

Hello students, welcome to e content learning.

This video concerns the first year BA psychology paper PC 102 titled Fundamentals of Psychology 2.

This is Anuradha Kakodkar, Associate professor, St Xavier's College, Mapusa, Goa. I will explain various elements of the psychoanalytic theory of Sigmund Freud.

I will go through the three levels of consciousness, the three subsystems of personality, the stages of psychosexual development and I will also explain defense mechanisms.

At the end of the video you should be able to understand the influence of the three levels of consciousness and the interplay between Id, ego and superego on our personality and behavior. You should also be able to trace the stages of psychosexual development and understand defense mechanisms.

Sigmund Freud spoke about 3 levels of consciousness which he compared to that of an iceberg.

At the tip of the iceberg is a very tiny area consisting of ideas and sensations that we are aware of at any given moment in time. This represents the conscious.

It operates on the surface of personality and plays a minimal role in personality and development.

Little below this region is the preconscious that is unconscious experiences that could become conscious with little effort.

The unconscious is the largest area that lies hidden and it functions at the deepest level and constitutes experiences and memories that we are not aware of.

This includes reactions of rage, humiliation, unpleasant aspects that are pushed deep down into the unconscious realm and making them conscious would create tremendous pain.

As such, they remain out of awareness.

However, these repressed memories find expression in disguised ways such as our dreams.

Freud conceptualized three subsystems of personality, the Id, the Ego and the Superego.

Id refers to unconscious sexual and aggressive instincts. Powerful and primitive urges or desires.

It is based on the pleasure principle and seeks immediate gratification of all its urges.

The psychic energy of the Id is referred to as the libido. The ego functions on the reality principle.

And it provides a realistic direction for its impulses. It keeps the id's impulses in check till an appropriate object of satisfaction is found.

The ego constantly tries to balance the demands of the Id and the third sub system of personality that is super ego in order to find realistic outlets for the satisfaction of id's impulses,

what is super ego?

Super Ego is a moral arm of personality and it represents the individual's internalization of societal values.

Through socialization, an individual learns social norms and what is right from wrong, what is acceptable versus unacceptable and thereby develops a conscience.

The main functions of the superego are to inhibit Id's impulses, to persuade the ego to substitute moralistic values for realistic ones and to strive for perfection.

The third aspect of Freud's Psychoanalytic theory is the theory of psychosexual development.

Freud believed that our personalities are formed through a series of stages right from infancy to adulthood. Each of these stages has an erogenous or pleasure giving zone or area that produces pleasurable feelings. When an individual is not adequately satisfied or is frustrated at a particular stage fixation may occur. And fixation means that the individual continues to remain in that stage. Fixation causes the individual to have problems in adulthood.

There are five stages of psychosexual development.

The oral stage from birth to one year.

The anal stage from one to three years,

the phallic stage,

from three to six years.

The latency stage from 6 to 12

years and finally the genital

stage from adolescence onwards.

The oral stage, which lasts from birth to one year, has the mouth as the erogenous zone.

The infant derives pleasure from sucking and swallowing and later biting and chewing

Fixation in this stage will lead to the person over eating, drinking, talking too much, chain smoking spreading rumors in adulthood.

The second stage is the anal stage which lasts from one to three years

where in the anus is the erogenous zone and children get pleasure from expelling waste from the body

Here conflict centers around toilet training. Fixation will occur if toilet training is too harsh or too lenient.

In adulthood, such individuals may be excessively messy or overtly fussy and stubborn.

The third stage is the phallic stage. the phallic stage is characterized by two kinds of complexes called as the Oedipus complex and the Electra complex in boys and girls respectively.

Oedipus complex is the sexual attraction of the boy towards the mother and Electra complex is the sexual attraction of the girl towards the father.

This is the stage when children take on the behavior patterns of the same sex parent in a process called as identification.

According to Freud, a boy goes through castration anxiety in this phase, since he's attracted to the mother, he is afraid that the father will castrate him.

The girl, on the other hand experiences penis envy since she does not possess a penis and desires one. She is envious of the male child who has one.

Fixation in this stage may come in the form of immature sexual behavior, such as being promiscuous or being overanxious about sexual matters.

The fourth stage is the latency stage. Here, emphasis is on skill building and education, so children develop and grow physically, socially and intellectually, and sexual feelings by and large remain hidden in this stage.

The final stage is the genital stage, which begins from adolescence onwards.

This is a stage where there are tremendous physical changes that occur in the bodies of adolescence and sexual urges gain prominence.

Adolescents are sexually attracted to other adolescents and celebrities.

In this stage, if there is fixation, then the individual in adulthood may experience immature love or indiscriminate hate or uncontrollable working or become a workaholic or complete inability to work.

When an individual is faced with a situation that threatens to devalue the person or devalue the ego, the person uses defense mechanisms. Most of these are unconsciously used.

Defense mechanisms are ego saving devices which are used when the person encounters excessive anxiety and therefore distorts reality.

People may use a number of defense mechanisms, some of which will be explained here,

**Repression.** In Repression, unacceptable impulses are pushed out of consciousness, which means that memories or urges that are too threatening, or highly unacceptable are pushed deep down into the unconscious, and the individual may have no memory for them.

However, these may find expression from time to time in other ways, such as dreams.

**Displacement.** This is a defense mechanism which is very commonly used by people In which emotional reactions and behavioral responses are shifted or transferred to objects that are more available or less threatening than the original target.

For example, being scolded by somebody in authority causes frustration or anger which may be taken out on younger siblings or on pets, or the person may fling things around.

Another defense mechanism is projection, which is also commonly used.

This involves attributing personal shortcomings and faults to others.

In other words, the individual blames other people for his or her own faults.

Another defense mechanism is Rationalization. Rationalization is justification of behavior through the use of convincing but inaccurate excuses. Here, the person gives a reason different from the real one for one's behavior, in other words, something we do not get is something we did not want anyway.

Another defense mechanism is regression. Regression is movement from mature to immature behavior. In this defense mechanism, the individual retreats to an earlier pattern of behavior which may be childish or primitive.

For example, birth of a sibling may upset a child so much that the child may revert to baby talk or bedwetting or thumb sucking. Adults also use regression. Such as, when an adult may display excessive dependency under stress.

Freud's psychoanalytic theory remains one of the most researched theories in psychology. It has stimulated tremendous research and various researchers have either debunked the theory or have accepted various aspects of the theory.

These are the resources that have been used as reference material for the video.

Thank you.