



NATIONAL UNIVERSITY
of Computer & Emerging Sciences

SS2019

Psychology

Assignment 01

Id, Ego, Superego & Defense Mechanisms

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Id, Ego and Superego

Id:

One very obvious example of my Id is how I tend to procrastinate on assignments. If there is a task that needs to be done, most of the time I end up opting to relax or play video games. My Id takes over at this point because it is more desirable to have instant enjoyment and satisfaction rather than think about the bigger fallout, like possibly lowering my grades. What wins out is the immediate desire to have fun instead of focusing on studies.

Ego:

My Ego is clearly visible while I am shopping. I consider how long the thing is going to last me, whether it is worth the money I am paying for it, and if it will be worthwhile in the long term. This shows how my Ego works, as it helps me make a rational decision by balancing my id with practical thinking. Instead of buying something impulsively, I make an informed choice that will serve for a longer period of time.

Superego:

A good example of my Superego is when I help others in need, even if this will benefit me in a way that may cost me time or energy. For instance, if I see a friend struggling with their work, I may decide to help them, even when I have my own work to accomplish. That is my Superego driving me since it demands doing the right thing to help others even though I wish that wasn't the right thing.



Defense Mechanisms

Displacement:

Sometimes, I fight with people when I am frustrated about something like university work or family problems. For instance, I would fight with my sibling who probably doesn't even know why I am so pissed off.

Repression:

During examinations and assignment submissions, I push my stress to one corner. Rather than accepting it, I distract myself with video games or social media, keeping on pretending like it is not there.

Sublimation:

When I'm stressed or worried, I channel that energy productively like hitting the gym or going for a run.

Rationalization:

I allow pretty weak excuses for my procrastination. I say stuff like, "I work best under pressure," although I know it's just an excuse.

Denial:

When I have something big coming up and I haven't prepared for it, I might convince myself that "it's not a big deal, I still have time," even when deep down I know that it is going to be a problem if I don't start now.