

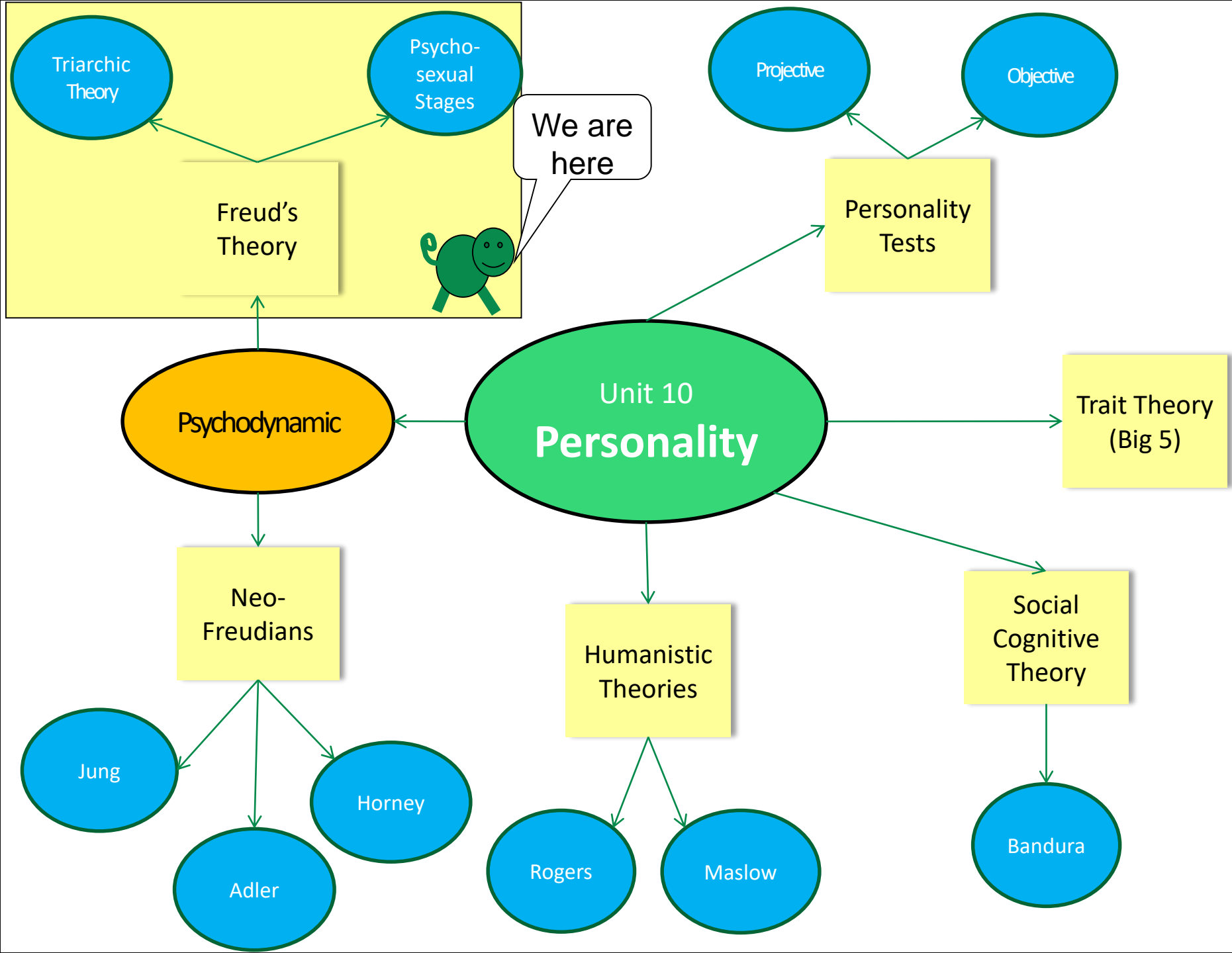


# WHS AP Psychology



## Unit 10: Personality

Essential Task 10-1: Describe Freud's *Triarchic Theory* of personality (*id, ego and superego*) with specific attention to the role of the *unconscious, wish-fulfillment, ego ideal, and defense mechanisms* and identify how personality develops through the *psychosexual stages (oral, anal, phallic, latency and genital)*.





