



# Theories of Personality

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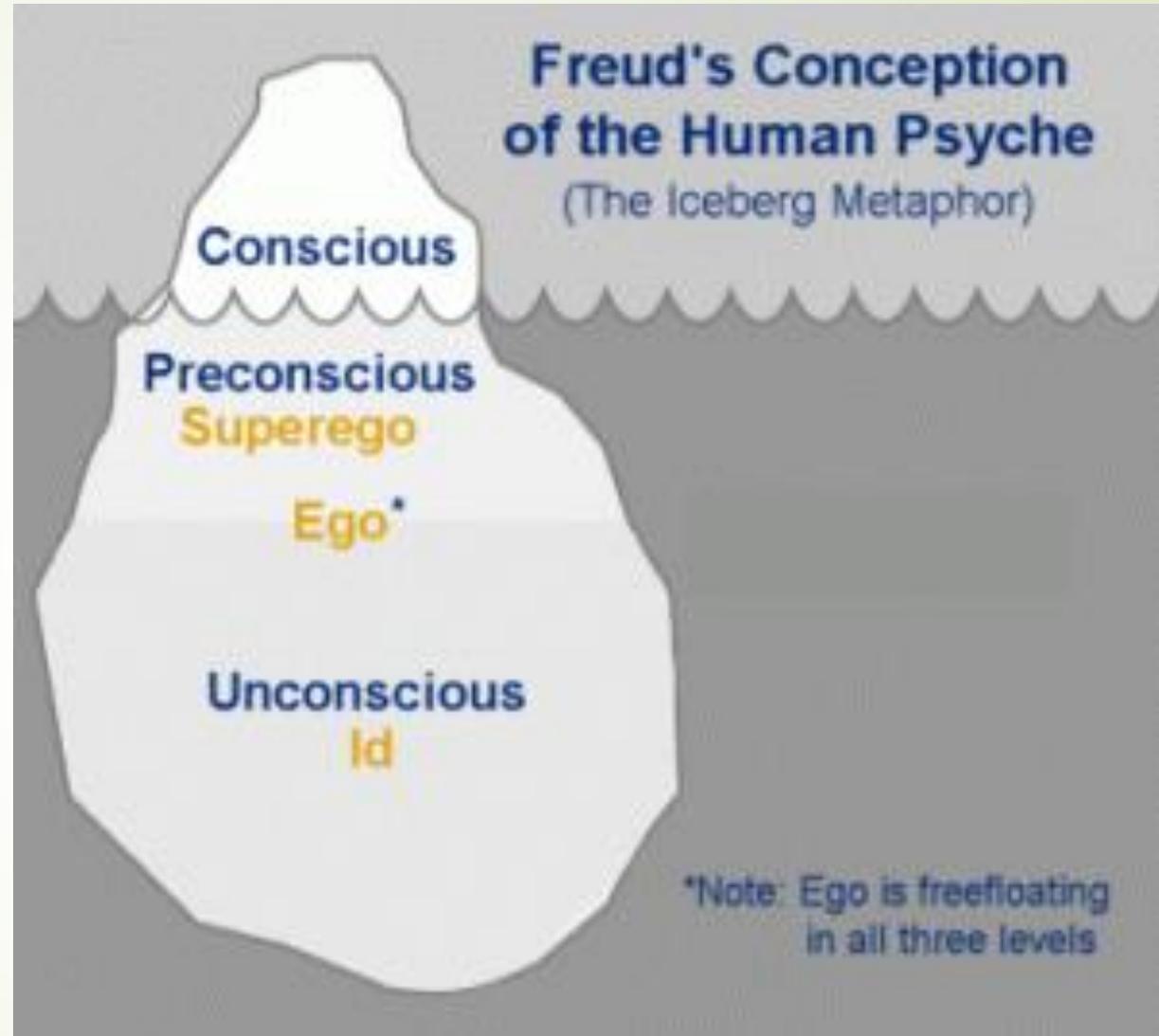


## Father of Psychoanalysis: Sigmund Freud

- Freud was the founding father of psychoanalysis a theory which explains human behavior and a method for treating mental illness .
- Psychoanalysis is often known as the talking cure.
- Typically Freud would encourage his patients to talk freely (on his famous couch) regarding their symptoms, and to describe exactly what was on their mind.

