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Sigmund Freud believed that children can gain sexual gratification from any part of their bodies, and during childhood, they go through 5 psychosexual stages that shape their adult personality. The Human PsycheFreud proposed that the human psyche has three components that function on different levels of consciousness, and these components also interact with each other to generate behaviors. IdThe Id is present at birth and represents everything that we inherit from our personality. This unconscious part of our personality and is the primary component of our personality. This unconscious part of our personality and is the primary component of our personality. consequences or reality. EgoThe Ego arises from the Id and is developed as a result of our attempts to fulfill the Ids needs. It operates on the reality principle and serves as a mediator that strives for a compromise between what the Id wants and what the outside world can grant it. SuperegoThe SuperegoThe Superego arises from the Ego and acts as an internal representation of the moral values of the environment. The Superego judges what we should morally do or not do, and guides us about the should nots of our lives. The Superego rewards us with feelings of guilt, shame or fear for not abiding by values that we have set for ourselves. The Iceberg Metaphor According to Freuds theory, the human conscious mindPreconscious mindPrecons unconscious part of our mind is a receptacle of ideas. We are not aware of this aspect of our mind, but it explains what we do what certain erogenous zone an area of our body that is sensitive to stimulation. According to Freud, by successfully moving from one psychosexual stages will result in a problematic personality. Oral Stage (01 year old) During this psychosexual stage, a child derives pleasure from oral activities, such as sucking and tasting. Successful fulfillment of the childs feeding needs and proper weaning will result in the establishment of trust. Too much or too little gratification can bring about an oral fixation when the child grows up and can result in addictions such as drinking alcohol, smoking, over eating, or nail biting. Anal Stage (23 years old) The main source of gratification for a child during this psychosexual stage is the ability to control bladder and bowel movement. A positive and appropriate experience revolving around potty training encourages a sense of competence, creativity and productivity. On the contrary, anal fixations can translate into obsession with perfection, extreme cleanliness, and control or the opposite which is messiness and disorganization in adulthood. Phallic Stage (36 years old) During this psychosexual stage, the erogenous zone is the genitals. Boys start to perceive their father as rivals for their mothers affections, while girls feel similarly towards their mother. Freud used the term The Oedipus Complex to describe boys attachment towards their mother, and Carl Jung later coined the term The Electra Complex to describe girls attachment towards their father. Fear of punishment leads to repression of feelings toward the opposite sex parent, and fixation at this stage may bring about sexual deviancy or weak sexual identity. Latency Stage (6 years to puberty) During this psychosexual stage are immature and have a hard time forming meaningful relationship. Genital Stage (Puberty onward) During the last psychosexual stage, the erogenous zone is genitals. Individuals sexual urges are reawakened and are directed toward opposite sex peers. However, unlike at the phallic stage, the sexuality at the genital stage is consensual. People who completed the earlier stages successfully become well-adjusted, caring and secure individuals at this stage. While younger children are mostly ruled by their id and focus on their wants, individuals at this stage have fully formed ego and superego. They can balance their wants (id) with the reality (ego) and ethics (superego). Significance of Freuds Psychosexual TheoryOne importance of Sigmund Freuds psychosexual theory is his emphasis on early childhood experiences in the development of personality and as an influence on later behaviors. The relationships that individuals cultivate, their views about themselves and others, and their level of adjustment and well-being as adults are all influenced by the quality of experiences that they have had during the psychosexual stages. Despite being one of the most complex and controversial theories of child development, we cannot discount the important ideas that Freud has contributed to the field of psychology and human development. (2018, July 4). The Psychology Notes Headquarters. psychologyPart of a series of articles onPsychoanalysisSigmund Freud's couchConceptsPsychosexual development(Erikson)UnconsciousPreconsciousConsciousnessPsychic apparatusId, ego and superegoEgo defensesProjectionIntrojectionLibidoDriveTransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferenceCountertransferen (Sigmund)FrommGuattariHorneyIrigarayJacobsonJonesJungKohutKleinKristevaLacanLaingLaplancheMahlerRankReichSpielreinStekelStracheySullivanWinnicottiekImportant