# Issues in Personality

1. *Free will or determinism?*
2. *Nature or nurture?*
3. *Past, present, or future?*
4. *Uniqueness or universality?*
5. *Equilibrium or growth?*
6. *Optimism or pessimism?*



# Personality

Personality is an individual's characteristic pattern of thinking, feeling, & acting/behaving.

- Distinctive & consistent





# Psychodynamic Theories

Sigmund Freud

Behavior is the product of psychological forces within the individual, often outside of conscious awareness

Neo-Freudians

## Central Tenets

- 1) Much of mental life is unconscious. People may behave in ways they themselves don't understand.
- 2) Mental processes act in parallel, leading to conflicting thoughts and feelings.
- 3) Personality patterns begin in childhood. Childhood experiences strongly affect personality development.
- 4) Mental representations of self, others, and relationships guide interactions with others.
- 5) The development of personality involves learning to regulate aggressive and sexual feelings as well as becoming socially independent rather than dependent.



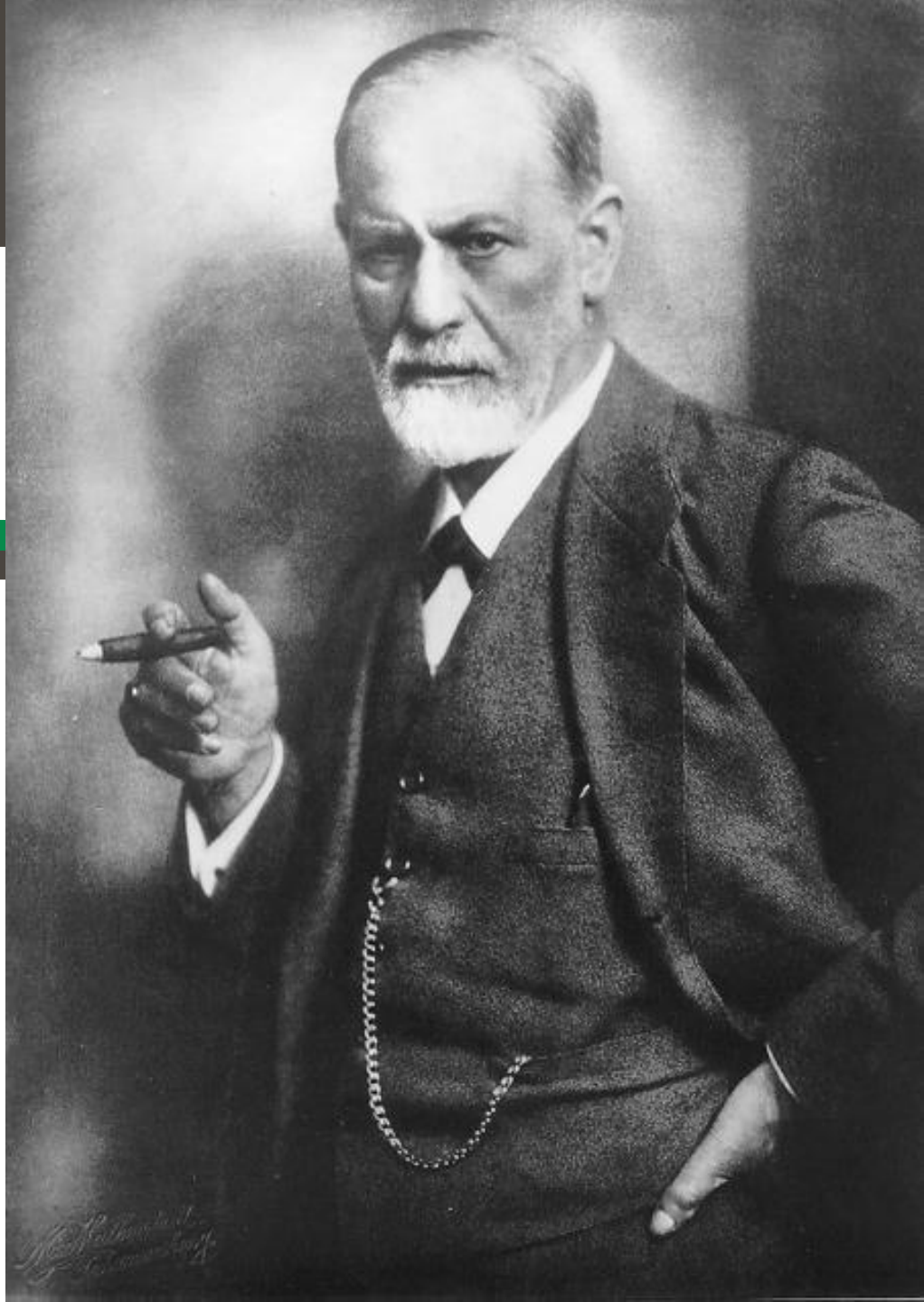
# Schools

## Personality Theories

- **The psychoanalytic perspective** – emphasizes the importance of unconscious processes and the influence of early childhood experiences
- **The humanistic perspective** – emphasizing the self and the fulfillment of a person's unique potential
