

SIGMUND FREUD

• Levels of Consciousness → three Levels.

① Conscious ② Preconscious/Sub-conscious ③ Unconscious

1. **CONSCIOUS** : • all sensations and experiences we are aware of, at any given moment -

2. **PRECONSCIOUS** : • also called Available memory .

• all experiences that are not conscious at the moment but are stored for easy retrieval. (stored knowledge).

3. **UNCONSCIOUS** : Things we are unaware of and cannot become aware of. (Fears, Immoral urges)

— ANATOMY OF PERSONALITY —

→ three basic Structures ① Id ② Ego ③ Super ego.

1. **ID** comes from the Latin word for "it".

• mental agency containing everything inherited, present at birth and fixed in the individual's sexual & aggressive instincts.

2. **EGO** is a person's conscious efforts to balance the pleasure seeking drives with the demands of society. The ego has no concept of right or wrong -

3. **SUPEREGO** represents an internalized version of society's norms and standards of behavior. The Superego's function is to control the id's impulses, especially those which society forbids, such as sex and aggression -

• PSYCHOANALYTIC THEORY OF DEVELOPMENT

- based on two premises (1) Genetic approach (emphasizes that adult personality is shaped by various types of early childhood experiences. (2) Sexual energy (libido) (present at Birth & progresses through as series of psychosexual stages that are rooted in the instinctual processes of the organism.
- the formation of personality; oral, anal, phallic, Latency, genital. (first three stages are called Preenatal Stages)
 - ① ORAL STAGE (Birth to 18 Months)
 - Erogenous Zone: Mouth (Sucking, Swallowing)
 - ② ANAL STAGE (18 months to 3 years)
 - Erogenous Zone: Bowel & Bladder Control
 - Gratification through anus.
 - ③ PHALLIC STAGE (3 years to 5 years)
 - Erogenous Zone: Genitals
 - Observed examining their Sex Organs.
 - Gratification through Opposite gender.
 - ④ LATENCY STAGE (5 years to 12 years)
 - Libido Inactive • brain develop
 - no or little sexual motivation present.
 - ⑤ GENITAL STAGE (12 years to Puberty)
 - Maturing Sexual Interest • The Penis/vagina Sexual intercourse
 - reproductive organs mature, endocrine System secretes hormones that result in Sex Characteristics (Beard, Breast)

• ANXIETY

fear of something which is not present.
i.e. anxious about the past or the future.
Basically you are trying to control things which are not in your control & that's why you get anxiety -

• TYPES

① **REALISTIC ANXIETY** (danger in external world)

The emotional response to threat &/or perception of real danger. Ex: Fear of flying/height, exams / jobs interview.

② **NEUROTIC ANXIETY** (fear of id out of control)

An emotional response to the threat that id impulses will become conscious. Ego will be unable to control - Ex: Fear of failure, social anxiety.

③ **MORAL ANXIETY** (fear of conscience)

When the ego is threatened by punishment from the superego, the ensuing emotion response is called Moral Anxiety. Ex: Cheating, Fake Promise, Stealing.

• EGO DEFENSE MECHANISMS

help to carry out the unacceptable instinctual impulses, allow impulse gratification & protect the person from overwhelming anxiety -

- ① Sublimation
- ② Repression
- ③ Projection
- ④ Displacement
- ⑤ Rationalization
- ⑥ Reaction Formation
- ⑦ Regression

◆ TECHNIQUES OF PSYCHOANALYSIS

→ Psychoanalysis is a therapeutic process which reveals unconscious mental process and conflicts through catharsis and insight -

- ① Free Association
- ② Dream Analysis
- ③ Relationship between the patient & the therapist (ave Transference)
- ④ The Slip of Tongue & Pen (Freudian Slips)
- ⑤ Humor

ANALYTICAL PSYCHOLOGY (CARL JUNG)

CONCEPTS :

→ **LIBIDO** : is the driving force of personality. It is the creative life force that leads to continuous psychological growth.

→ **EQUIVALENCE** : The principle of Equivalence is the first law of thermodynamics which states that amount of energy in a system is fixed (also c/d law of conservation of energy). Our psyche-individual also possesses psychic energy which is libido.

and the amount of libido is fixed. Energy may change form but its total amount will remain the same.

→ **ENTROPY**: Second law of thermodynamics says that there is tendency towards equalization of energy within a system, like all components of psyche have a tendency to equalize their energy level e.g. the conscious & un-conscious are the components of the psyche & there will be a tendency that the energy levels of the two components should be equal.

