

GE1137

Movies and Psychology

Scene 1: Drama

Psychoanalysis



Psychoanalysis

- A classical perspective on human mind (*psyche*) and personality



Personality

- The unique way in which a person thinks, acts, and feels across time and situation
 - stable in different situations.
 - different from performance
 - observe in many situations



Psychoanalysis

- Illustrates the structure of human mind
- Explains how personality develops
- *Telling us why we are what we are now!*



Freud's Classical Psychoanalytic Theory

- Sigmund Freud (1856 - 1939)
 - Lived most of his time in Vienna (nowadays Austria)
 - A clinical neurologist treating patients with emotional disorders (with no known physiological causes)
 - Devoted his entire life to develop his theory
 - Sex was a primary cause of emotional (and mental) problems
 - **Sexual desires** and **childhood experience**: Two main driving forces for personality development
 - Revolutionary in his time (Victoria period)



Three-level structure of our Mind

Conscious level

what you are presently aware of / thinking about right now

Preconscious level

前意识

memory or information that you are not presently aware of but can gain access to

can receive from memory



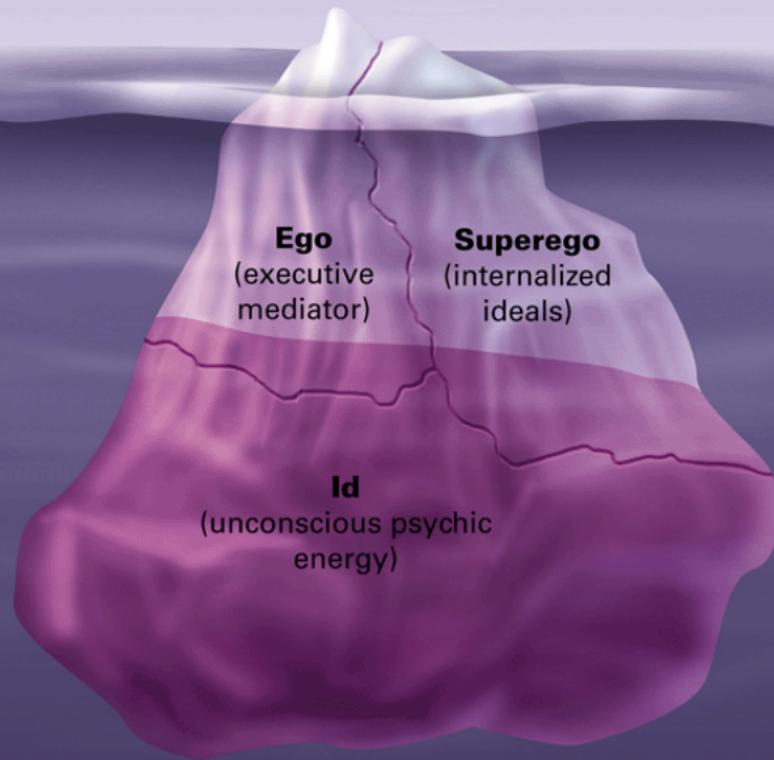
Three-level structure of our Mind

3. Unconscious level

accounts for most of our behaviors
and feelings.

- 不意识 the part of our mind of which we cannot become aware
- contains a variety of drives (motivations) for all of our actions and feelings 本能直觉
- a) biological instinctive drives (e.g., need for food and sex)
- b) aggressive drives
- c) repressed unacceptable thoughts, memories, and feelings, especially unresolved conflicts from our early childhood experiences
- dreams





Conscious mind
(present awareness)

Preconscious mind
(outside awareness
but accessible)

Unconscious mind
(not accessible)

Freud's Three-Part Personality Structure

Id

Ego

Superego



Id

- Means “it” in Latin
 - What would “it” usually be referring to?
- The primitive form of personality and is present at birth
- Resides in the *unconscious* mind 原始本能在
- No memory of infancy experiences

储藏区

婴儿期

- Reservoir of our basic ~~instincts~~ 本能.