- **The social cognitive perspective** – emphasizing learning and conscious cognitive processes,
- **The trait perspective** – emphasizes the description and measurement of specific personality differences among individuals



# Sigmund Freud





# Early life

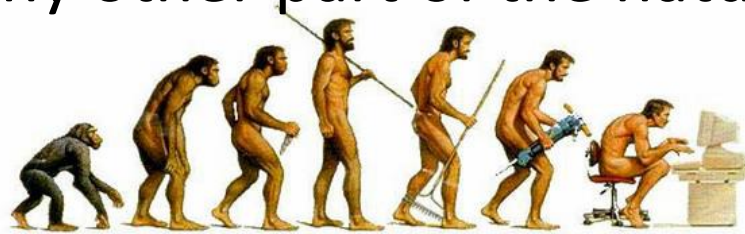
- 1856 Jewish parents (Czech Republic/Slovakia)
- Scholar: loved philosophy, religion, & literature
- Father pushed him to Medical School in Vienna
  - Private medical practice
  - Nervous Disorders
- World War I





# Backdrop of Freud's Intellectual World

- Darwin – Man is not special and can be studied like any other part of the natural order



- Helmholtz – Law of the Conservation of Energy



- Brucke – all living organisms are 'energy systems'
- Determinism



# Freud combines all of this:

- The human PERSONALITY is an energy system
- It is the job of psychology to investigate the change, transmission and conversion of this 'psychic energy' within the personality which shape and determine it.



# These Drives are the 'Energy'

- **Eros** (Life Instinct)
  - Covers all the self-preserving and erotic instincts
  - **Libido** is the most important of all – seen as sexual energy



Aphrodite with Eros

- **Thanatos** (Death Instinct)
  - Covers all the instincts toward aggression, self-destruction, and cruelty



