

P.G. SEM II

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FREUDIAN THEORY

BEYOND THE PLEASURE PRINCIPAL

BY

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BEYOND PLEASURE PRINCIPLE

REALITY AND PLEASURE



Pleasure Principle

*the drive to avoid pain
and prolong pleasure*

Pleasure principle & Reality principle

- In 1911, Freud recast the primary process and secondary process dichotomy into the pleasure principle and reality principle.
- Both principles are aspects of ego functioning.
- *Pleasure principle* An inborn tendency of the organism to avoid pain and to seek pleasure through the discharge of tension.
- *Reality principle* A learned function closely related to the maturation of ego; modifies the pleasure principle.

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WHAT IS PSYCHE ?

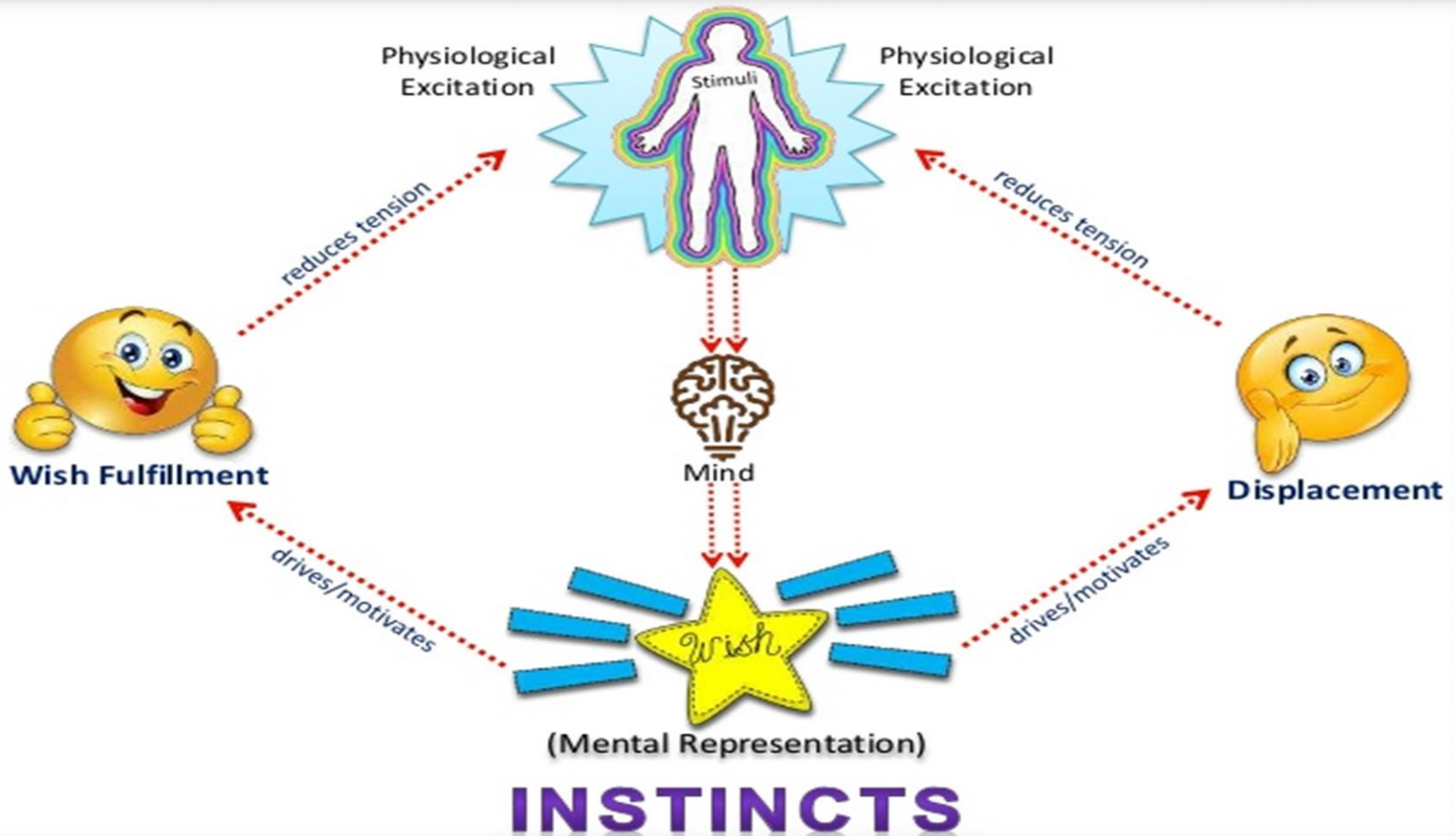
❑ As Freud points out: The Human Mind is divided into two parts:

◇ **Conscious Mind**

◇ **Unconscious Mind**

◇ **Freud has also compared the mind to an iceberg.** The tip of the iceberg that is actually visible above the water represents just a tiny portion of the mind, while the huge expanse of ice hidden underneath the water represents the much larger unconscious.

PSYCHOLOGICAL EFFECTS



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WHAT IS ID?

