of Personality (cont)

Genital	puberty	Genitals	Intimate
+		(sexual	Relati-
		intimacy;	onships &
		reawak-	Productivity
		ening of	previous
		sexual	fixation =
		urges)	low sexual
			interest no
			previous
			fixation =
			normal
			sexual
			motivation

Psychosexual Stages, Organ Focus & Fixation



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Published 12th March, 2023.
Last updated 12th March, 2023.
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