Life instincts for survival, reproduction, and pleasure

Death instincts, destructive and aggressive drives detrimental to survival

- Operates on the **pleasure principle**
 - demands immediate gratification

享乐

不计后果
no consider of consequence



Id

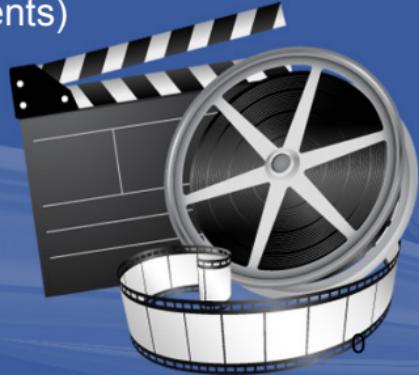
- From birth to about 1 or 1.5 yrs... pleasure principle



Ego

- Means “I” in Latin
- Starts developing around the 1st or the 2nd year of life
- Operates on the **reality principle** *more rational
more cunning*
*finding gratification for instinctive drives of the Id within the
constraints of reality (e.g., the rules from parents)*
avoiding punishment

→ bad consequence
ego stop environment.



Ego

- It is partly unconscious (tied to the id) and partly conscious and preconscious (tied to the external world)
desire constraints
- Serves as the executive manager or boss of personality

主導



Ego

- After 1 or 2 yrs...reality principle



Superego

- Means “over the self” in Latin
 - Represents one’s *conscience* (moral sense)
 - Developed from Ego
 - Internalizing ideal standards of behavior in one’s environment
内化 *socialized standard.*
 - Operates on a **morality principle**
 - threatening to overwhelm us with guilt and shame

beyond the self and consequence



Superego

无意识水平

- The demands of the superego and the id will come into conflicts
 - the ego will have to resolve this turmoil within the constraints of reality
- Trying to satisfy the id and superego may lead to *anxiety*
- The ego uses **Psychological defense mechanisms** to distort reality and protect us from anxiety
扭曲曲
- E.g., with your best friend's girl friend?



Unhealthy Personality

- Why do problems occur?
 - E.g., Why some of us get SO nervous at times?
 - E.g., Why do we sometimes act impulsively?
 - E.g., Why do some people get into psychological problems?
- Conflicts between id and superego.
Anxieties -> Psychological disorders



Unhealthy Personality

- Develops when...
– we become too dependent on the defense mechanisms
- either the Id (psychopathic) or Superego (depressive) is too strong
- the Ego is too weak



How to handle conflicts?

Psychological defense
mechanisms

S. Freud and A. Freud



Freud's Defense Mechanisms

防御机制

Repression 	Unknowingly placing an unpleasant memory or thought in the unconscious	E.g. Not remembering a <u>traumatic</u> incident in which you witnessed a crime
Regression 	Reverting back to immature behavior from an earlier stage of development	E.g. Throwing temper tantrums as an adult when you don't get your way
Displacement 	Redirecting unacceptable feelings to a safer substitute	E.g. Taking your anger toward your boss out on your spouse or children by yelling at them and not your boss

<p>Sublimation</p> <p><i>升华</i></p>	<p>Replacing socially unacceptable impulses with socially acceptable behavior</p>	<p>E.g. Channeling aggressive drives into playing football or inappropriate sexual desires into art</p>
<p>Reaction Formation</p> <p><i>反向形成</i></p>	<p>Acting in exactly the opposite way to one's unacceptable impulses</p>	<p>E.g. Being overprotective of an unwanted child</p>
<p>Projection</p> <p><i>投射</i></p>	<p>Attributing one's own unacceptable feelings and thoughts to others and not yourself</p>	<p>E.g. A man who desires to have an extramarital affair accuses his wife of flirting with other men</p>
<p>Rationalization</p> <p><i>合理化</i></p>	<p>Creating false excuses for one's unacceptable feelings, thoughts, or behaviors</p>	<p>E.g. Justifying cheating on an exam by saying that everyone else cheats</p>

Denial

拒否

Refusal to recognize or acknowledge a threatening situation

E.g. Mary realized that her husband is having an affair with another woman but she denies it.