worksThe Interpretation of Dreams (1899)The Psychopathology of Everyday Life (1901)Three Essays on the Theoryof Sexuality (1905)Psychology of the Unconscious (1912)Beyond the Pleasure Principle (1920)The Ego and the Id (1923)Civilization and Its Discontents (1930)The Four Fundamental Concepts of Psychoanalysis (1964)Anti-Oedipus (1972)The Sublime Object of Ideology (1989)Schools of thoughtAdlerianEgo psychologyJungianLacanianInterpersonalIntersubjectiveMarxistObject relationsReichianRelationalSelf psychoanalytical AssociationWorld Association of PsychoanalysisList of schools of psychoanalysisSee alsoChild psychoanalysisDepth psychologyPsychoanalysisDepth psychoanalysisDepth pleasure seeking energies from the child become focused on certain erogenous zone is characterized as an area of the body that is particularly sensitive to stimulation. The five psychosexual stages are the oral, the anal, the phallic, the latent, and the genital. The erogenous zone associated with each stage serves as a source of pleasure. Being unsatisfied at any particular stage can result in fixation. On the other hand, being satisfied can result in a healthy personality. Sigmund Freud proposed that if the child experience anxiety that would persist into adulthood as a neurosis, a functional mental disorder.[1][2] Sigmund Freud, c.1921Sigmund Freud (18561939) observed that during the predictable stages of early childhood development, the adult neurosis (functional mental disorder) is thought to be rooted in fixations or conflicts encountered during the developmental stages of childhood sexuality. According to Freud, human beings are born "polymorphous perverse": infants can derive sexual pleasure from any part of their bodies and any object. Over time the socialization process channels the (originally nonspecific) libido into its more fixed mature forms.[3] Given the predictable timeline of childhood behavior, he proposed "libido development" as a model of normal childhood sexual development, wherein the child progresses through five psychosexual stages the oral; the anal; the phallic; the latent; and the genital in which the source pleasure is in a different erogenous zone. Sexual infantilism: in pursuing and satisfying their libido (sexual drive), the child becomes fixated, preoccupied with the psychological themes related to the erogenous zone. in question. The fixation persists into adulthood and underlies the personality and psychopathology of the individual. It may manifest as mental ailments such as neurosis, hysteria, "female hysteria," female hysteria, "female hysteria, "female hysteria," female hysteria, "female hysteria," female hysteria, "female hy the ends of pencils, etc.Orally passive: smoking, eating, kissing, oral sexual practices[4]Oral stage fixation might result in a passive, gullible, immature, manipulative personality. Anal13 yearsBowelAnal retentive: Obsessively organized, or excessively neatAnal expulsive: reckless, defiant, disorganized, coprophiliacPhallic36 yearsGenitaliaOedipus complex (in boys and girls); according to Sigmund Freud. Electra complex (in girls); according to Carl Jung. Promiscuity and an inability to form fulfilling non-sexual relationships as an adult if fixation occurs in this stage. Genital Puberty death Sexual interests mature Frigidity, impotence, sexual perversion, great difficulty in forming a healthy sexual relationship with another person Agency Description Functions Principles and Development Id The most primitive part of the mind, it contains instinctual drives and is the source of psychic energy. Seeks immediate gratification of all desires, wants, and needs. Operates according to the pleasure principle, which aims to reduce tension, avoid pain, and gain pleasure. Present from birth and is the reservoir of the libido. EgoThe part of the id to suit the demands of reality. Governed by the reality principle, it seeks to please the id's drive in realistic ways that will benefit in the long term. Emerges from the id and is responsible for reality testing and a sense of personal identity. SuperegoThe part of the personality that represents the internalization of parental and societal values. Upholds societal standards, imposes moral behavior, and mediates between the id and ego. Guided by moralistic and idealistic principles, it strives for perfection over mere pleasure or reality. Forms during the resolution of the Oedipus complex and represents the internalized ideals of parents and society. [5] Main article: Oral stageOral needs may be satisfied by thumbsucking. The first stage of psychosexual development is the oral stage, spanning from birth until the age of one year, wherein the infant's mouth is the focus of libidinal gratification derived from the pleasure of feeding at the mother's breast, and from the oral exploration of their environment, i.e. the tendency to place objects in the mouth. The child focuses on nursing, with the intrinsic pleasure of sucking and accepting things into the mouth.