



HS 002: Introduction to Psychology

Unit 5: Personality (Lecture 2)



Recap



1. What is personality?

Personality is a dynamic organization within the individual of those psychophysical system that determine his unique adjustment with the environment.

2. Personality is divided into 3-levels of consciousness.

3. Structure of Personality?



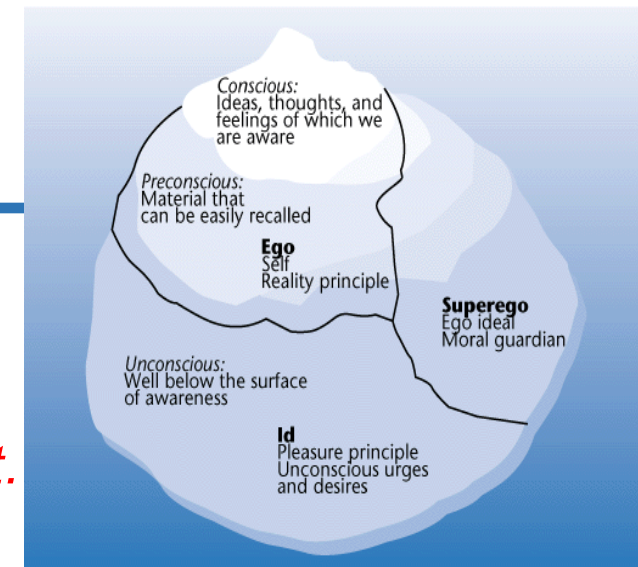
Id:
Instincts



Ego:
Reality

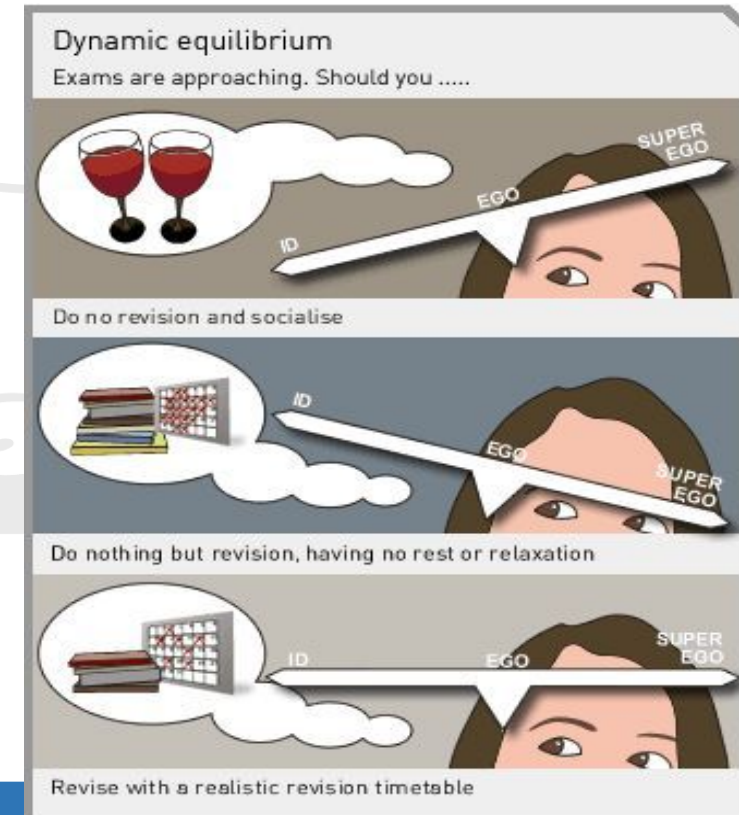


Superego:
Morality



4. Id monitors super-ego. T/F

5. Ego follows pleasure principle? T/F



Nature versus Nurture

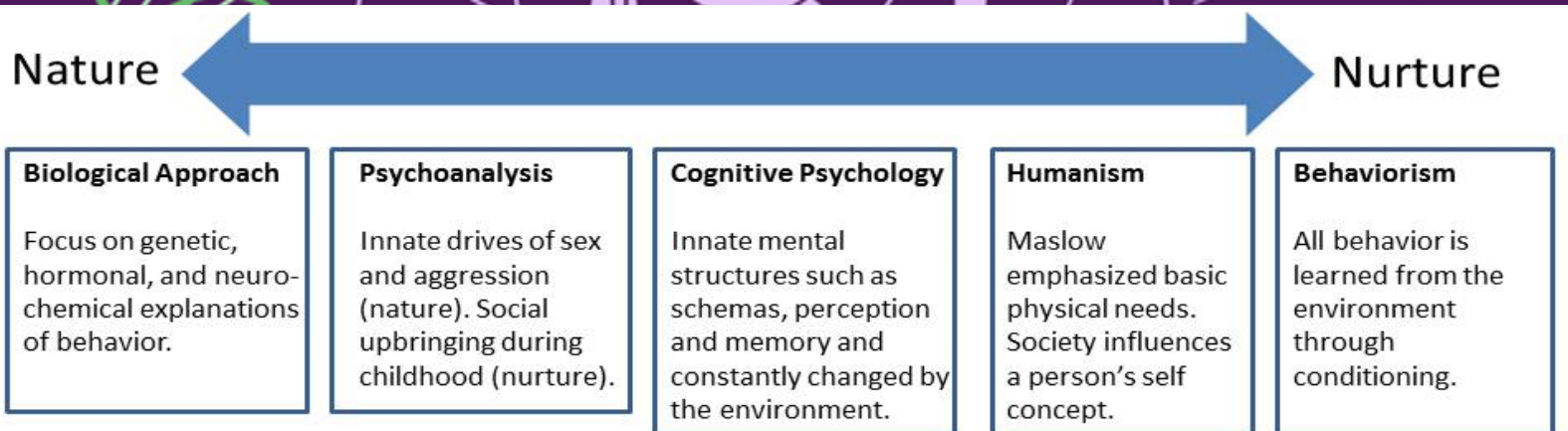
Nature

Genes and Hereditary
physical appearance
personality characteristics

Epigenetics

Nurture

Environmental Variables
childhood experiences
how we were raised
social relationships
surrounding culture



Instinct

Sigmund Freud stated that –

- *Humans have little to no capacity for free will...*
- *Humans behavior is driven by a desire for pleasure and is governed by 2-instincts: (i) Life Instinct (EROS) (ii) Death Instinct (Thanatos)*

What is Instinct?

- *An inborn psychological representation of an inner somatic source of excitation.*

The psychological representation is called wish and the bodily excitation from which it stems is called a need. For e.g. State of hunger (physiologically) psychologically it is represented as a wish for food.

Characteristics of Instincts

Instinct has four characteristics:

1. **A source:** is the bodily condition or needs
2. **An aim:** is the removal of the bodily excitation (e.g. aim of hunger is to remove nutrient deficiency)
3. **An object:** number of actions involved to avoid hunger
4. **An impetus:** is the force or strength, which is determined by the intensity of the underlying need.

For eg. Nutritional deficiency increases up to the point where physical weakness sets in, the force of the instinct become correspondingly greater.

Types of Instinct (Life & Death)

1. Life instinct(EROS) covers all self-preserving and erotic instincts. The form of energy by which the life instinct perform their work is called libido. (*Everybody wants to be love and be loved*).
2. Death instinct (Thanatos) covers all the instincts towards aggression, self-destruction, and cruelty. (*Everybody want to be remembered after they die*)
3. Freud gave **sexual drives** an importance and centrality in **human life, human actions, and human behavior**. He argued that sexual drives exist in children from child birth and that sexual energy (libido) is the single most important motivating force in adult life.
4. Freud effectively redefined the term “sexuality” to make it cover any form of pleasure which is or can be derived from the body.

Anxiety

Anxiety- intense, excessive and persistent worry and fear about everyday situations.



Overwhelmed by excessive stimulation that the ego is unable to bring under control, the ego becomes flooded with anxiety.