Thanatos, Ephesos, 325-300 BC.  
Photo © Maier Verlag - GML



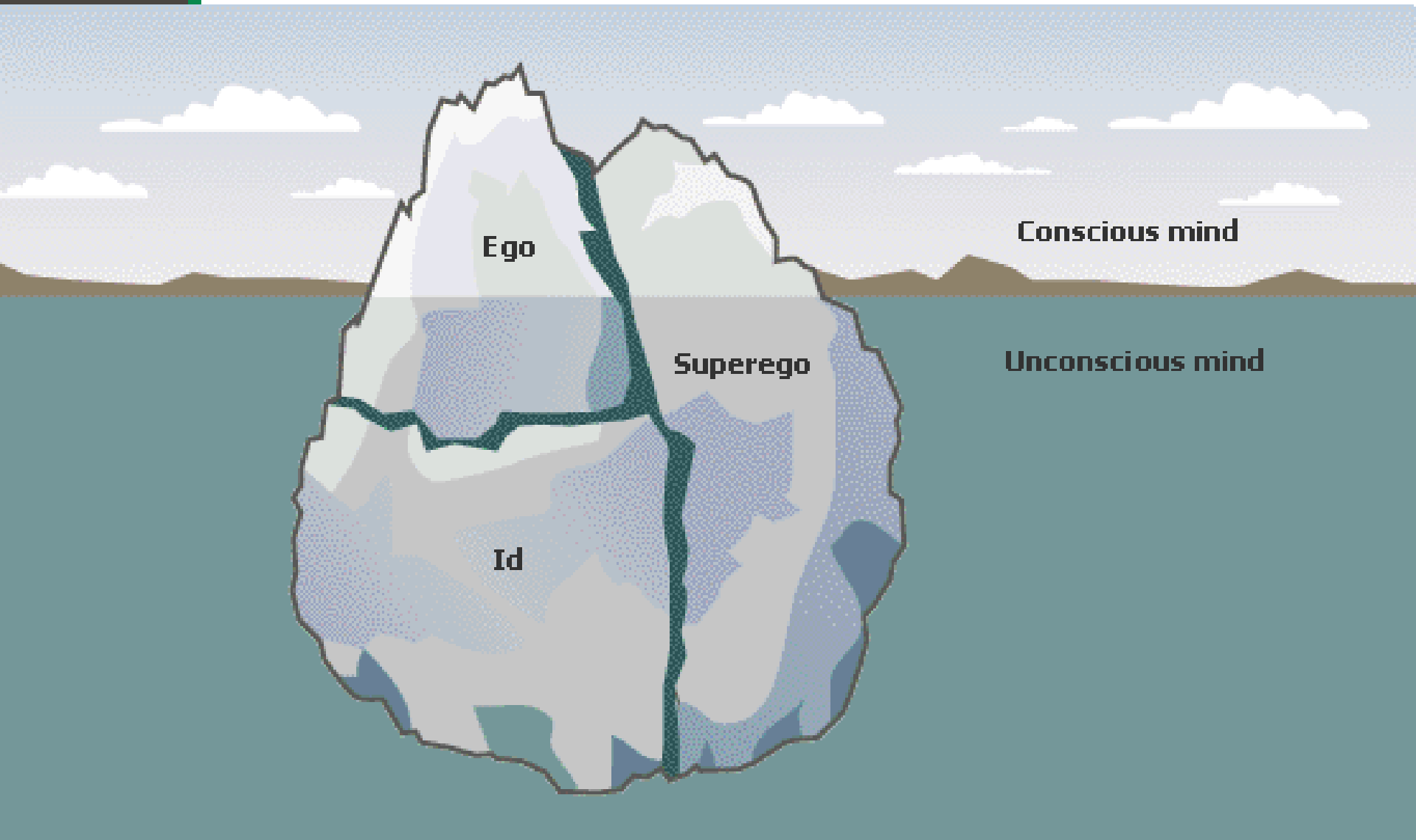
# Structure of the Mind

- Tripartite Theoretical Model
  - Id
  - Super-ego
  - Ego





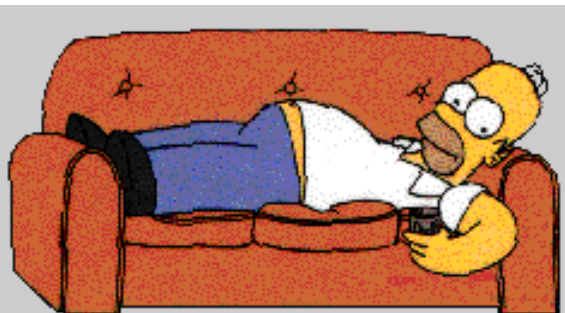
# Unconscious





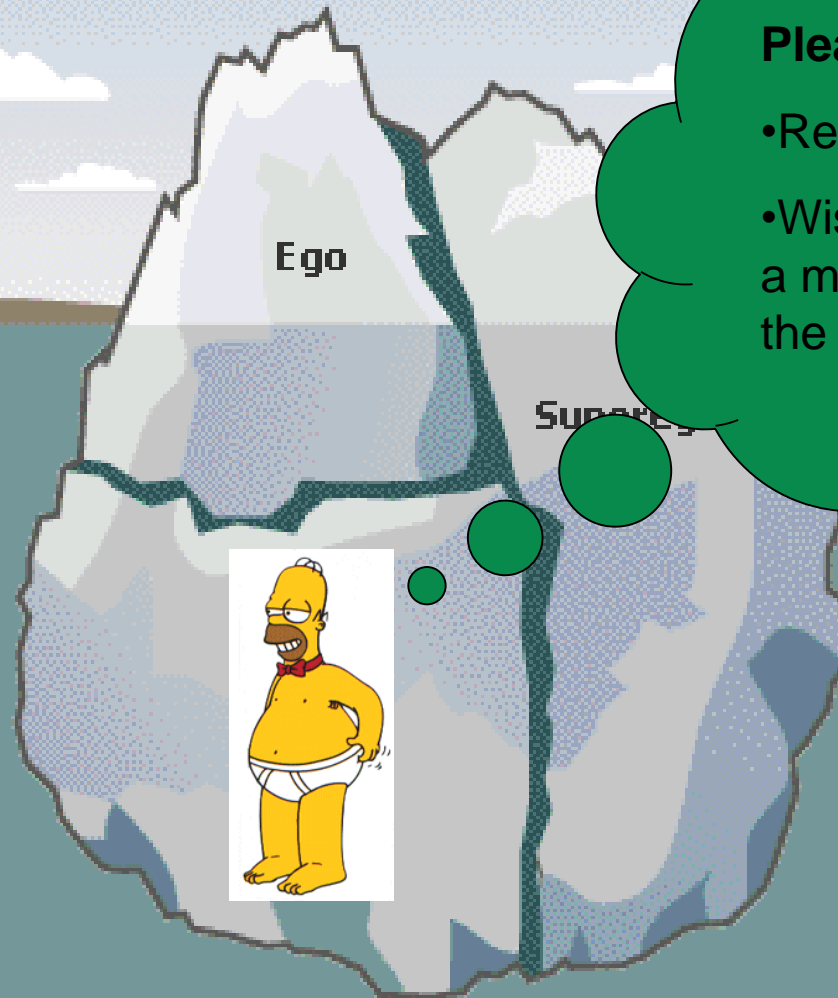
# Id

- “pleasure principle” - Oriented toward immediate unconditional gratification of desires and avoidance of pain
  - Libido
  - Irrational





# Id has no contact with outside world



## Pleasure through

- Reflex action
- Wish fulfillment - (fantasy)  
a mental image that satisfies  
the instinct