[6] Since the ego is not developed beyond the most rudimentary form at this stage, every action is based upon the pleasure principle of the id. Nonetheless, the infantile ego is in the process of forming during the oral stage. In developing a body image, infants are aware of themselves as discrete from the external world; for example, the child understands pain when it is applied to their body, thus identifying the physical boundaries between body and environment. The experience of delayed gratification leads to understanding that specific behaviors satisfy some needs; for example, crying gratifies certain needs.[7]Weaning is the key experience in the infant's oral stage of psychosexual development, their first feeling of loss consequent to losing the physical intimacy of feeding at their mother's breast. The child is not only deprived of the sensory pleasures of nursing but also of the psychological pleasure of being cared for, mothered, and held. However, weaning increases the infant's self-awareness, through learning that they do not control their environment. The experience of delayed gratification leads to the formation of capacities for independence (awareness of the limits of the self) and trust (behaviors leading to gratification). Thwarting of the oral-stage too much or too little gratification of desire might lead to an oral-stage fixation, which can be the root of neurotic tendencies in the developed personality. In the case of too much gratification is not always immediate, thereby forming an immature personality. [6] In the case changes from the mouth (the upper digestive tract) to the anus (the lower digestive tract), while ego formation continues. Toilet training is the child's key anal-stage experience, occurring at about the age of two years. It involves conflict between the id (demanding immediate gratification) and the ego (demanding delayed gratification) in eliminating bodily wastes, and handling related activities (e.g. manipulating excrement, coping with parental demands). The child may respond with defiance, resulting in an 'anal expulsive character'often messy, reckless, and defiantor with retention, leading to an 'anal expulsive character'typically neat, precise, and passive-aggressive.[6] The style of parenting self-controlled adult. The outcome of this stage can permanently affect the individual's propensities toward possession and attitudes toward authority. If the parents make immoderate demands of the child, by too strictly enforcing toilet training, it might lead to the development of a compulsive personality, a person too concerned with neatness and order. If the parents consistently allow the child to indulge the impulse, the child might develop a self-indulgent personal slovenliness and environmental disorder. Main article: Phallic stageOedipus explains the riddle of the Sphinx, Jean Auguste Dominique Ingres (c.1805)The third stage of psychosexual development is the phallic stage, spanning the ages of three to six years, wherein the child's genitalia are their primary erogenous zone. It is in this third infantile development stage that children become aware of their bodies of other children, and the bodies of their ballic stage, spanning the ages of three to six years, wherein the child's genitalia are their primary erogenous zone. It is in this third infantile development stage that children become aware of their bodies, the bodies of other children, and the bodies of their parents; they gratify physical curiosity by undressing and exploring each other as well as their genitals, and so learn the physical (sexual) differences between male and female and their associated social roles. In the phallic stage, a boy's decisive psychosexual experience is the Oedipus complexhis sonfather competition for possession of his mother. The name derives from the 5th-century BC Greek mythologic character Oedipus, who unwittingly killed his father and sexually possessed his mother. In the young male, the Oedipus conflict stems from the anal region to the genital. The boy observes that his father stands in the way of his love and desire for possession of his mother. He therefore feels aggression and envy towards his father, but also a fear that his (much stronger) rival will strike back at him. As the boy has noticed that women, his mother in particularly struck by the fear that his father will remove his penis too. This castration anxiety surpasses his desire for his mother, so the desire is repressed. Although the boy sees that he cannot possess his mother, he reasons that he can possess her vicariously by identifying with his father and becoming as much like him as possible: this identification is the primary experience guiding the boy's entry into his appropriate sexual role in life. A lasting trace of the oedipal conflict is the superego the voice of the father within the boy. By thus resolving his incestuous conundrum, the boy passes into the latency period, a period of libidinal dormancy. [6] Initially, Freud applied the theory as the feminine Oedipus attitude and the negative Oedipus complex.[9] The feminine Oedipus complex has its roots in the little girl's discovery that she, along with her mother and all other women, lack the penis which her father and other men possess. Her love for her father then becomes both erotic and envious, as she yearns for a penis of her own. She comes to blame her mother for her perceived castration, and is struck by penis envy, the apparent counterpart to the boy's castration anxiety.