Freud recognized 3-types of anxiety:

- (i) Reality anxiety: fear of danger in the external world. E.g. tiger
- (ii) Neurotic anxiety: fear that instinct will get out of control. E.g. Nervous fear
- (iii) Moral anxiety: fear of the punishment likely to ensue from instinctual gratification (satisfaction). E.g. social fear

Defense Mechanism

Defense mechanism (12 types)



- *Defense mechanism is used to protect ourselves from feelings of anxiety or guilt, which arises because we feel threatened, or because our id or superego becomes too demanding.*
- *Techniques of ego to deal with unwanted thoughts and desires and reduce or avoid anxiety*
- *Ways of coping with difficult feelings.*



Rationalization/Rationalism (making excuses)

Rationalization is a defense mechanism- in which controversial behaviors or feelings are justified and explained in a seemingly rational or logical manner to avoid the true explanation.



Projection



*Projection is a defense mechanism - in which the human ego defends itself against **unconscious impulses or qualities** by **denying their existence in themselves** while **attributing them to others**.*



Repression & Suppression

1. Repression (motivated forgetting) – active effort by the ego to push threatening material out of consciousness.
2. Suppression – is the voluntary blocking of unpleasant feelings and experiences from one's awareness to void discomfort and anxiety.



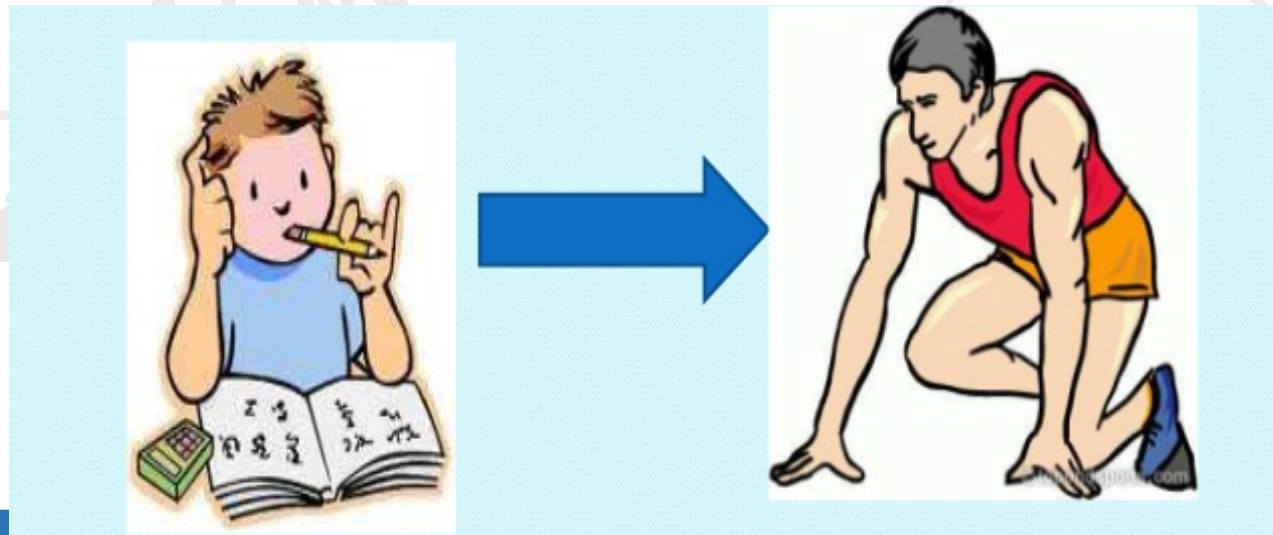
Compensation



Compensation is a defense mechanism – in which psychologically counter balancing perceived weaknesses by emphasizing strength in other areas

E.g. (i) a physically unattractive adolescent starts weightlifting.

(ii) A blind woman becomes proficient in playing piano.



Reaction formation is a defense mechanism – in which a person perceived their true feelings or desires to be socially or, in some cases, legally unacceptable.

For e.g.:

- A person who is angry with a colleagues actually ends up being particularly courteous and friendly towards them.
- Someone frightens you so you act super nice.



THANKS!