# Freudian Theories

- Topographical model of the mind (CONSCIOUS, PRECONSCIOUS and UNCONSCIOUS)
- Structural model of the mind (Id, Ego, Super Ego)
- Psychosexual Development Theory



# Instinct

- ▶ Instinct: refers to a pattern of species-specific behavior that is genetically derived and, therefore, is more or less independent of learning.
- ▶ Instinct has four principal characteristics:
  1. Source
  2. Impetus
  3. Aim
  4. object.





# Principal characteristics of Instinct

- ▶ Source: refers to the part of the body from which the instinct arises.
- ▶ Impetus: is the amount of force or intensity associated with the instinct.
- ▶ Aim: refers to any action directed toward tension discharge or satisfaction.
- ▶ Object is the target (often a person) for this action.

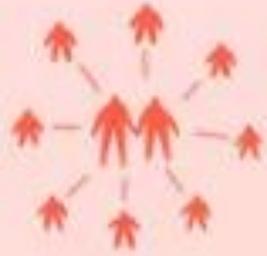


# Dual Instinct Theory

- The view that human life is governed by two antagonistic forces: the life instinct, or Eros, and the death instinct, or Thanatos this means that “the interaction of the two basic instincts with or against each other gives rise to the whole variegation of the phenomena of life”

# Eros

The Life Instinct



Procreation



Social cooperation



Survival



# Thanatos

The Death Instinct



Aggression



Risky behavior



Reliving trauma





# Life Instinct

- The drive comprising the self-preservation instinct, which is aimed at individual survival, and the sexual instinct, which is aimed at the survival of the species. In the dual instinct theory of Sigmund Freud, the life instinct, or Eros, stands opposed to the death instinct, or Thanatos. Also called **erotic instinct**.



# Death Instinct

- A drive whose aim is the reduction of psychical tension to the lowest possible point, that is, death. It is first directed inward as a self-destructive tendency and is later turned outward in the form of the aggressive instinct. In the dual instinct theory, the death instinct, or Thanatos, stands opposed to the life instinct, or Eros, and is believed to be the drive underlying such behaviors as aggressiveness, sadism, and masochism.



# Psychosexual Development Theory

- ▶ Psychosexual Development are, like other stage theories, completed in a predetermined sequence and can result in either successful completion or a healthy personality or can result in failure, leading to an unhealthy personality. As Freud believed that we develop through stages based upon a particular erogenous zone.
- ▶ During each stage, an unsuccessful completion means that a child becomes fixated on that particular erogenous zone.



# Psychosexual Development Stages:

- Oral stage (birth -18 months)
- Anal stage (18 months- 3 years )
- Phallic stage (3 years- 5 years)
- Latency stage (5 or 6 to puberty)
- Genital stage (puberty to adult)



# Oral Stage



## Oral

- libido is centered in the mouth
- child derives pleasure from sucking / chewing

- In the first stage of personality development, the libido is centered in a baby's mouth. It gets much satisfaction from putting all sorts of things in its mouth to satisfy the libido, and thus its id demands. Which at this stage in life are oral, or mouth orientated, such as sucking, biting, and breastfeeding.
- Freud said oral stimulation could lead to an oral fixation in later life. We see oral personalities all around us such as smokers, nail-biters, finger-chewers, and thumb suckers. Oral personalities engage in such oral behaviors, particularly when under stress.



# Anal Stage

- ▶ The libido now becomes focused on the anus, and the child derives great pleasure from defecating. The child is now fully aware that they are a person in their own right and that their wishes can bring them into conflict with the demands of the outside world (i.e., their ego has developed).
- ▶ Freud believed that this type of conflict tends to come to a head in potty training, in which adults impose restrictions on when and where the child can defecate. The nature of this first conflict with authority can determine the child's future relationship with all forms of authority.
- ▶ Early or harsh potty training can lead to the child becoming an anal-retentive personality who hates mess, is obsessively tidy, punctual and respectful of authority. They can be stubborn and tight-fisted with their cash and possessions.



## Anal

- Libido is centered in the anus.
- Potty training = independence



# Anal Stage

- ▶ This is all related to pleasure got from holding on to their faeces when toddlers, and their mum's then insisting that they get rid of it by placing them on the potty until they perform!
- ▶ The anal expulsive, on the other hand, underwent a liberal toilet training regime during the anal stage. In adulthood, the anal expulsive is the person who wants to share things with you. They like giving things away.
- ▶ An anal-expulsive personality is also messy, disorganized and rebellious.