• **COMPONENTS OF PERSONALITY**

→ **EGO**: it is our sense identity • our conscious experience • It is our thinking, feeling, remembering, perceiving.

→ **PERSONAL UNCONSCIOUS**: consists of repressed or forgotten or not very valid or clear memories. It consists of clusters of emotionally loaded thoughts (c/d Complex). A Complex is a personally disturbing cluster of ideas connected together by a common ^{feeling or} emotions.

→ **COLLECTIVE UNCONSCIOUS**: refers to our ancestral experiences, memories from untold millions of years. Jung labeled these ancestral experiences as archetypes.

ARCHETYPES

- is an inherited predisposition to respond to certain aspects of the world in certain ways.
- This Concept is the crowning principle of Jung's theory.

• Jung gave us the following archetypes:

1- **PERSONA**: Greek word, means mask/cover which the actors use to wear on the stage.

- It refers to individual's public personality -

- It is our very polite & full of manner personality

2- **ANIMA & ANIMUS**: The anima is a feminine image in the male psyche, & the animus is a male image in the female psyche. These represent the true self rather than the image we present to others & serves as the primary source of communication with the collective unconscious.

3. **SHADOW**: darkest, deepest part or animal side of human psyche. Shadow can appear in dreams or visions as evil, Snake, monster

4. **SELF**: strives to unite, harmonize and integrate all components of the psyche into one whole. When this process takes place, we say that the individual has self-actualized or he has achieved his life goals.

PSYCHOLOGICAL TYPES

- discussed in his famous book (1921)
- Types refer to orientation or the way an individual interacts with other people.

(1) Introverts (2) Extroverts

- 1- **INTROVERTS**: are quite quiet, imaginative, more interested in staying at home alone, reading or enjoying one's own company.
- labeled as Self Centered + book worms + prefer indoor activities.

2- **EXTROVERTS**: tend to be sociable, outgoing, are interested in parties, picnics, people & group activities. They loved to be socialized & visit other's rather than staying alone.

* There are Four Functions of our thinking process such as **thinking, sensing, feeling, intuiting**.

So we get eight types of people such as

- | | |
|-----------------------|-----------------------|
| ① Thinking extrovert | ⑤ Thinking introvert |
| ② Feeling extrovert | ⑥ Feeling introvert |
| ③ Sensing extrovert | ⑦ Sensing introvert |
| ④ Intuiting extrovert | ⑧ Intuiting introvert |

STAGES OF DEVELOPMENT

1- CHILDHOOD (Birth to adolescence)

Psychic energy is used to talk, learn to walk, & other skills of survival. This energy is spent in learning.

2- YOUNG ADULTHOOD (Adolescence to 40 years)

One's select profession, gets married, raise children & relate to the community. The person is usually energetic, outgoing, passionate & loving at this level.

3- MIDDLE AGES (40 years to later years)

most important stage because all biological & physical needs are satisfied & individual strives to find meaning in life. Spiritual development begins to take shape.

CONCEPTS

- **Life After Retirement**: After active work, one finds refuge in the need to help others, so the task of finding a new meaning provides energy to continue living further.
- **The Life Goal**: is the harmony of psyche that is combining various parts of the personality into one - (also called Transcendent function or the Self).
- **Individuation**: is the opposite of Life goal - It is becoming aware of each and every part of the psyche such as Anima/Animus/shadow & Self.

• **causality**: According to Jung, adult personality should be understood in terms of past experiences which guide us & provide solution to our problem but our behavior is also guided by Teleology that is human behavior is always guided by past & Future. Past experiences push us forward & future goals pull us ahead.

• **SYNCHRONICITY**:

When you dream of a person & shortly in the near future, the person appears in front of you, when you dream of a place & you visit it, when you dream of an event & it takes place this is called meaningful coincidence.

: **NOTE** :

- He redesigned Wundt's Word Association Test
- He said "Dreams are what an individual sees them."
- His theory is psychological & social in emphasis.

ALFRED INDIVIDUAL PSYCHOLOGY

ADLER

the term individual psychology refers to the fact that individuals are unique, characterized by inner harmony & a striving force to cooperate with fellow humans.

- **Organs of inferiority & Compensation:**

Biological deficiencies or shortcomings create problems for people. An individual with organ inferiority compensates for particular weakness by concentrating on its development. (Ex: Helen Keller)

- **Feeling of inferiority:**

We completely depend on adults for our survival. One feels inferior therefore strives to become powerful & tries to accomplish more -

- **Striving for Superiority:**

Individual's superiority to strive for a superior or a perfect society. This could be beneficial as well as harmful. If a person concentrates on fulfilling his personal needs & ignores the needs of others then he suffers from Superiority Complex, this is a self-centered selfish individual.