- ❑ The *id* is the primitive and instinctive component of personality. It consists of :-
 - ◇ All the Inherited - (i.e., biological) components of personality present at birth, including the sex (life) instinct.
 - ◇ Eros - (which contains the libido)
 - ◇ Thanatos- the aggressive (death) instinct.
- ❑ The id is the impulsive (and Unconscious) part of our psyche which responds directly and immediately to basic urges, needs, and desires.

E.g. The personality of the newborn child is all id and only later does it develop an ego and super-ego.
- ❑ The id remains infantile in its function throughout a person's life and does not change with time or experience, as it is not in touch with the external world. The id is not affected by reality, logic or the everyday world, as it operates within the unconscious part of the mind.

EROS AND THANATOS

- ☐ In **Freudian** psychoanalysis, the **pleasure principle** (German: Lustprinzip) is the instinct seeking of **pleasure** and avoiding of pain to satisfy biological and psychological needs. The **pleasure principle** is the driving force guiding the id.
- ☐ The pleasure principle is, as its name suggests, the drive to seek pleasure and to avoid pain.
- ☐ Freud seeks to discover and explain drives that move '**Beyond**' this principle, and which escapes its supposedly universal power.
- ☐ The foundation of the text is in the titanic opposition between "**Eros**" which represents that which falls under the pleasure principle: life, creativity, reproduction, sexual connection and self-preservation) and,
- ☐ "**Thanatos**" (representing that which is beyond the pleasure principle: death, self- destruction, aggression and repetition).

