

## CHD2220 Exam 2

### Chapter 2

#### Psychoanalytic Theory

- The oldest and most controversial of the theories of development which stems from the provocative ideas of its creator, Viennese neurologist, Sigmund Freud
- He became interested in patients who were suffering from mental disorders where treatment at the time was a matter of forced confinement
  - Psychopathology explains how personalities get adjusted or distorted
- Freud hoped to identify brain abnormalities from his patients symptoms: physical pain, paralysis, and loss of motor control and memory, but there was no identifiable physiological base
- Using hypnosis, he was able to cure some of his patients, so he then realized that psychological processes rather than physiological were the cause of mental illness
- He also speculated that the basis of mental illness could be found in the early development of children, particularly the first five years of life

#### Lecture

- Baby can hear you a whole lot better than they can see you
- They have a 100 billion nerve cells at birth
- The brain NEEDS stimulation in order to grow; it can cause bigger brains in babies at 1-3 years old
  - Stimulants come through the sensory organs, and sensation is the passive reception of stimuli
  - The brain is developed to seek a perceptual (active seeking) stimulation by exploration, scanning, etc
  - If there is no stimulation there is nothing to receive, and the people that believe as long as they're not crying they don't need to be touched or allowed to explore=BAD
- By 7 or 8 months of pregnancy, the auditory system of the baby is maturing rapidly, where even a loud horn or noise outside can cause the baby to kick, meaning the brain is already beginning to program
- Study done by Kessler called the Cat in the Hat study took 2 groups of women and had them read the book to their fetus', where the book has a melody, called proxidy, to it that goes with the sounds of the human voice
  - After the babies were born and the book was read again, they showed higher levels of alertness and recognition than the control group
- If you're fighting the baby will hear it and react to the hormones, it can affect temperament and personality

#### The Structure of Personality

- 1<sup>st</sup> Level- Consciousness: what you are thinking about right now; does not tell us about personality development so not very useful

- 2<sup>nd</sup> Level- Preconscious: our accessible memory/storage area of information that we can access, but don't always store all memories so sometimes they are distorted, forgotten or deleted
  - Ex: may have a bad memory, so it is systematically distorted to turn into a more pleasant memory, even if it's not true
- 3<sup>rd</sup> Level- Unconscious: significant/ holds morality, but you can't access it/contradictive because we believe we have access to our morals, even though we violate them consciously=when you do something and feel wrong about it but don't know why
  - Themes create uniqueness in your personality, like the girl who was in 5 consistently abusive relationships/Freud would say she did something to get herself into those relationships since behavior is irrational; at the unconscious level she is bringing her vulnerability forth
- Instincts- Unconsciously motivate everything humans think, say, or do throughout their lives and is present from birth; they are biologically based and sexual and aggressive
- Libido- The form instincts take and is a form of energy which drives all thinking and behavior
  - Libido can be invested in reality or fantasy and is why dreams can be a source of great pleasure
- Id- A place in the mind that Freud called the "reservoir of libido"
  - May be thought of as a storage battery that has a relentless need to discharge its energy from the moment of birth, where discharge takes the form of investments of libido in activities and objects that afford pleasure by reducing tension
  - All of the activities of the id are unconscious, so we are all unaware of our instincts and their profound and irreversible effects on behavior
  - Cannot store all of the libido, so you have to start investing it at birth
- Pleasure Principle- An approach that demands instant gratification and libido is invested
  - Infants find this gratification in their mother's breast, however mother's soon begin to socialize their infants to delay gratification, tolerate frustration and seek pleasure in more socially competent ways
- Ego- The component of personality that uses conscious perception and intelligence to find pleasure in a world where needs are not typically met on demand and pleasures can be found in love or hate
  - The conscious ego involves how well you understand the world and personality (making friends, lovers) while the unconscious ego directs choices of objects and is where the themes are
  - Social cognition is the ability to work people socially and cognitively
    - Doesn't change after 5-7, while the conscious ego will continue to grow
- Reality Principle- Where the ego recognizes the frustration inherent in living in the real world
- Superego- Emerges rather suddenly during the fifth or sixth year of life and is the seat of morality; has two distinct components
  - Conscience- The first component that is a collection of beliefs, attitudes and rules for behavior that function as an internal standard for the appropriateness of behavior

- What is okay or not okay to do morally, and there is the tendency to be irrational because some rules can be missing or have unconscious conflict/give contradictory guidelines
- Ego Ideal- The second component that is an internalized image of distinctly human form that the child (and later the adult) unconsciously strives to become (features may be positive or negative or both)
  - Features like physical appearance but also traits that make up a person like selfless, selfish or narcissist
- The superego is not taught to the child, but rather is formed by identification, a special form of learning in which the characteristics of significant persons, like the parents are incorporated into the child's personality

### Psychodynamics

- The id, ego and superego interact in a dynamic system where the ego attempts to satisfy the id's insatiable needs, and it is destined to fail due to the difficulty of finding love and hate objects in civilized society
- Unconscious Anxiety- The ego's failure from not finding enough pleasure undermines the ego's ability to function
  - Freud says you become stupid because it builds up failure, rejection, toxic personality and destroys functioning
- Unconscious Guilt- When the ego does its job too well, and rules or ideals in the superego are violated
  - Guilt, like anxiety, impairs the functioning of the ego, putting it in a persistent state of internal stress and conflict; become depressed or overwhelmed
- Defense Mechanisms- Unconscious mental strategies that provide temporary relief from anxiety and guilt
  - Ex: Repression forces libido back into the id, stifling all desire for an object
    - Denial conveniently wipes out memories of traumatic events
    - Rationalization reduces the desire for an object by depreciating its value (proverbial "sour grape")
  - Risk of these is in their overuse, for example, while denial can fend off anxiety or guilt, too much of it distorts a person's view of reality, laying the foundation for mental illness

### Psychosexual Development

- Psychosexual Stages of Development- Personality emerges gradually over the first five or six years and each stage is defined by the presence of libido in a particular part (or zone) of the body
  - Erogenous Zone- Created by libido's presence and is highly sensitive to sexual stimulation and a focus of pleasure
  - Oral Stage- First 18 months of life where pleasure is derived from variations of sucking behavior; the stage ends when the infant is "weaned" from sucking to sipping
  - Anal Stage- The child experiences pleasure in the act of defecation, and the stage ends when the child is toilet trained