[6]Freud's studentcollaborator, Carl Jung, coined the term Electra complex in 1913.[10][11] The name derives from the 5th-century BC Greek mythologic character Electra, who plotted matricidal revenge with her brother Orestes, against their applies with complete strictness to the male child only, and that we are right in rejecting the term 'Electra complex', which seeks to emphasize the analogy between the attitude of the two sexes".[15][16]The resolution of the feminine Oedipus complex is less clear-cut than the resolution of the Oedipus complex in males. Freud stated that the resolution comes much later and is never truly complete. Just as the boy learned his sexual role by identifying with her mother in an attempt to possess her father vicariously. At the eventual resolution of the conflict, the girl passes into the latency period, though Freud implies that she always remains slightly fixated at the phallic stage.[6]Despite the mother being the parent who primarily gratifies the child begins forming a discrete sexual identity "boy", "girl" that alters the dynamics of the parent and child relationship; the parent sexual identity "boy", "girl" that alters the dynamics of the parent and child relationship; the parent sexual identity "boy", "girl" that alters the dynamics of the parent and child relationship; the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity "boy", "girl" that alters the dynamics of the parent sexual identity identit upon his mother, and focuses jealousy and emotional rivalry against his father because it is he who sleeps with the mother. Seeking to be united with his mother, the boy desires the death of his father because it is he who sleeps with the mother. Seeking to be united with his mother, the boy desires the death of his father because it is he who sleeps with the mother. Seeking to be united with his mother, the boy desires the death of his father because it is he who sleeps with the mother. Seeking to be united with his mother, and focuses jealousy and emotional rivalry against his father because it is he who sleeps with the mother. female. Nevertheless, the boy remains ambivalent about his father's place in the family, which is manifestation of the infantile Id.[17] 'Penis envy' in the girl is rooted in anatomic fact: without a penis, she cannot sexually possess the mother, as the infantile id demands. As a result, the girl redirects her desire for sexual union toward the father; thus, she progresses towards heterosexual femininity that ideally culminates in bearing a child who replaces the absent penis. After the phallic stage, the girl's psychosexual development includes transferring her primary erogenous zone from the infantile clitoris to the adult vagina. Freud considered a girl's Oedipal conflict to be more emotionally intense than that of a boy, potentially resulting in a submissive woman of insecure personality.[18]In both sexes, defense mechanisms provide transitory resolutions of the conflict between the drives of the Id and the drives of the ego. The first defense mechanism is repression, the blocking of anxiety-inducing impulses and ideas from the conscious mind. The second defense mechanism is Identification, by which the child incorporates, to their ego, the personality characteristics of the same-sex parent. The boy thus diminishes his castration anxiety, because his identification with the father reduces the rivalry and suggests the promise of a future potency. The girl identifies with the mother, who understands that, in being females, neither of them possesses a penis, and thus they are not antagonists. [19] Main article: Latency stage (from the age of 6 until puberty), wherein the children the children than the stage of the promise of a future potency. consolidates the character habits they developed in the three earlier stages. Whether or not the ego, because they have been subject to the mechanism of repression during the phallic stage. Hence, because they have been subject to the ego, because they have been subject to the mechanism of repression during the phallic stage. Hence, because they have been subject to the ego, because they have been subject to the mechanism of repression during the phallic stage. gratification is indefinitely delayed, the child must derive the pleasure of gratification from secondary process-thinking that directs the energy of the drives towards external activities, such as schooling, friendships, hobbies, etc. Any neuroses established during the latent stage of psychosexual development might derive from the inadequate resolution of the Oedipus conflict, or from the ego's failure in attempts to direct the energies towards socially acceptable activities. Main article: Genital stage (from puberty through adult life) and usually represents the greater part of a person's life. Its aim is the psychological detachment and independence from the parents. In the genital stage the person confronts and seeks to resolve their remaining psychosexual childhood conflicts. As in the phallic stage, the genital stage is centered upon the genitalia, but the sexuality is consensual and adult, rather than solitary and infantile. The psychological difference between the phallic and genital stages is that the ego is established in the latter; the person's concern shifts from primary-drive gratification (instinct) to applying secondary process-thinking to gratify desire symbolically and intellectually by means of friendships, a love relationship, family and adult responsibility. According to Frank Cioffi, a criticism of the scientific validity of the psychoanalytical theory of human psychosexual development is that Freud was personally fixated upon human sexuality.