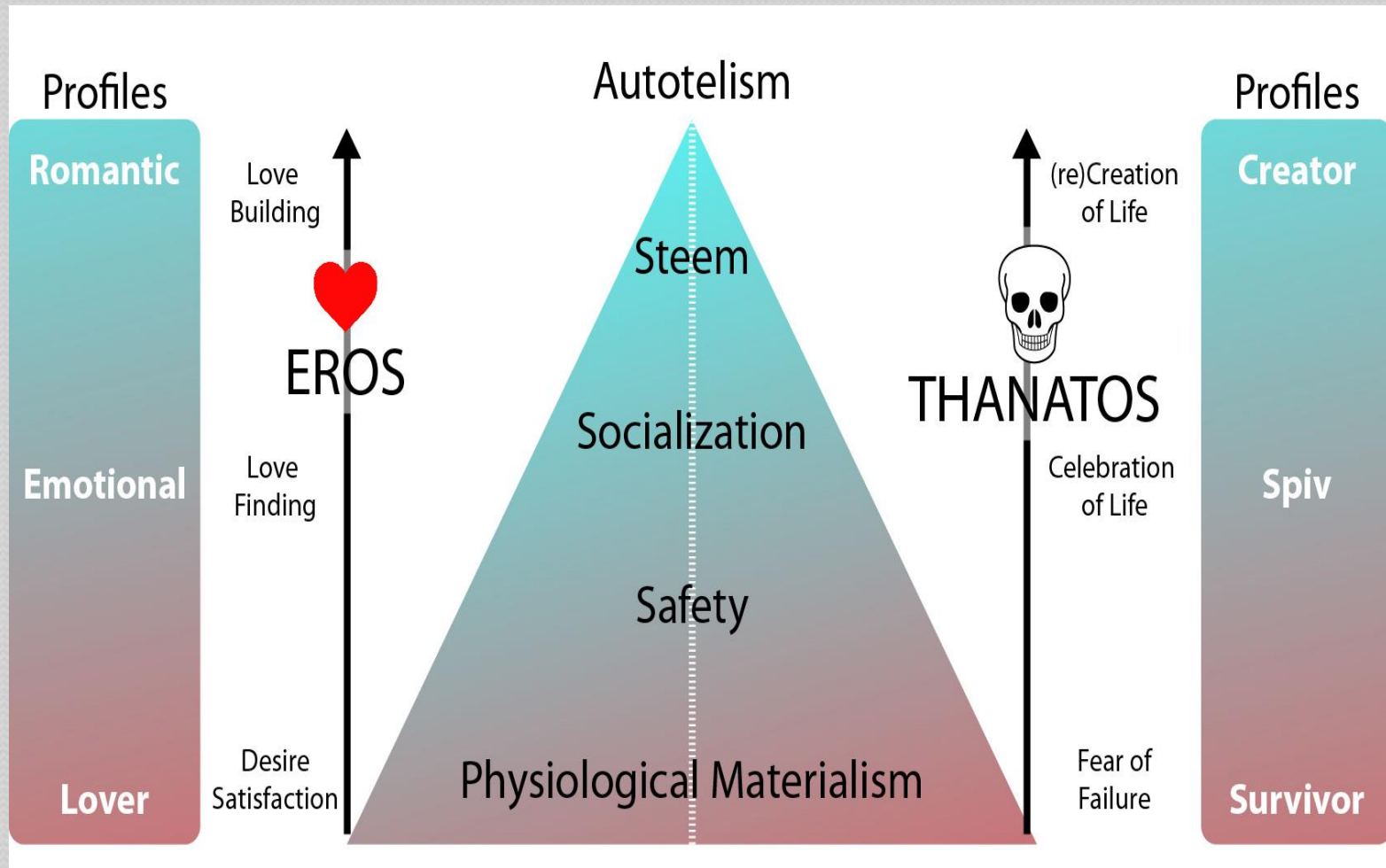
THE REPETITION COMPULSION

- The most famous example of the repetition compulsion:
 - ◇ Freud provides is the “fort/da” game he observes his grandson playing, in which the boy would throw away a reel, then pull it back in by the attached string, shouting “fort” (gone away) and “da” (there it is!).
 - ◇ Freud interprets this game as a way for the child to exert control over the going away of his mother when she leaves the room.
 - ◇ For Freud, the game signifies the return of repressed emotions connected to the mother, re-enacted as a game.

THE DEATH INSTINCT

- ▣ After establishing the repetition compulsion as independent from the pleasure principle, Freud sets out to find a biological basis for its existence.
- ▣ He comes up with the idea of the “death instinct.” i.e Thanatos
- ▣ Freud argues that the compulsion to repeat is linked to an urge to return to an earlier state. He declares that “the aim of life is death” and proceeds to interpret an organism’s drive to avoid danger as a way of avoiding a short-circuit to death rather than a way to avoid death altogether.

EROS AND THANATOS



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HUMAN PERSONALITY

- ❑ In addition to these two main components of the mind, the Freudian theory also divides human personality up into three major components:
- ⦿ The **Id**: The id is the most primitive part of the personality that is the source of all our most basic urges. This part of the personality is entirely unconscious and serves as the source of all libidinal energy.
- ⦿ The **Ego** is the component of personality that is charged with dealing with reality and helps ensure that the demands of the id are satisfied in ways that are realistic, safe, and socially acceptable.
- ⦿ The **Superego** is the part of the personality that holds all of the internalized morals and standards that we acquire from our parents, family, and society at large.

UNDERSTANDING PLEASURE PRINCIPAL OF FREUD

- ◆ In Freud's psychoanalytic theory of personality, the pleasure principle is the driving force of **ID** seeks immediate gratification of all needs, wants and urges.
- ◆ In other words, the pleasure principle strives to fulfil our most basic and primitive urges, including hunger, thirst, anger, and sex. When these needs are not met, the result is a state of anxiety or tension.
- ◆ Sometimes referred to as the pleasure-pain principle, this motivating force helps drive behaviour but it also wants instant satisfaction. Some needs simply cannot be met in the moment we feel them.
- ◆ Now if we satisfy our whims and felt hunger or thirst, we might find ourselves behaving in ways that are not appropriate for the given moment.
- **E.g** you might swipe your boss's water bottle off the table and take a big swig right in the middle of a business meeting if you simply followed the demands of the pleasure principle.

HOW DOES THE PLEASURE PRINCIPLE WORK?

- ◆ **Recall** that the id is the most basic and animalistic part of the personality. It is also the only part of the personality that Freud believed was present from birth.
- ◆ The **id** is one of the strongest motivating forces, but it is the part of the personality that also tends to be buried at the deepest, unconscious level. It consists of all of our most basic urges and desires.
- ◆ During early childhood, the id controls the majority of behaviour
- ◆ Children act on their urges for food, water, and various forms of pleasure. The pleasure principle guides the id to fulfill these basic needs to help ensure survival. Sigmund Freud noticed that very young children often try to satisfy these often biological needs as quickly as possible, with little or no thought given whether or not the behaviour is considered acceptable.

PLEASURE PRINCIPLE AND REALITY

- ◆ When you're a kid grabbing off anything one wants, might not raise any hue and cry, but as we age our childish behaviour becomes less and less acceptable. Thanks to the development of another important part of the personality, we are able to keep the id's demands in check.
- ◆ In our earlier example, rather than grabbing your boss's water bottle when you feel thirsty in the middle of a meeting, **the reality principle** urges you to wait until a more acceptable time to fulfill your thirst. Instead, you wait until the meeting is over and retrieve your own water bottle from your office. While the pleasure principle plays an essential role in motivating actions, the reality principles help ensure that our needs are met in ways that are safe and socially acceptable.

REALITY AND PLEASURE PRINCIPLE

- ❑ As children mature, the ego develops to help control the urges of the id. The ego is concerned with reality. The ego helps ensure that the id's needs are met, but in ways that are acceptable in the real world. The ego operates through what Freud referred to as the **Reality Principle**.
- **This reality principle** is the opposing force to the **instinctual urges** of the **pleasure principle**. Instead of seeking immediate gratification for urges, the reality principle guides the ego to seek avenues to fulfill these needs that are both realistic and socially appropriate.
- E.g. A very young child is thirsty. They might simply grab a glass of water out of another person's hands and begin guzzling it down. **The pleasure principle** dictates that the id will seek out the most immediate way to gratify this need. Once the ego has developed, however, the reality principle will push the ego to look for more realistic and acceptable ways to fill these needs. Instead of simply grabbing someone else's water, the child will ask if they can also have a glass.

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