• Fictional Finalism

- All of us have a ultimate goal, a final state of being, & a need to move toward it.
- The Goals for which we Strive, however, are potentialities not actualities, In other words we Strive for ideas that exists in us subjectively.

→ According to Adler it is a guiding Selfideal.

- **Social Interest** is an innate need of all human to live in harmony, peace, & friendship with others & to make a perfect Society.

- All human have three Major problems, which require a well developed Social interest.

① Occupational Tasks ② Societal Tasks

③ Love & Marriage Tasks

- Adler classified four types of people according to the Social interest -

- | | |
|-----------------------------|-----|
| ① The Ruling Dominant type. | -ve |
| ② The Getting Learning type | -ve |
| ③ The avoiding Type | -ve |
| ④ Social Useful Type | +ve |

Creative Self

- Heredity & environment provide are the raw materials which the individual uses in his unique creative way to develop & determine his relationship with the world.
- For Freud, human are not free to Choose one's ~~desire~~ destiny rather all human behavior is determined.
- For Adler, humans are free to Choose destiny (تقدير) -

METHODS OF STUDYING AN INDIVIDUAL

For Adler, Birth order, first memories & dream analysis are methods of Studying an individual.

■ **Birth Order:** (1st born, 2nd born, Youngest, Only)

1. The first born is the crown prince, a Status which no one can shake. He is focus of attention until the 2nd child Born.
2. Second born is involved in a rat race. He is extremely ambitious & achieves every task before the first born to get the love of Parents.
3. The youngest child may be problem child for always being the youngest & inferior to the older children.
4. The only born child is never going to be dethroned at least by a sibling. (most Spoiled Child)

■ FIRST MEMORIES :

- According to Adler, First memories are the earliest recollections of an individual, which are very important & significant to the individual.
- An individual chooses to remember only important theme memories of his life.

■ DREAM ANALYSIS :

- Dreams are important because they provide the individual with ways & means of dealing with life's problems.
- They help the individual to plan for his future.

KAREN HORNEY

- developed a theory based on Basic Anxiety & Neurotic Personality.

* **Basic Anxiety** : refers to the feeling a child has of being isolated & helpless in a potentially hostile world.

* **Neurotic personality** : maladaptive ways of dealing with relationships, especially child & parent relationship - based on hostility & rejection -

• BASIC HOSTILITY & BASIC ANXIETY

In 1937, Karen Horney wrote a book (The Neurotic Personality of Our Time) in this book she discuss that child has two basic needs (1) Safety (2) Satisfaction

• Adjustment to Basic Anxiety

She listed ten neurotic needs or ten abnormal trends in people.

- 1- The neurotic need for affection & approval
- 2- The neurotic need for a partner who will run one's life.
- 3- - - - - to live one's life within narrow limits
- 4- - - - - for power.
- 5- - - - - to exploit others.
- 6- - - - - for social recognition.
- 7- - - - - for personal admiration.
- 8- - - - - for ambition & personal Achievement.
- 9- - - - - for Self Sufficiency & independence.
- 10- - - - - for perfection & unassailability

• In 1945 She in her Book "Our Inner Conflicts" classified ten neurotic needs in three categories -

- (1) Moving towards people
- (2) Moving Against people
- (3) Moving Away from people

• Relationship between ideal Self & real Self

- The real self present individuals reality that what are true about him. Real Self is the Actual You.

- The ideal self reflects what one would like to become & what you aspire to become.

• Adjustment Techniques

Freud's ego defense Mechanisms & Karen Horney's adjustment techniques are Same. however, Karen has added few new & usable techniques.

- ① Blind Spots (similar to Freud's Repression)
- ② Rationalization
- ③ Excessive Self Control
- ④ Compartmentalization
- ⑤ Externalization (Similar to Freud's Projection)
- ⑥ Arbitrary Rightness
- ⑦ Elusiveness
- ⑧ Cynicism.

• Goal of Therapy: In her Book "Self Analysis"

She says that many people do not have emotional problems because they learn to minimize conflict & try to maintain a relationship between their real & ideal self. So the goal of psychotherapy is to create a realistic relationship between the real self & ideal self.

ERIK ERIKSON

• EGO PSYCHOLOGY:

- According to Erikson, ego is in the service of Id but in this process it develops its own functions. It is Ego's job to organize one's life & to assure continuous harmony with one's physical & social environment. His entire theory is a description of how the ego gains or loses strength in the developmental process.
- According to Freud, Id is in conflict with ego whereas Erikson said ego is the services of the Id.