# Wish fulfillment

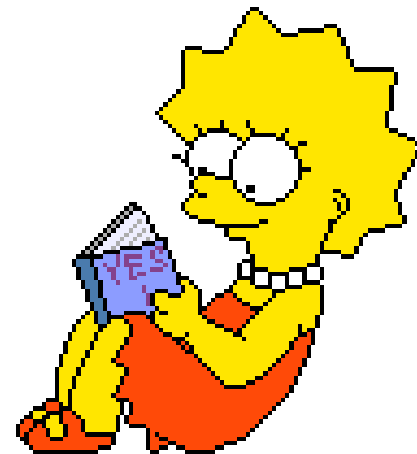






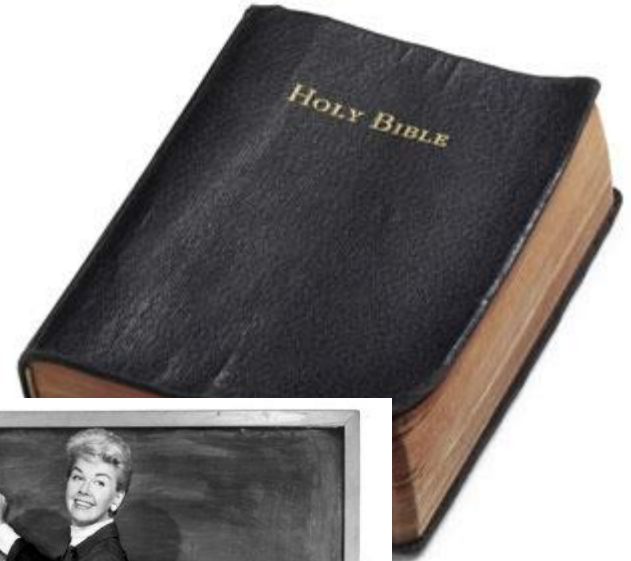
# Superego

- **Moral center** - “should”, “should not”
- We internalize the moral code of our society (Learned values)
- Guilt
  - Ego Ideal – perfect standards of what one would like to be



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# Learned, not present at birth





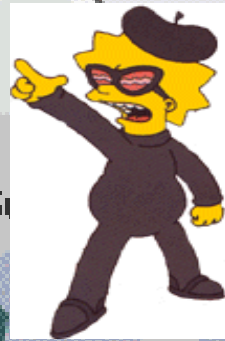
# Ego

- “reality principle”
- Has to negotiate/manage the demands of the id with the reality of living in society and with the demands of the super ego.
- rational

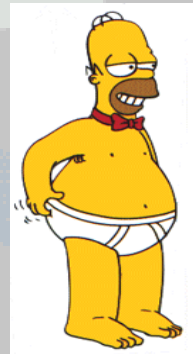




# Id has no contact with outside world



Conscious mind



Unconscious mind

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"Fifty is plenty."

"Hundred and fifty."



# Psychoanalytic Perspective

## Defense mechanisms

Denial: refusal to acknowledge a painful or threatening reality.

- “No, stop lying. That’s not true.”

Projection: attributing one’s own feelings on others.

- “Why do you hate me?”
- People who are late, hates it when others are late

Suppression: conscious choice to ignore undesired thoughts

Repression: exclude painful thoughts or feelings without realizing



:):

# Anybody watched Dexter???





# Psychoanalytic Perspective

## Defense mechanisms

Rationalization: justify or make excuse of reality

- “I didn’t want it anyway.”

Intellectualization: detaching from feelings by thinking about them intellectually.

- “Death is a part of life, it is inevitable”

Regression: revert to childlike behavior

- “But I don’t wanna!”
- <https://www.youtube.com/watch?v=zsS06ZNLqMk>





# Psychoanalytic Perspective

## Defense mechanisms

Reaction Formation: exaggeratedly opposite ideas and emotions.

- Being very nice to somebody you despise

Displacement: redirection of repressed motives or feelings onto substitute objects.

- A child who is bullied at home may bully others in school

Sublimation: transforming repressed motives or feelings into more socially accepted forms.





## Thin line Between the conscious and unconscious

- Sometimes our unconscious thoughts, etc slip into the conscious.
- How?
  - “Freudian slips”
  - Dreams
  - Humor



# Personality Development

- Interviewing patients convinced Freud that Personality forms during early childhood.
- Psychosexual stages
  - Oral
  - Anal
  - Phallic
  - Latency
  - Genital



**Free Association** – allow patients to say what's on their mind



## Fixate

- Unresolved conflicts during earlier psychosexual stages could surface as maladaptive behavior
- People will fixate on pleasures seeking energies in that stage



# FREUD'S PSYCHOSEXUAL STAGES

Stage	Focus
-------	-------

Oral (0–18 months)	Pleasure centers on the mouth—sucking, biting, chewing
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Anal (18–36 months)	Pleasure focuses on bowel and bladder elimination; coping with demands for control
---------------------	--

Phallic (3–6 years)	Pleasure zone is the genitals; coping with incestuous sexual feelings
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Latency (6 to puberty)	Dormant sexual feelings
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Genital (puberty on)	Maturation of sexual interests
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# Fixations: Oral Character



