

③ → Personality : Chapter # 05.

↳ Personality ?

- A person's pattern of thinking, feeling & acting.

↳ Types of personalities :

Type A

- Ambitious.
- Easily angered.
- Stress junkies.
- Highly competitive.
- More prone to diseases.
- Play hard to win.
- Patient.
- Dominating.

Type B

- Relaxed.
- Calm and composed.
- Less stressed.
- Easygoing.
- Don't face much diseases.
- Play for entertainment.
- Impatient.
- Emotional.

↳ Psychoanalytic Theory
OF Personality :

- Fathered by "Sigmund Freud".
- Idea of the "Libido" (survival & sexual energy)
- Proposed the concept of "Instincts". "Eros" and "Thanatos".

→ Psychoanalysis / Psychodynamic: (Sigmund Freud)

• Sigmund Freud is known as "Father of Modern Psychology." Freud focused on the influence of the unconscious mind on behavior. He was the 1st psychoanalyst and the 1st to analyze "dreams". He asserted that the sexual urges in the unconscious constitute the main human drive, known as a 'libido'.

→ Freud's contribution :-

⇒ Instincts :-

- ① Eros : life instinct
- ② Thanatos : Death instinct

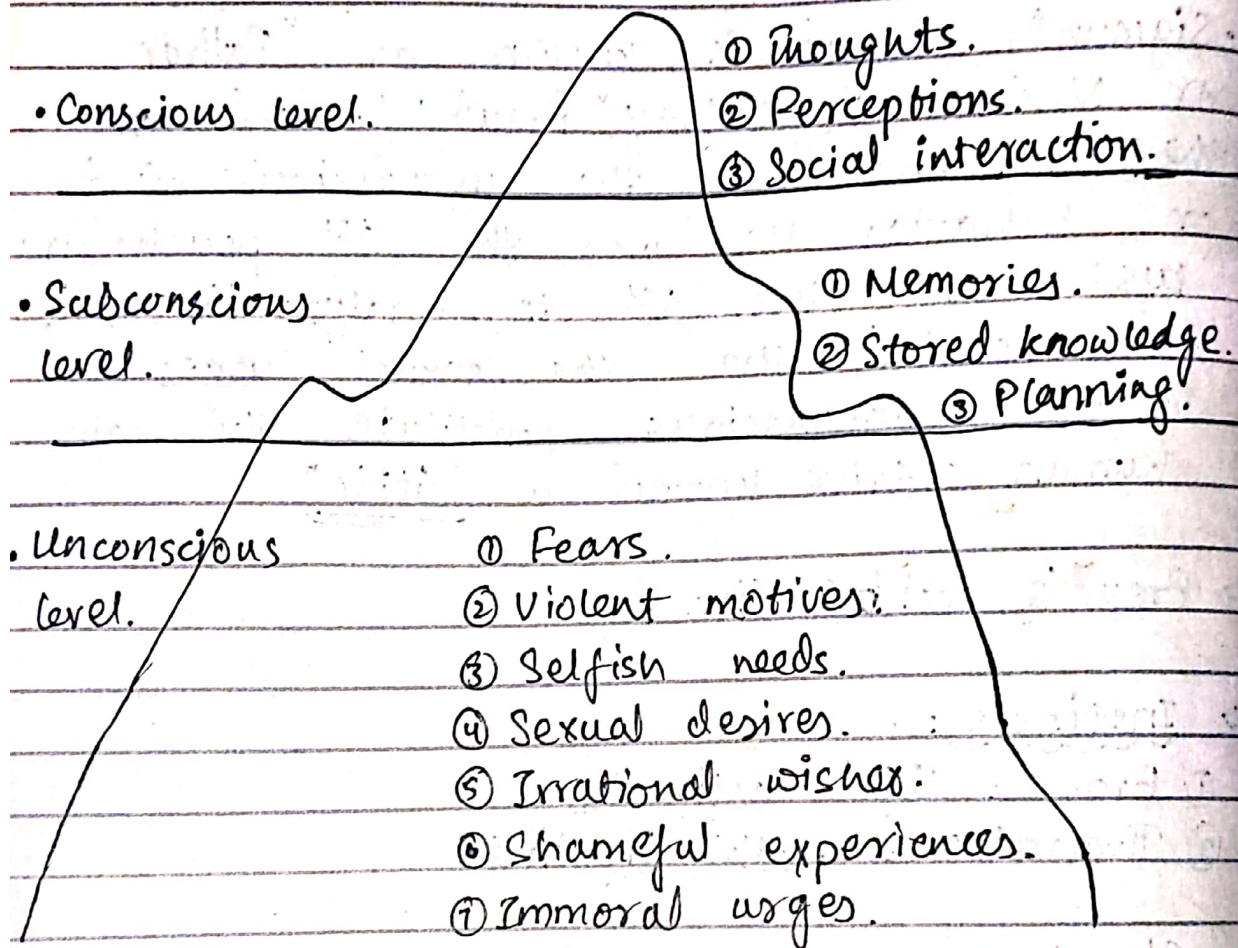
⇒ Structure of personality :-

- ① Id : ruled by pleasure principle.
- ② Ego : ruled by reality principle.
- ③ SuperEgo : ruled by morality principle.

⇒ Structure of mind levels :-

- ① Conscious level :
- ② Subconscious level :
- ③ Unconscious level :

↳ The Mental Iceberg :-



↳ Instincts by Freud :-

• Eros :

→ Includes the drive to live, basic instinctual impulses, sexual instincts and pain avoidance. It is the desire to create life and favors productivity. Deals with basic survival, pleasure and reproduction.

• Thanatos :

→ It is the death instinct. Such instincts can result in self-harm or suicide. Behavior includes destructive tendencies such as hatred, rage, aggression or risk.

↳ Freud concept of Personality :

① Id : Exists entirely in the unconscious. Our hidden truths, wants and desires. Avoid pain and works on the pleasure principle.

② Ego : It negotiates between Id and the environment. In our conscious and unconscious minds. It is what everyone sees as our personality.

③ Super Ego : It is our conscious. The difference between right and wrong.

↳ Freud Psychosexual Stages of development:

① Oral stage: (Birth to 1)

- Pleasure obtained by 'sucking'. It includes mouth oriented pleasures, such as 'sucking', 'biting', and 'breastfeeding'.
- Freud said oral stimulation could lead to an oral fixation in later life, such as smoking, nail-biting, finger-chewing, and thumb-sucking. These things happen particularly when under stress.

② Anal stage: (1-3 years)

- Conflict between child's ability to eliminate wastes at will versus societal expectations of toilet training.

