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DYNAMIC ASPECT OF MIND

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Paper -2



Dynamic aspect of mind

- One of the most important psychological approaches to understanding personality is based on the theorizing of the Austrian physician and psychologist Sigmund Freud, who founded the psychodynamic approach, an approach to understanding human behaviour that focuses on the role of unconscious thoughts, feelings, and memories.



Dynamic aspect of mind

According to Sigmund Freud , human personality is complex and has more than a single component. In his famous psychoanalytic theory, Freud states that personality is composed of three elements known as the id, the ego, and the superego. These elements work together to create complex human behaviors .

THE ID

According to Freud, the id is the source of all psychic energy, making it the primary component of personality.

The Id is the only component of personality that is present from birth.

This aspect of personality is entirely unconscious and includes instinctive and primitive behaviors

THE ID CONT..

- Id drives our most important motivations, including the sexual drive (Libido) and the aggressive or destructive drive (Thanatos).
- According to Freud, the id is driven by the pleasure principle – the desire for immediate gratification of our sexual and aggressive urges.

THE ID CONT..

- If these needs are not satisfied immediately, the result is a state anxiety or tension.
- According to Freud, the id tries to resolve the tension created by the pleasure principle through the use of primary process thinking.

THE ID CONT..

- Primary process thinking involves forming a mental image of the desired object as a way of satisfying the need.
- This conflicting situation results in the transformation of a part of the Id into another division known as the Ego.

THE EGO

According to Freud, the Ego develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world.

The ego functions the conscious, preconscious, and unconscious mind.

The ego is the component of personality that is responsible for dealing with reality.

THE EGO CONT..

- The Ego is influenced by the demands of reality and its main function is to mediate between the demands of reality and the demands of the Id.
- The Ego is responsible for the functions such as perception, learning , thinking, etc.



THE EGO CONT..

Freud compared the id to a horse and the ego to the horse's rider. The horse provides the power and motion, while the rider provides direction and guidance.

THE SUPEREGO

According to Freud, the superego begins to emerge at around age five.

The superego holds the internalized moral standards and ideals that we acquire from our parents and society .

The superego provides guidelines for making judgments.

THE SUPEREGO CONT..

The superego has two parts--

The conscience includes information about things that are viewed as bad by parents and society. These behaviors are often forbidden and lead to bad consequences, punishments, or feelings of guilt and remorse.

The ego ideal includes the rules and standards for behaviors that the ego aspires to.



THE SUPEREGO CONT..

The superego tries to perfect and civilize our behavior. It works to suppress all unacceptable urges of the id and struggles to make the ego act upon idealistic standards rather than upon realistic principles. The superego is present in the conscious, preconscious, and unconscious.



What Happens If There Is an Imbalance?

According to Freud, the key to a healthy personality is a balance between the id, the ego, and the superego.

If the ego is able to adequately moderate between the demands of reality, the id, and the superego, a healthy and well-adjusted personality emerges. Freud believed that an imbalance between these elements would lead to a maladaptive personality.