

UNIVERSITY OF PESHAWAR  
DEPARTMENT OF SOCIAL WORK  
PHD SCHOLARS IN SOCIAL WORK – SPRING SEMESTER 2020  
SW 902 “PSYCHOANALYSIS THEORY AND PRACTICE”  
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LECTUER # 3

SIGMUND FREUD’S BASIC CONCEPT: “STRUCTURE OF PERSONALITY”

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1. In this lesson, we will focus on Personality Development concept given by Sigmund Freud
  2. When you get to the end of the lesson, you can test your knowledge by observing a child / children in your family
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Psycho-analytic Theory given by Sigmund Freud refers to special techniques towards “Child Rearing” which are decisive for the development of Child’s Personality.

- In Freud’s opinion serious frustration may be caused by weaning a child too early and too strictly.
- In his theory this traumatic experience causes a general loss of trust and confidence in later adult life.
- The “Orally Fixated” people are “Orally Frustrated”, these people are believed to be insecure, unstable in emotions and anxious

## **BEHAVIOUR HAS THREE COMMON ASPECTS**

- Behavior develops very early in life
- Behavior seems to occur spontaneously
- Behavior becomes very strongly established in one's personality

## **PHYSIOLOGICAL AND PSYCHOLOGICAL DEVELOPMENT OF A PERSON:**

### **A) PHYSIOLOGICAL DEVELOPMENT:**

A person passes through different phases of physical development in his/her life span. These phases are:

1. **PRENATAL PHASE-** It's the period of conception ( 9 months), when the unborn grows in mother's womb
2. **POSTNATAL PHASE-** Starts right after birth up to 6 weeks (40 days)
3. **ORAL PHASE-** Period up to 2 years of age. Whatever a child gets hold of put in his/ her mouth. It is the mouth fixation stage because they had only enjoyed and experienced the flow of milk in the mouth
4. **ANAL PHASE-** starts from the age of 2 years to 6 years of age. This is the toilet training age
5. **GENITAL PHASE-** starts from the age of 6 years to 12 years of age. A child becomes conscious about themselves being a boy or a girl. During this phase they learn the do's and don'ts in their life. Mainly this is the important phase of socialization where one learns what is good and what is bad, how and when to say something

6. ADOLESCENT PHASE- starts from the age of 12 years to 19 years of age. This is the age when the boys and girls pass through their teenage. Every day in their life they meet new challenges and experiences while growing up. They want to be accepted as a grown up person. They want to make their own decisions and others should accept their decisions. They do not like to have unnecessary check on them
7. ADULT PHASE- this phase covers the life period between 19years of age to 30 years of age. People become carrier conscious and try to plan for their future, looking at their needs, comfort and luxury they want to have in their life
8. MATURE PHASE- this phase is between 30 years of age to 60 years of age. This phase has the longest duration of life span. This is the time when a person focus on their professional carrier, enjoys development and growth through promotions, reaches to the peak of their professional carrier and on the other hand enjoys good health, enjoys family life and see their own children growing. This is the phase when a person passes through middle age and then moves towards a decline in health, physical strength and moves toward the next phase of dependency
9. OLD AGE- this age period starts from 60years of age till the last breath of an individual. This is the retirement age, which is basically a blessing if a person reaches that age; it is to enjoy the results of their hard work in life. Physically they become weak, economically insecure and dependent and emotionally insecure. It is not with all but majority do face these situations

## **B) PSYCHOLOGICAL DEVELOPMENT:**

Psychological part of the personality has three Components, which are: Id, Ego and Superego.

1. **ID:** Is the immediate desire of a person, which starts with birth and ends with death.
2. **SUPEREGO:** Superego develops in a person through socialization process. Where a person learns the do's and don'ts of life; learns discipline through restrictions. It is basically a behavior development which is visible in a personality through their practices. Superego is always active in one's life: starting from Anal Phase and ends with the last breath.
3. **EGO:** Ego is the power of decision of a person. Ego tries to keep a balance between Id and Superego; a person analyzing the situation tries to make a choice of doing a thing according to his/ her wish or according to his/ her Superego. Ego controls the person to behave normally and if it becomes weak or over strict then many a time the behavior of a person becomes unacceptable or abnormal.

According to Sigmund Freud's Psychoanalytic Theory, a child at the age of 3 years is always attracted towards opposite sex parents, the boys are more attracted towards their mothers and the girls towards their fathers and they become the ideal person of their child. This attraction continues in their feelings, when boys show more love to their mothers and the girls to their fathers. This bond is visible and continues vice versa.

Freudian Theory holds that:

- Boys perceive that parents are less supportive to boys as compared to girls
- Boys seem to be having less control over anger as compared to girls
- Consciousness among boys and girls develops on their rearing techniques

### **POINT TO PONDER**

1. Each and every phase of Physiological Development is important for a person to be recognized as a good person.
2. Components of Personality: Id, Ego and Superego are important to live a normal and respectable life.

### **NOTE:**

**SCHOLARS ARE ADVISED TO WRITE ONE PAGE ON ANY PHASE OBSERVING BEHAVIOR OF A CHILD OR AN ELDERLY PERSON IN YOUR FAMILY. DO MENTION THE AGE AND THE PHASE IN WHICH THEY FALL**

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