[20]Freud stated that his patients commonly had memories and fantasies of childhood seduction. According to Frederick Crews, critics hold that these were more likely to have been constructs that Freud created and forced upon his patients.[21]Main article: Feminist views on the Oedipus complexSome feminists criticize Freud's psychosexual development theory as being sexist and phallocentric,[22] arguing that it was overly informed by his own self-analysis. In response to the Freudian concept of penis envy in the development of the feminine Oedipus complex, the German Neo-Freudian psychoanalyst Karen Horney, counter-proposed that girls instead develop "Power envy", the male's envy of the female ability to bear children. Some contemporary theorists suggest, in addition to this, the envy of the woman's perceived right to be the kind parent.[23] Bronisaw Malinowski and natives, Trobriand Islands (1918) Contemporary cultural considerations have questioned the normative presumptions of the Freudian psychologic development. The anthropologic development are not provided in the conflict of the Oedipal complex as universal and essential to human psychologic development. The anthropologic development are not provided in the conflict of the Oedipal complex as universal and essential to human psychologic development. The anthropologic development are not provided in the conflict of the Oedipal complex as universal and essential to human psychologic development. The anthropologic development are not provided in the conflict of the Oedipal complex as universal and essential to human psychologic development. Bronisaw Malinowski's studies of the Trobriand islanders challenged the Freudian proposal that psychosexual development (e.g. the Oedipus complex) was universal. He reported that in the insular matriarchal society of the Trobriand, boys are disciplined by their maternal uncles, not their fathers (impartial, avuncular discipline). In Sex and stage, the latent stage, and the genital stage are observable, they remain undetermined as fixed stages of childhood, and as adult personality, freud, fetishes and apathyAmphimixisHermaMin (god)FertilityBacchanaliaVanirPhallic monismPriapusSigmund FreudOrgastic potencyLibrary resources about Psychosexual development Resources in your libraryResources in other libraries 11. Retrieved 2013-08-01. Bullock, A., Trombley, S. (1999) The New Fontana Dictionary of Modern Thought Harper Collins:London pp. 643, 705^ Myre, Sim (1974) Guide to Psychiatry, 3rd ed. Churchill Livingstone: Edinburgh and London pp. 35, 407^ Lapsley, D. K.; Stey, P. C. (2012-01-01), "Id, Ego, and Superego", in Ramachandran, V. S. (ed.), Encyclopedia of Human Behavior (Second Edition), San Diego: Academic Press, pp.393399, ISBN Electronic Journal. doi:10.2139/ssrn.2364215. ISSN Electronic Journal. doi:10 Leach, P. (1997) Your Baby and Child: From Birth to Age Five 5th edition. 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ISBN 978-0-465-07385-6. PMC 1082294. {{cite book}}: [journal= ignored (help)Retrieved from Sigmund Freud's early 20th-century psychosexual theory proposed that an individual's personality develops through a series of five childhood stages. Each stage correlates with a pleasure zone (also called an erogenous zone) of the body. Though the theory was considered groundbreaking at the time, it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws, and it was not without its biases and flaws. faced criticism from other world-renowned psychology figures such as Carl Jung and Erik Erikson. This article will dive deeper into Freud's psychoanalysis is a mainstay of mental health treatment today, this wasn't always the case. It wasn't until an Austrian neurologist by the name of Sigmund Freud started listening to his patients as a means of better understanding and distinction of conscious and unconscious thoughts and the focus on bringing unconscious elements to the forefront of one's mind for proper management. In addition to the introduction of psychoanalysis, Freud also proposed several other theories, including his psychosexual development theory, which the following will explore further. Freud's many contributions to the world of medicine and psychology world earned him the nickname "the father of modern psychology." Sigmund Freud's psychosexual theory suggests that an individual's personality and sexuality evolve through five different stages of life. During each stage, different pleasure-seeking or