Stages of Human Development

- Epigenetic Principle states that a sequence of growth is genetically determined & that each stage once developed gives rise to the next.
- Each stage is characterized by crises which can have a +ve or a -ve resolution.
- In positive resolution of the crisis we see a healthy individual with a strong ego which helps in adaption & adjustment to all situations -

- In negative resolution of crisis we see an individual who is maladjusted -
- Identity is the sense of who you are & where you are going in life - The emergency of identity is the end of Childhood & beginning of adulthood.
- Identity crisis is the crisis in 5th Stage where an individual gains either +ve or -ve identity.
- +ve identity means a person fully aware of who he is & what his goals in life are. Certainly not contrary to Goals of Society.
- -ve identity is an identity that is Contrary to the Goals of Society.

8 Stages are:

① Basic Trust versus Basic Mistrust
(Birth to 1 year)

If crisis is successfully resolved hope emerges and if unsuccessfully resolved fear emerges

② Autonomy vs Shame & doubt
(1 year to Three years)

If crisis is successfully resolved Self control/ will power emerges. If unsuccessfully resolved Self doubt emerges.

3. Initiative vs Guilt (4 to 5 years)

If crisis successfully resolved director & purpose emerges, & if unsuccessfully resolved, feelings of unworthiness emerge.

4. Industry vs Inferiority (6 to 11 years)

If crisis is successfully resolved, Competence emerges & if unsuccessfully resolved, Incomplete -nce emerges.

5. Intimacy vs isolation (20 to 24 years)

If crisis successfully resolved ~~for~~ capacity for love emerges and if unsuccessfully resolved ~~hated~~ & disgust emerges.

6. Identity vs Role Confusions (12 to 20)

If crisis successfully resolved fidelity emerges if unsuccessfully resolved uncertainty emerges.

7. Generativity vs Stagnation (25 to 65)

If crisis is successfully resolved care emerges & if unsuccessfully resolved selfishness emerges -

8. Ego Integrity vs Despair (65 to Death)

If crisis is successfully resolved wisdom emerges, if unsuccessfully resolved feeling despair & meaninglessness emerges.

- Goal of Psychotherapy

According to Erikson, the patient's ego should be strengthened to such a level at which it can cope with life's problems.

Rehabilitation can be more effective & economical if the clinicians focuses on patient's life plan & advice him to strengthen the elements of his ego identity -

Note:

His theory had made important contributions to the areas of

- ① Psychotherapy
- ② Education
- ③ Child rearing & development
- ④ Psychobiology.

Sullivan's interpersonal Theory

- his theory focuses on:

- Personality as hypothetical entity

- Personality is a part of an interpersonal situation and interpersonal Behavior -

- **DYNAMISM** is a smallest unit that can be employed in the study of the individual

- "The Relatively enduring pattern of energy transformation, which recurrently characterize the organism in its duration as a living organism -

- **Energy Transformation**

- is any form of behavior - It may be ^(ظاہر) overt and public like talking, or ^(غیر) covert and private like thinking & fantasizing -

- * **The SELF SYSTEM,**

- Patterns of behavior that define us & protect us from anxiety -

- Self system grows in complexity & independence, it prevent the person from making objective judgments of his own behavior & it glosses over obvious contradictions between what the person really is & what the self-system says she/he is -

* PERSONIFICATION

- is an image that an individual has of himself or of another -
- It is a complex of feelings, attitudes & conceptions that grows out of experiences with need-satisfaction & anxiety -
- helps us understand ourselves & the world around us.

* COGNITIVE PROCESS

- Sullivan's unique contribution regarding the place of cognition in the affairs of personality is his threefold classification of experience.
- He says experience occurs in three modes.
 - ① Prototaxic (difficult to describe)
 - ② Parataxic (Cause & effect relationship)
 - ③ Syntactic (Symbolic Communication)

• The Dynamic of personality

Sullivan conceives personality as an energy system whose chief work ~~cons~~ consists of activities that will reduce tension.

a - Tension

- Tension system theoretically can vary between the limits of absolute relaxation or euphoria & absolute tension as exemplified by extreme terror.
- There are two main sources of tension.
 - 1- arise from the needs of the organism
 - 2- result from an anxiety.

b - Anxiety

- is the experience of tension that results from real or imaginary threats to one's security.
- Severe anxiety is like a blow on the head; it conveys no information to the person but instead produces utter confusion & even amnesia.
- Less severe anxiety can be informative.
- Sullivan believes that anxiety is the first great educative influence in living.