③ Phallic stage: (3-6 years)

- Identification with same-sex parents.
 - Oedipus complex: A boy feels that he is competing with his father for possession of his mother.
 - Electra complex: A girl feels that she is competing with her mother for her father's affection.

④ latency stage: (6-12 years)

→ Focus on Internalization of society's rules.

Freud thought that most sexual impulses are repressed during the latent stage, and sexual energy can be transferred or sublimated towards school work, hobbies, and friendship. It helps child to develop new skills and becomes largely confined to other children of the same gender.

⑤ Genital stage: (12 years above)

→ The focus of this stage is "on adult sexual interest and behaviours". It begins in puberty.

• Defence Mechanism:

→ Invented by 'Ego' to resolve the conflict b/w 'id' and 'Superego'.

• Properties:

- ① Deny or distort reality in some way.
- ② Operate in unconscious level to protect anxiety.

① Denial:

→ You simply refuse to accept the truth or reality.

e.g: Smokers failed to acknowledge that they are addicted to cigarettes.

② Repression:

→ Unpleasant experiences are subdued in the unconscious mind and can't be access by the conscious mind.

e.g: An accident victim nearly dies but remembers none of the details of the accident.

③ Rationalization:

→ Provide a reasonable explanation to make unreasonable behaviour appear logical.

e.g: Student fails in exam and blames the teacher for making tricky paper.

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④ Sublimation:

→ Transforms unacceptable impulse into socially accepted behavior.

e.g: A person with extreme anger might take-up kick boxing.

⑤ Displacement:

→ Redirecting the feeling of anger or violence from self to someone that is less threatening instead of real target.

e.g: Angered by a neighbor's comment A mother punishes her child.

⑥ Regression:

→ Returning to a behavior pattern characteristics of an earlier stage of development.

e.g: After going through divorce, An individual might begin smoking excessively or become very aggressive.

⑦ Reaction formation:

→ Means expressing the opposite of your inner feelings in your outward behaviors.

e.g: A woman who loves an unobtainable man and behaves as though she hates him.

③ Projection :

→ This involves your own unacceptable thoughts, feelings and motives to another person.

e.g.: If you hate someone and you know that your hate is wrong, so you start believing that the other person hates you.

④ Intellectualization:

→ You think away an emotion or reaction that you don't enjoy feeling. Although you aren't denying that the event occurred.

e.g.: A person with a disease start begins to learn everything he can do about the illness.