sexual energies become focused on specific erogenous regions of the body. Freud believed these erogenous zones then led to either sources of pleasure or frustration, which would ultimately make an impact on the development of the personality of an individual. Freud deeply believed that an individual theory suggests that in addition to adequate socialization, progressing through each psychosexual stage properly without getting "stuck" in a given stage was critical in development. Conflicts arise in each stage, and the key to proper development lies in how the conflict is addressed or handled. For example, during infancy, or the oral stage, the sucking and rooting reflexes of the mouth are prominent because they are the means to gaining sustenance and thus the baby's contentment. Great trust develops at this critical time between the infant and the caregiver, particularly if the baby is breastfeeding. Conflict arises when the time comes to wean the baby off of breastfeeding. If this is not handled properly, can lead to oral fixations later in life, which can manifest as problems with eating, drinking, smoking, nail biting, or other habits. Freud believed that if issues arose and were not expressed or dealt with properly during the affected stage, "fixations" would develop. In psychology, sexual fixations are the notion that a person's libido or sexual energy is "stuck" at a particular psychosexual stage and will remain as such without intervention. According to the theory, unless the underlying reason for the fixation is addressed, it will persist. Freud's psychoanalytic theory hypothesized that an individual's personality is determined in early life, around the age of 5. In addition to his psychosexual theory, Freud also had a personality theory in which he believed a personality that urges one to satisfy their primal or basic needs Think of the id as the unconscious part of the mind. Gratification is granted when the needs of the id are satisfied. The ego helps to mediate the id and the superego is the part of the personality that develops later in life through social interactions and influences. Freud believed that if an issue arose during a particular developmental stage and was not addressed accordingly, a fixation would develop that could ultimately negatively affect an individual's personality. However, if a person is able to successfully mature through each stage without any unresolved issues, then a "healthy personality would result. The five stages Freud identified in his psychosexual theory are: The Oral Stage (birth to 1 year old): In this stage, the erogenous zone is the mouth because most of an infant's initial interactions occur through that zone. The Anal Stage (13 years old): This stage emphasizes bladder and bowel control and is the time when children are weaned out of diapers and become toilet trained. The Phallic Stage (36 years old): During this stage, the genitals are the erogenous zone, and the theory suggests that this is when boys and girls become aware of their differences. At this time, a young boy may see his father as a rival for his mother's attention (this is otherwise known as an Oedipus complex), or a young girl may begin to view her mother as a rival for her father's attention (or have an Electra complex). The Latent Stage (6 years old to puberty): During this stage, sexual feelings or desires stay dormant or repressed as the ego and superego develop. Children also begin socializing more and develop intellectual pursuits through school and other activities. The Genital Stage (puberty to death): In this final stage, a person's libido is once again activated, and at its outset, individuals begin to develop an interest in the opposite sex. Though Freud has certainly made several contributions to the world of modern psychology, he and his theories have not developed over times. without facing some backlash and criticism from both within the world of psychological scientific study and outside of it. Perhaps one of the most notable aspects of Freud's psychosexual theory is that it focuses almost exclusively on the male gender's development. Many of Sigmund Freud's theories, including the psychosexual theory, are difficult to validate because they are based on case studies. As a result, the scientific method cannot easily repeat their findings and observations. There is simply no means for quantifying sexual energies or libidos, and discussing such complex emotions and feelings with young children would be considered morally and ethically wrong. Freud's psychosexual theory, in which he states that it is during this final stage that individuals become attracted to the opposite gender. But what if they don't? What if they instead develop attractions to people of their own gender? Or to both genders? Freud did not take these notions into account, which has led to marked criticism in today's world. Erik Erikson was a German-born psychologist and psychoanalyst who most notably challenged Freud's theories on personality development. Though Erikson was influenced by Freud, Erikson believed development occurred in stages, but he identified eight stages instead of five. Erikson's theory