

# PERSONALITY

- Surly and bad tempered
- Finds anal humour particularly compelling
- ❖ Successful completion of this depends on parents' interaction with child while toilet training
- Praise/reward helps to get past this stage
- If parent ridicule/punish child, may cause conflict/fixations

## Phallic stage (4-6 years)

- ❖ **Phallic stage:** obtains pleasure from touching genitals and masturbating, and becoming aware of gender differences
- Development of personality through identification
- ❖ **Identification:** making another person part of oneself, stems from Oedipus and Castration Complex
- Imitating behaviours
- Changing self-concept to see oneself like another
- Trying to become more like the person by adopting his/her value and attitudes
- ❖ Attitudes towards self strongly influenced by identification with the same-sex parent (Koestner et al., 1991)
- ❖ **Oedipus complex:** Freud's hypothesis that little boys want an exclusive relationship with their mothers, and little girls want an exclusive relationship with their fathers
- ❖ **Castration complex:** boys' unconscious fear that their fathers will castrate them because of desire for the mother
- The fear is so threatening that they repress their Oedipal wishes (internalise a moral prohibition against incest) and identify with their father, in the hope that someday obtaining someone like their mother
- Girls identify with their mother because they fear losing her love
- ❖ **Penis envy:** girl's belief that because they lack a penis they are inferior to boys
- Symbolises men's activities being more interesting and valued
- ❖ **Fixations:** preoccupied with attracting members of the opposite sex or take on stereotypical characteristics of their own or opposite gender
- If you fuck up you either go nuts with being your own sex or go nuts with being the opposite sex, anxiety follows

## Latency stage (7 to 11 years) - period between stages

- ❖ **Latency stage:** repression of sexual impulses and continue to identify with their same sex parent
- Learn to channel sexual and aggressive drives into acceptable activities such as school, sport and art
- ❖ Relative stability
- ❖ **Fixations:** appear asexual

## Genital stage (12 years and beyond)

- ❖ **Genital stage:** conscious sexuality resurfaces after years of repression, and genital sex becomes the primary goal of sexual activity
- Develop mature sexuality and capacity for emotional intimacy
- Period of adopting adult behaviour patterns (parenting) and sexual maturation
- ❖ Kids display more affection to the other sex parent and more aggression to the same sex parent (Watson & Getz, 1990)
- ❖ (Fixation not discussed)
- ❖ Not as developed as the other stages as Freud thinks development is done earlier

## STRUCTURAL MODEL

- ❖ **Structural model:** describes conflict in terms of desires on the one hand and the dictates of conscience/constricts of reality on the other
- Conflict between what we want and what is moral

## ID, ego and superego

- ❖ **ID:** reservoir of sexual and aggressive energy, driven by impulse (kinda like unconscious)
- Characterised by **primary process thinking:** wishful, illogical and associative thought
- ID works according to the **pleasure principle:** seeking immediate satisfaction and gratification, with little or no consideration for the long term ramifications
- Untamed passions!
- ❖ **Superego:** conscience and source of ideals, strives for perfection
- Source of pride and guilt
- The parental voice within the person, established through identification
- ❖ **Ego:** the structure that balances desire (ID), reality (external world) and morality (Superego)
- Capable of **secondary process thinking:** rational, logical and goal directed thinking
- Obeys the **reality principle:** recognising that the immediate desire for pleasure needs to be offset against the possible consequences
- Brings pleasure seeking impulses in line with the real world without any pain or disjunction
- Responsible for managing emotions and finding compromises among competing demands; cognition, problem solving and decision making
- ❖ Ego is a source of justification for between ID (aggression) and superego (moral behaviours)

## DEFENCE MECHANISMS

- ❖ **Defence mechanisms:** unconscious mental processes aimed at protecting person from unpleasant emotions (e.g. Anxiety) or increasing pleasurable emotions
- When Ego loses control between ID and Superego, or when aroused by ideas of the ID: causes anxiety
- ❖ Some defences are patterned at a cultural level e.g. starvation of male cows in India because they can't give milk
- ❖ Defence mechanisms are not inherently 'bad'
- The worst mechanisms can do is to make people deeply out of touch with reality
- But mechanisms are adaptive so depends on situation and how much reliance we place as well
- A bit of denial could be useful when faced with a big task but denial of drug addiction is not good

## A long list of mechanisms that I need to memorise

- ❖ **Repression:** keeping thoughts or memories that would be too threatening to acknowledge from awareness
- When ID impulses is unacceptable to Superego but arouses the Ego
- Ego attempts to protect self from Superego by repressing the impulses and excluding anxiety arousing thoughts and feelings
- Repressed desires can still seep out in dreams and slip of tongue
- ❖ **Denial:** refusing to acknowledge external realities or emotions
- To protect ego from things that we can't cope with