The Development of Personality

Sullivan spells out the sequence of interpersonal situations to which the person is exposed in passing from infancy to adulthood & the ways in which these situations contribute to the formation of personality.

- ① Infancy (0 to 1 year)
- ② Childhood (1 to 4)
- ③ Juvenile era (4 - 8)
- ④ Preadolescence (8 - 13)
- ⑤ Early adolescence (13 - 16)
- ⑥ Late adolescence (16 - 20)

Research

* Interview - The psychiatric interview is Sullivan's term for the type of interpersonal, face to face situation take place between the patient & the therapist. He defines the interview as a system or series of systems of interpersonal processes arising from participant observation in which the interviewer derives certain conclusions about the interviewee.

- He discussed the method of interview in his book, the psychiatric interview (1954)
- He divides the interview into four stages
 - ① The formal inception
 - ② Reconnaissance
 - ③ Detailed inquiry
 - ④ The termination.
- The interview is primarily a vocal communication between two people. Not only what the person says but how he says it, rate of speech, & other expressive behavior are the chief sources of information for the interviewer.

* Schizophrenia

- In his association with the Sheppard & Enoch Pratt hospital in Maryland (1924 to 1931) reveal Sullivan's great talent ~~ff~~ for making contact & understanding the mind of psychotic-
- Empathy was a highly developed trait in Sullivan's personality, & he used it to excellent advantages in studying and treating the victims of Schizophrenia.

CONSTITUTIONAL PSYCHOLOGY

looks at the physique or soma or body type as possible explanation of human

Behavior -

Sheldon's Somatotype Theory

he define:

- a discrete number of physical
- Temperamental variables that he considers of primary importance in representing human behavior.
- A complete description of the process of Somatotyping the male body is contained in Sheldon's Atlas of men (1954) which includes representative somatotype photographs of over 1K men derived from a total sample of 46K photographs.
- The physical measurements provide ratings for five different areas of the body.
 - ① Head-neck
 - ② Chest-trunk
 - ③ arms
 - ④ Stomach-trunk
 - ⑤ Legs

Primary Components of Physique

- ① Endomorphy (short & fatty with round shape)
- ② Mesomorphy (Muscular Type) (well shaped)
- ③ Ectomorphy (tall & thin) (little fat) (introvert)

Secondary Components

- ① Dysplasia
- ② Female Somatotyping

• DYSPLASIA

- Any inconsistent or uneven mixture of the three primary components in different regions of the body.
- It is a measure of disharmony between different areas of the physique.

KRETSCHMER PHYSIQUES TYPE

- ① First type is called asthenic & refers to a frail (thin) linear physique.
- ② The second type is the athletic which is a muscular vigorous physique.
- ③ Third type is the pyknic physique which is characterized by plumpness (rounded shape).

• How we can evaluate personality theories?

six major criteria can be employed to evaluate personality theories.

- (1) Verifiability
- (2) Heuristic Value
- (3) Internal Consistency
- (4) Parsimony (Simple)
- (5) Comprehensiveness
- (6) Functional Significance

• What are the influences personality Development?

- (1) Genetics
- (2) Environment (Learning)
- (3) Culture & Society
- (4) Self awareness
- (5) Traits
- (6) Unconscious Mechanisms.

• Personality means?

• refers to characteristic ways a Person behaves & thinks.

• refers to the overall impression that an individual makes on others, that is a sum total or constellation of characteristics that are typical of the individual & thus observable in various social settings.

• Latin word Persona means mask worn by theatrical players in ancient Greek dramas.

HISTORICAL FACTORS (The Past)

Many historical forces have coalesced to produce contemporary psychology. Four appear to have been direct influence upon current personality theory

- ① European Clinical Medicine
- ② Behaviorism
- ③ Psychometrics
- ④ Gestalt Psychology

* Personality can be approached or studied using the four perspectives:

- ① Psychodynamic
- ② Dispositional
- ③ Behavioral
- ④ Humanistic

* Personality assessment is done by following tools:

- ① Observation
- ② Interview
- ③ Tests
- ④ Rating Scales

→ Objective Tests (e.g. MMPI-2)
→ Projective Tests

• Projective tests include:

- Rorschach Inkblot test
- Thematic apperception Test (TAT)
- Rotter's incomplete Sentence Blank (RISB)
- word Association Test (WAT)
- House Tree Person (HTP)

FAHIMA KHAN

PSY405 NOTES - فہیمہ خان