placed more emphasis on the social experiences of an individual throughout their lifespan, with some stages focusing on trust versus mistrust, intimacy versus isolation, integrity versus despair, and so on. Carl Jung, a Swiss psychiatrist, also produced a differing view of personality development. Jung's theories of personality development involved a collective unconscious element by which everyone is connected. These are just two alternatives to Freud's psychosexual theory, but others exist as well. Sigmund Freud's theory of psychosexual development of their personality. Freud identified five stages in which he thought development occurred. Since its publication, the psychosexual theory has come under much scrutiny for its lack of inclusivity. If you're interested in delving deeper into the inner workings of your mind, it is always best to speak with a licensed mental health practitioner. Whether it's a psychiatrist, psychologist, licensed mental health counselor, or social worker, there are several healthcare providers who are well versed in various psychological schools of thought and can determine the best plan and path for you. Frequently Asked QuestionsFreud believed that if a person went through a crisis during a particular stage, then they would manifest the fixations of that particular stage. later in life. For example, if an infant experienced difficulty breastfeeding, later in life they may develop oral fixations such as poor oral habits like nail biting or smoking. Freud's theory proposed that if an individual progressed through each stage without incident, they would develop a "healthy" personality. If a person became fixated at any stage they would inevitably manifest that fixation later in life. Though there is no denying that Freud greatly contributed to modern psychologists admit that Freud's psychosexual theory has not evolved with our modern-day world as its views are human sexual development. Freud categorized psychosexual maturation into 5 distinct phases, with each stage representing a focus of the libido or instincts on different erogenous zones of the body. To mature into a well-functioning adult, an individual must progress sequentially through these psychosexual stages. If libidinal drives are repressed or unable to be properly discharged, the individual is left feeling unfulfilled. Freud referred to this dissatisfaction as fixation. Fixation at any stage can lead to anxiety, which may persist into adulthood as neurosis. This dynamic laid the foundational basis for Freud's psychoanalytic sexual drive theory. [1] Psychosexual Development Stages Each of the 5 mother. If the optimal level of stimulation is unavailable, libidinal energy may become fixated on the oral mode of gratification, leading to latent aggressive or passive tendencies later in life. Stage II (aged 1-3) Anal stage (bowel and bladder): Toilet training is a particularly sensitive task during this stage. The parents' emphasis on proper performance shifts libidinal energy from the oral to the anal area. The child becomes more susceptible to reprimand, feelings of inadequacy, and the ability to perceive negative evaluations from caregivers if they fail to perform correctly. Fixation at this stage may result in anal retentiveness (excessive orderliness) or anal expulsiveness (whimsical disorganization). Stage III (aged 3-6) Phallic stage (genitalia): This stage is perhaps the most controversial in Freud's theory of psychosexual development. During this period, the child may form the roots of fixation with the opposite-sex parent, leading to the Oedipus complex. Stage IV (aged 6-12) Latent period (dormant sexual feelings): During this stage, the libido is relatively repressed or sublimated. Freud did not identify a specific erogenous zone for this period. The child begins to channel their impulses indirectly, focusing on school, sports, and building relationships. Dysfunction during this stage may lead to difficulties forming healthy relationships in adulthood. Stage V (aged 13-18) Genital stage (mature sexual feelings): During this stage, the child's ego becomes fully developed, and their sexual desires and activities become healthy and consensual. If a child or young adult experiences dysfunction during this period, they may struggle to develop meaningful, healthy relationships. [2] Structural Theory of the mind. According to this theory, the psyche (personality) consists of three psychic structures the id, ego, and superego. The id: Theid represents the instinctual aspect of the psyche, encompassing sexual and aggressive drives. Id is the individual's biological, instinctual, and unconscious drive, focused on gratification. A newborn's behavior is entirely driven by innate instincts (id). As the child matures, the ego begins to differentiate from the id. The ego: The ego is the decision-making component of the personality. Unlike the id, which functions according to the pleasure principle and seeks immediate gratification, the ego operates based on the reality principle, pursuing satisfaction through practical and realistic strategies. This serves as a mediator between the id and the external world. While the ego is rational in nature, the id is driven by irrational impulses.