

Sigmund Freud Psychosexual development theory

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Introduction

- ▶ According to Kendra 'Psychology is the study of mind ,behavior and environmental ways of how people think'.(June 10 2020) accessed(28-3-2022)
<https://www.verywellmind.com/psychology-4014660>
- ▶ Developmental psychology can also be defined as a scientific approach which focus to explain how and why humans transform over the course of their life.
- ▶ Lifespan Psychology focuses to identify how humans grow from birth to death.
- ▶ Goals - All these types of psychology are to understand, predict, describe, influence, and control behavior and improve the quality of life.

Brief discussion about Sigmund Freud

Psychosexual development theory

- ▶ Sigmund Freud, an Austrian physician and a clinical psychologist propounded the psychoanalytic theory in the early 1900s.
- ▶ Psychosexual development is the process in which sexual development matures through different series of stages.
- ▶ His theory is based on two forms of observations. He studied abnormal behaviors of his patients and expression of humor.
- ▶ He tried to explain the concept of instinct which is known as urges. He argued that much of our behavior is stirred by the unconscious.
- ▶ Freud believed that the mind is responsible for conscious and unconscious decisions that it makes based on psychological drives.

Stages of Sigmund Freud Psychosexual development theory

- ▶ The stages of psychosexual development theory is divided into the following five overlapping stages:
- ▶ Oral Stage(birth to 12-18 months) a) Oral sucking b)Oral biting

In the first stage of psychosexual development the mouth is the primary site of a kind of sexual pleasure. If there is fixation at the oral stage, it may result in verbal hostility.

- ▶ Anal Stage(12-18 months to 3years) a)Anal Explosive b)Anal Retentive

The second stage begins from 12 months and continue up to 3years, during this period the area of getting pleasure changes from mouth to the anus and the child gets pleasure by retaining and controlling faeces and urine.

- ▶ Phallic Stage (3 to 5-6 years)During this stage, the sex energy is localized in the genital organs.
- ▶ Latency Stage(5-6 years to adolescence) this is the stage lasts until puberty. During this period, the sexual interest becomes dormant.
- ▶ Genital Stage(Adolescence to adulthood) The last stage is the genital stage which extends until death. At this stage, the sexual instinct starts to develop with the aim of reproduction.

Definition of an Infancy

- ▶ A beginning or a period of babyhood of a human offspring
- ▶ Age range from 0-12months
- ▶ It is the period of most rapid growth after birth
- ▶ Every months that goes by the reach a different milestone such as; 2 Months, Holds head up with support, 9 Months or before begins to crawl Crawls
(Dr.Batz) Accessed 2022

Infancy Psychosexual theory (Oral 0-18months)

- ▶ During the weaning process, if not done properly or taken time to help the baby adjust to change it can cause problem for the baby later on in it's life.
- ▶ Freud believes that early experience plays a huge role in the Childs personality development and will influence their behaviour in their latter life and lifestyle.
- ▶ He explained that Oral stimulation can lead to Oral Fixation Personalities such as Smokers, Nail-bitters, Finger-chewing, Thumb sucking and Food disorder, when they are under stress. (Cherry,2020)

The principal assumptions of Sigmund Freud's Theory

- ▶ There is a physical basis for all behaviour and feelings, and the subconscious mind is in constant conflict. The unconscious mind is constantly in conflict with itself. The unconscious mind and our behaviour and feelings (including psychological problems) have their origins in the unconscious.
- ▶ Based on Freud's theory of psychoanalysis, he contends that much of our mental lives are unconscious and that we are shaped by our past experiences, especially as children.
- ▶ Sigmund Freud emphasized the unconscious mind, and one of his basic assumptions was that the unconscious mind dictates behaviour in a more substantial way than people think. Indeed, psychoanalysis seeks to bring the unconscious into conscious awareness.