How do the three parts of personality develop?

Psychosexual Stage Theory



性心理发展阶段说 Freud's Psychosexual Stage Theory

精神理论

- Explains how one's personality develops
- This theory was developed based on his own childhood memories and years of interactions with his patients
- *On each stage, the id's pleasure-seeking psychic energy is focused on a specific body part (**erogenous zone**)
 - A change in erogenous zone signals the beginning of a new stage



Freud's Psychosexual Stage Theory

- **Fixation** occurs when a portion of the id's pleasure-seeking energy remains in a stage
 - because of excessive gratification or frustration of our instinctive needs
 - fixation may continue throughout the person's life and impact the person's behavior and personality



Freud's Psychosexual Stage Theory

- **Key ideas of the theory**
- 1) Different developmental stages (almost all before age 12)
- 2) In each stage, a specific body part is at the focus (erogenous zone)
- 3) Needs of Id are channeled through the erogenous zone
- 4) Either over- or under-fulfilling of the needs would negatively impact personality development



Freud's Psychosexual Stages

Stage (age range)	Erogenous Zone	Activity Focus
Oral (birth to 1½ years)	Mouth, lips, and tongue	Sucking, biting, and chewing
Anal (1½ to 3 years)	Anus	Bowel retention and elimination
Phallic (3 to 6 years)	Genitals	Identifying with same-sex parent to learn gender role and sense of morality
Latency (6 years to puberty)	No erogenous zone	Cognitive and social development
Genital (puberty to adulthood)	Genitals	Development of sexual relationships, moving toward intimate adult relationships

Freud's Psychosexual Stages

Stage (age range)	Erogenous Zone	Activity Focus
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Too less...

Too much...



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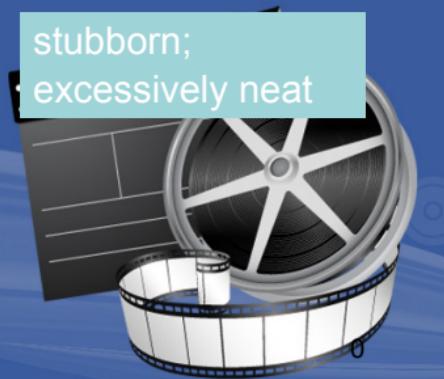
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Too lenient...

messy; lack of self control; impulsive

Too harsh...

stubborn;
excessively neat



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Sexual curiosity and interest in genitals

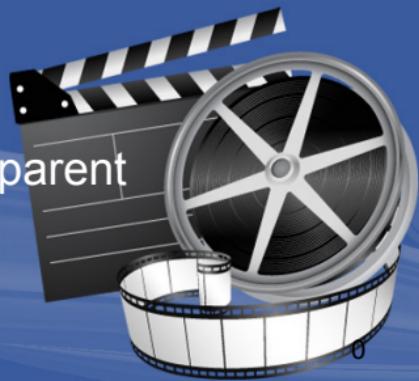
Boys -> castration anxiety

Girls -> penis envy

Sexual attraction towards the opposite sex parent

- Oedipus complex
- Electra complex

“Identification” with the same sex parent



Freud's Psychosexual Stages

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“Identification” is the development of super-ego
What if the process of identification goes wrong?

Fixation may occur
-> immature sexual attitudes in adulthood



Evaluating Freud's Theory

- **Criticisms**
 - Too much emphasis on early experiences (below 12)
 - Too much faith in unconscious mind's control
 - Too much emphasis on sexual and aggressive instincts (though understandable)
- **Contributions**
 - Childhood is important to later functioning
 - Unconscious processes play a significant role in human development



Evaluating Freud's Theory

- Although highly controversial, many parts of his theory are still influential in many aspects even nowadays including art, literature, and movies...