## Phallic

- Libido is centered in the genitals
- Child begins to identify with same sex parent

# Phallic Stage

- Sensitivity now becomes concentrated in the genitals and masturbation (in both sexes) becomes a new source of pleasure. The child becomes aware of anatomical sex differences, which sets in motion the conflict between erotic attraction, resentment, rivalry, jealousy and fear which Freud called the **Oedipus complex** (in boys) and the **Electra complex** (in girls).
- This is resolved through the process of identification, which involves the child adopting the characteristics of the same sex parent.



# Phallic Stage

- ▶ The name of the Oedipus complex derives from the Greek myth where Oedipus, a young man, kills his father and marries his mother. Upon discovering this, he pokes his eyes out and becomes blind.
- ▶ This Oedipal is the generic (i.e., general) term for both Oedipus and Electra complexes.



# Oedipus complex

- ▶ In the young boy, the Oedipus complex or more correctly, conflict, arises because the boy develops sexual (pleasurable) desires for his mother. He wants to possess his mother exclusively and get rid of his father to enable him to do so.
- ▶ Irrationally, the boy thinks that if his father were to find out about all this, his father would take away what he loves the most. During the phallic stage what the boy loves most is his penis. Hence the boy develops **castration anxiety**.
- ▶ The little boy then sets out to resolve this problem by imitating, copying and joining in masculine dad-type behaviors. This is called **identification**, and is how the three-to-five year old boy resolves his Oedipus complex.
- ▶ Identification means internally adopting the values, attitudes, and behaviors of another person. The consequence of this is that the boy takes on the male gender role, and adopts an ego ideal and values that become the superego.



# Electra complex

- ▶ For girls, the Oedipus or Electra complex is less than satisfactory. Briefly, the girl desires the father, but realizes that she does not have a penis. This leads to the development of **penis envy** and the wish to be a boy.
- ▶ The girl resolves this by repressing her desire for her father and substituting the wish for a penis with the wish for a baby. The girl blames her mother for her 'castrated state,' and this creates great tension.
- ▶ The girl then **represses** her feelings (to remove the tension) and identifies with the mother to take on the female gender role.



# Latency Stage

- ▶ No further psychosexual development takes place during this stage (latent means hidden).
- ▶ The libido is dormant. Freud thought that most sexual impulses are repressed during the latent stage, and sexual energy can be sublimated (re: defense mechanisms) towards school work, hobbies, and friendships.
- ▶ Much of the child's energy is channeled into developing new skills and acquiring new knowledge, and play becomes largely confined to other children of the same gender.



## Latency

- No development in this stage. Desires are suppressed.



## Genital

- Libido resurfaces in the genitals at the beginning of puberty

# Genital Stage

- ▶ This is the last stage of Freud's psychosexual theory of personality development and begins in puberty. It is a time of adolescent sexual experimentation, the successful resolution of which is settling down in a loving one-to-one relationship with another person in our 20's.
- ▶ Sexual instinct is directed to heterosexual pleasure, rather than self-pleasure like during the phallic stage.
- ▶ For Freud, the proper outlet of the sexual instinct in adults was through heterosexual intercourse.
- ▶ Fixation and conflict may prevent this with the consequence that sexual perversions may develop.
- ▶ For example, fixation at the oral stage may result in a person gaining sexual pleasure primarily from kissing and oral sex, rather than sexual intercourse.

## Freud's stages of psychosexual development

Stage	Age	Sexual Focus	Key Developmental Tasks	Fixation results in
<b>Oral</b>	Birth – 1 year	Mouth (chewing, sucking)	Weaning	Obsessive eating, smoking or drinking (alcoholism)
<b>Anal</b>	2 - 3 years	Anus	Toilet training	Obsession with cleanliness, Sexual anxiety
<b>Phallic</b>	4 - 5 years	Genitals (masturbation)	Identifying with gender role models (Oedipus / Electra complex)	Difficulty with intimate relationships
<b>Latency</b>	6 – 12 years	None	Social interaction	No fixation occurs ( <i>this stage does not occur in all societies</i> )
<b>Genital</b>	Puberty & later	Genitals (sexual intimacy)	Intimate relationships productivity	Previous fixation = low sexual interest / no previous fixation = normal sexual motivation



THANK YOU