[3][4]Thesuperego is the final psychic structure to develop, which incorporates the morals and values of society. This construct forms during the phallic stage and functions similarly to a moral compass.[3][5]These structures help explain pathological behavior and the sources of anxiety. Overview of Key Features and Criticisms of Freud's Theory Sigmund Freud, often referred to as the "Father of Psychoanalysis," profoundly influenced both theoretical and practical approaches to understanding the human mind and the [6] Theory Sigmund Freud, often referred to as the "Father of Psychoanalysis," profoundly influenced both theoretical approaches to understanding the human mind and the sources of anxiety. experiencesan especially vulnerable periodis a widely accepted paradigm in psychiatry. Childhood vulnerabilities and anxieties are believed to have a critical role in shaping future emotional challenges. [6][7]Modern Criticisms and Reinterpretations of Freudisn psychosocial development is the causal relationship between sexual conflict and the subsequent precipitant psychoneurosis. This principle has been controversial since its inception. Critics of Freud argue that neuroses can develop independently, without the need for a psychosexual cause. [2] Another common critique of Freud's theory is the issue of experimenter bias. In their paper Biology and the Oedipus Complex, Friedman and Downey suggest that the Oedipus complex may be a misinterpretation of evolutionary-based play behavior, manifesting through competition. [8] Freud argues that the Oedipus complex may be a misinterpretation of evolutionary-based play behavior, manifesting through competition. mind, focusing solely on the individual psyche.[6]The theorydoes not acknowledge the role of society or culture in shaping identity.[6]Furthermore, Freuds theory focuses solely on development from birth through adolescence, suggesting that personality becomes fixed during the teenage years.[7]According to this view, any psychological injury inflicted during these stages is irreversible. This perspective contrasts with the opinions of his followers, particularly Erik Erikson, who argued that development continues throughout the lifespan. The Oedipus complex is one of the most controversial and criticized concepts introduced by Freud. Despite this, it remains a core concept in psychoanalysis and continues to influence our understanding of human psychology and development. [6] The Oedipus complex occurs between the ages of 3 and 6 (Phallic stage) and involves a young boys unconscious desire for his mother and a wish to replace his father to gain her affection. These aggressive sexual urges are met with fear of castration by the father (castration anxiety), which leads the boy to abandon his desire for his mother. The unconscious nature of these feelings causes the child to feel guilty about his incestuous desires. While Freud argues that the Oedipus complex is the core defining dynamic of human life, the unconscious sense of guilt is a deeper, underlying feeling that both precedes and transcends it. The superego is essentially a manifestation of unconscious guilt. Oedipal desires are repressed by the superego, which is also an end product of Oedipal development, this guilt actually exists well before the Oedipus complex, challenging the belief that the superego develops during the phallic stage. [9] The unconscious sense of guilt lays the foundation for Freuds tripartite model of the ego and the superego is supermoral, sometimes as cruel as the id. The stronger an individual's moral standards, the more dominant the superego becomes. An overly dominant superego redirects aggression inward and is believed to be the root cause of obsessive neurosis, resulting in ruminations, compulsions, and prohibitions. [9] Freuds ideas have been criticized as reductive by both the feminist and gay rights movements. [10]Karen Horney, a student of Freud and a prominent figure in psychoanalysis, challenged the concept of penis envy, arguing that it reflects a male-centric perspective and fails to account for the lived experiences of women. [7]Another major criticism is Freud's theory identifies heterosexuality as the normal resolution of the Oedipal complex, while characterizing homosexuality as a deviation or a sign of arrested sexual development. [12] Despite the criticisms, Freud's pioneering work significantly influenced psychology and our understanding of human behavior and mental processes. Freud's ideas paved the way for a deeper exploration of the unconscious aspects of the human mind, ultimately laying the foundation for psychoanalysis and modern psychoanalysis and m process from one nursing shift to another meets all the criteria of a ritual, as defined by psychoanalytic theory. This ritual is influenced by the nurses and their resulting perceptions of the patient. Notably, it is suggested that the handover serves as a ritual through which nurses can manage their anxieties and continue providing care for the patient.[13]Review Ouestions1.Sauerteig LD. 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