- Over indulgence
  - Need constant encouragement
  - Excessive dependence
- Under indulgence
  - Manipulative
  - Exploitative



# Fixations: Anal Character



- Anal retentive
  - obsessive with order and cleanliness
  - Conforms and obeys authority
- Anal-expulsive
  - becomes disorganized and messy
  - resents authority





# Fixations: Phallic Character



- Inadequate identification
  - Reckless, resolute, self-assured manner (cocky)
- Over identification
  - Need to prove masculinity
    - Sexual conquest
    - Men: overly manly things
    - Women : Penis envy (want to be better than the boys)



# Oedipus Complex

- Phallic stage boy seek genital stimulation
- Unconscious sexual desires for mother
- Jealousy and hatred for father/but fear him as well
- “Oedipus” – unknowingly killed his father and married his mother (gross! What a bucket of yuck!)
- **Electra Complex** – female version
  - There have been instances when women who have never met their father will develop sexual desires for them when they meet



# Identification

- Children repress threatening feelings towards their rival parent and cope by becoming like them
- Superego incorporates parents' values
- “If you can't beat' em, join em.”
  - Freud's attempt to explain why children developed similarity with their parents



# Oedipus Complex



- Phase One
  - Boy has a libidinal bond with the mother (breast feeding and mother as primary caregiver)
  - Parallel to this, the boy begins to identify with his father, the figure parallel to him in terms of biological sex. (Identification with the father's role as "lover" of mother.)
  - In this phase, these 2 relationship exist side-by-side and in relative harmony.



# Oedipus Complex

- Boy's feelings Intensify
- Sees the father as an *obstacle* and a *rival* who he desires to get rid of or to kill.
- Worries the father will castrate him.
- Boy is never 100% hostile. He keeps the identification so he is torn – ambivalence
- Boy hopefully turns his psychic energy into full-on identification with the father. "Can't beat'em, join'em."
- Boy is masculinized, eventually seeks his own sexual partner





# Castration Anxiety

- This fear or threat becomes **real** upon the observation of the female genitalia, which appear to be "castrated"
- Sources of the castration complex:
  - Punishment for affectionate feelings for Mother
  - Punishment for masturbation
  - Punishment for bed-wetting





# The "negative" outcome

- He identifies with the Mother so much that the father becomes the focus of his libidinal interests
- The boy exhibits "girl-like" behavior
- He assumes an affectionate, feminine attitude toward the father (instead of feeling ambivalence)
- Develops jealousy or even hostility toward the mother.
- According to Freud, this can lead to . . . .



# The Electra Complex



- But what about girls?
- During the phallic stage the daughter becomes attached to her father and more hostile towards her mother.
- Believes that mom is responsible for her not having a penis.
- This is due mostly to the idea that the girl is "envious" of her father's penis thus the term "penis-envy".
- This leads to resentment towards her mother, who the girl believes caused her castration.







## Penis Envy

- Girls seek compensation for the "lost" penis;
- They find this in the baby upon whom they can heap affection.
- The sense of "motherhood" results from the castration complex, the sense of "loss" or "inadequacy" based on an "inferior" physical endowment in the genital region.

:):

“You hate your father don’t you?”



“Yeah, but the guy I really hate is YOUR Father!”



# Feud's Case Study: Little Hans

- Would not go outside for fear of being bitten by a horse
- He had a dream that there was a big giraffe and a crumpled giraffe. He took away the crumpled giraffe and he sat on it.
- Hans has said he wanted to sleep with his mother, “coax with” or caress her, be married to her, and have children “just like his daddy.”
- His parents warned that if he continued to play with his “widdler” (penis), it would be cut off. He noticed that his sister had no “widdler.”





# Freud's Case Study: Little Hans

- Freud concluded that the boy was afraid that his father would castrate him for desiring his mother. Freud interpreted that the horses in the phobia were symbolic of the father, and that Hans feared that the horse (father) would bite (castrate) him as punishment for the incestuous desires towards his mother.
- The long giraffe was Hans' father and the crumpled giraffe was his mother. His unconscious desires wanted to take his mother away and "sit" on her.