The importance of the Sigmund Freud's Theory

- ▶ Many major thinkers have built on Freud's ideas while others developed new ideas in opposition to his. His theories and work guided our understanding of childhood, personality, memory, sexuality, and therapy.
- ▶ Freud believed that human behaviour could be explained by patterns of mental processes and interpersonal relationships, outside of human consciousness, based on childhood experience.
- ▶ The oral phase in psychology, the first stage of psychological development, focuses on oral gratification. Freud suggested that this stage occurs from birth to 18 months of age. In his studies of this period, Freud believed that a child's mouth was the only organ for the production of pleasure. Thus, the infant is exposed to the initial object of sexual desire, which is the mother's breast. Oral needs are also satisfied by thumb sucking or putting objects in the mouth.

Critical evaluation of the identified lifespan psychosocial theory.

Strength

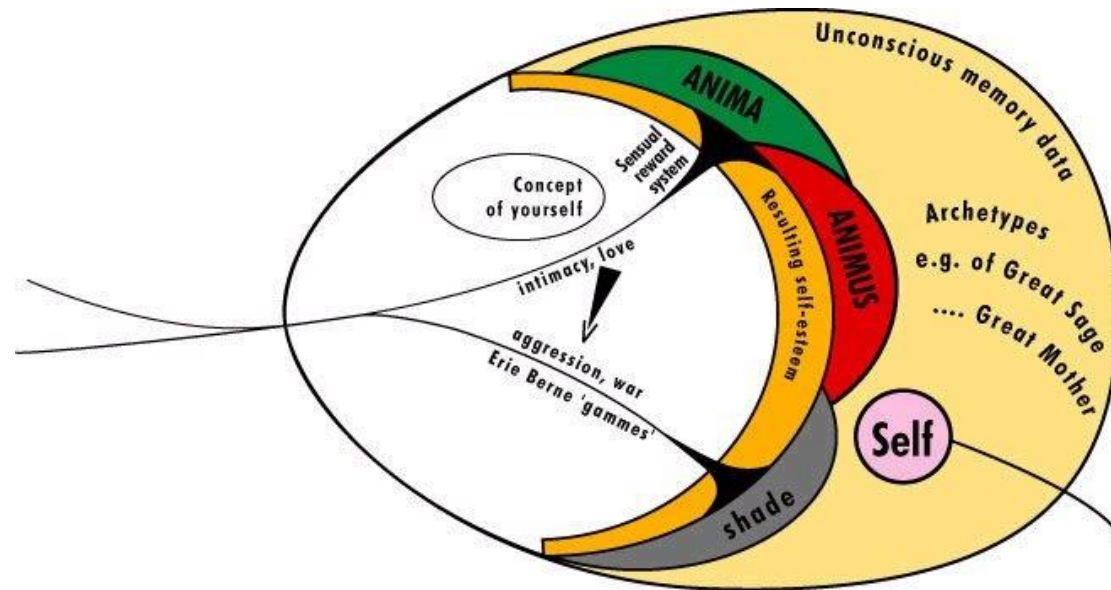
- The data was qualitative, detailed and focused on real individuals.
- He believed that the methods he used helped to uncover patients unconscious.
- He used to talk to the clients and let them talk openly.
- His clients used to report better feelings after spending time with Freud. (D.Naar 2021) accessed 2022

Weaknesses

- Freuds ideas cannot be easily tested.
- He used lot of case studies.
- (Dr.S.McLeod) accessed 2022
- People will lie about their dream or forget what happened.
- The theory is unscientific his methods.(M.Popova) accessed 2022

Practical application of theory

- ▶ Psychoanalysis can help to treat emotional problems by exploring. They normally must help the client to find their own goals and dreams and past memories .
- ▶ Sigmund Freud was founding father of psychoanalysis a method for treating mental illnesses. The theory also helps to explain the human's behaviors. He also believed that the events of our childhood lives can have a big influence on our adulthood live.(S.Mcleod 2018) accessed 2022



Conclusion

Freud is recognized as the father of Psychosexual theory in Psychology, that till present it is still used and taught. He created his theory to understand Human Personality Development, the way in which sexual energy of the id accumulates and grows as we mature with age. Freuds theories helped to shape views of the Human Personality behaviour but not all agree with him as it is still up for debate, to how true his theory really is, especially because of the Phallic stage, the Oedipus Complex.

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