# Unique Case Studies



British-born Kim West, who says she is now in a relationship with her son Ben Ford, who she gave up for adoption and was reunited with after 30 years

They found themselves sexually attracted to each other and shared their first kiss over a bottle of champagne in a hotel before having sex.

And just three days after they had sex for the first time, Mr Ford told his wife Victoria, he no longer loved her and would be leaving.

He told New Day that he told his wife: 'Everytime I have had sex with you since I met her, I imagine its her I am kissing, otherwise I can't perform.'

West, who grew up in Islington, London, became pregnant while studying in California and after giving birth to her son aged 19, gave him up for adoption.

form-fitting white mini dress as she enjoys night out with her pals Showed off her figure



▶ Getting fruity! Rita Ora seductively poses for VERY racy selfie as she shows off her assets in semi-sheer lemon motif bra on Instagram Showing off her lemons



▶ 'She was such a wonderful lady': Phillip Schofield reveals Victoria Wood paid his wife's rent as he talks about the late comedian on This Morning



▶ EXCLUSIVE: 'Get off your f\*\*\*\*\* nut!': Watch as Danny Dyer 'sparks outrage' when he sends the Queen a crass Happy Birthday message On Celebrity Juice



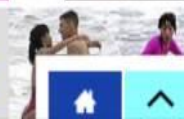
▶ Platinum blond Joey Essex joins Gogglebox stars Sandra and Sandy outside Windsor Castle to celebrate the Queen's 90th birthday From reality TV to royals



▶ 'She is very wise in what she wants to have done': Doctor behind Kylie Jenner's changing face discusses her 'amazing metamorphosis'



▶ Willow Smith, 15, enjoys an embrace with her rumoured boyfriend as they take a dip in the sea in Hawaii before



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# OA

1. What are some contradictory evidence from modern research about the unconscious? (487)
2. What is the current understanding of repression? (487-488)
3. Was Freud correct about the “Unconscious?” explain. (488)
4. What is the recent research tell you about defense mechanisms? (488-489)
5. What are some criticisms for Freud’s theories ? (489-490)



# *Pros and Cons*

- Pros

- Developed the concept of the unconscious mind
- First to connect childhood development with personality development
- Therapy : exploring unresolved conflicts







# *Pros and Cons*



- Cons
  - Pessimistic & Cynical
  - Deterministic --  
Inflexible and too simple
  - Not everything is about sex and anger
  - We are social organisms we cannot simply be selfish



# Evaluating the Psychoanalytic Perspective

## Modern Research

1. Personality develops throughout life and is not fixed in childhood.
2. Freud underemphasized peer influence on the individual, which may be as powerful as parental influence.
3. Gender identity may develop before 5-6 years of age.



# Evaluating the Psychoanalytic Perspective

## Modern Research

4. There may be other reasons for dreams besides wish fulfillment.
5. Verbal *slips* can be explained on the basis of cognitive processing of verbal choices. (capture effect)
6. If suppressed sexuality leads to psychological disorders. Sexual inhibition has decreased, but psychological disorders have not.





# Evaluating the Psychoanalytic Perspective

Freud's psychoanalytic theory rests on the **repression** of painful experiences into the unconscious mind.

The majority of children, death camp survivors, and battle-scarred veterans are unable to repress painful experiences into their unconscious mind.



# Freud and the Unconscious Mind

Modern research shows the existence  
of non-conscious information  
processing.

1. Schemas that automatically control perceptions and interpretations
2. Parallel processing during vision and thinking
3. Implicit memories
4. Emotions that activate instantly without consciousness



# Freud's Life Story

- 1856 Jewish parents (Czech Republic/Slovakia)
- Scholar: loved philosophy, religion, & literature
- **Father pushed him to Medical School Vienna**
  - Private medical practice
  - Nervous Disorders
- **World War I**
- **Evolution and Determinism**
  - Our Instincts were NOT pretty!
  - It could not be changed





# Schools

## Personality Theories

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