



Psychology in Health & Social Care

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Sigmund Freud

**"One day, in retrospect,
the years of struggle
will strike you as the
most beautiful."**



Introduction of Life stages & childhood cognition and Emotions

Life stages are referred at different phase of growth and development, that every individual goes through during lifetime.

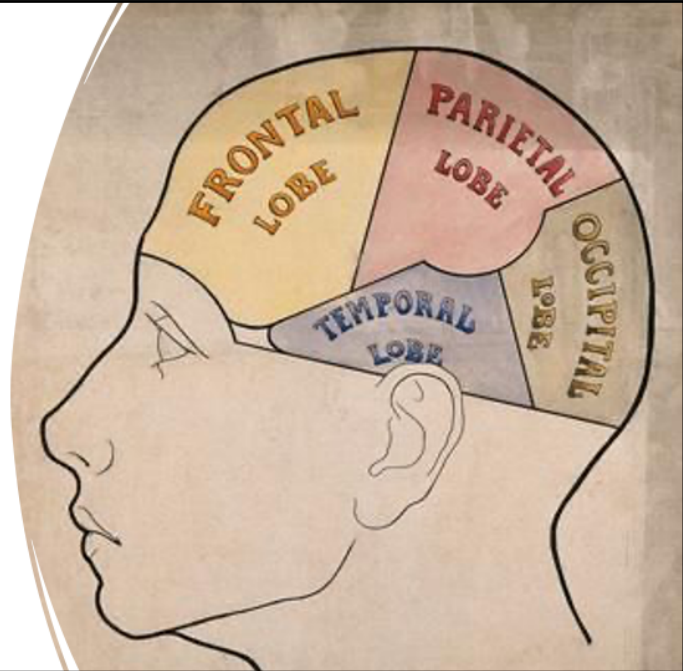
- The life stage chosen is childhood.

Childhood is a life stage that goes from 3 years old to 11 years old.

Britannica, The Editors of Encyclopaedia. "Childhood". Encyclopedia Britannica, 1 Nov. 2010, <https://www.britannica.com/science/childhood>.

What is Psychology?

- Psychology is the science of mind and behaviour.
- Psychology includes the study of conscious and unconscious phenomena, as well as feelings and thought.
- Psychologists explore behaviour and mental processes, including perception, cognition, , attention, emotion, intelligence, subjective experiences, motivation, brain functioning, and personality.
- (Psychology – Wikipedia, n.d.)
- Human development is a branch of psychology with the goal of understanding people- how they develop, grow, and change throughout their lives. (Stages of Human Development: What It Is & Why It's Important, 2021)





Cognitive developments in childhood years *What is cognitive development?*

- Cognitive development means how children think, explore and figure things out. It is the development of knowledge, skills, problem solving and dispositions, which help children to think about and understand the world around them. (Spielman et al., n.d.)
- For example, a five-year-old child knows how to ride a tricycle, but can't ride a bicycle (with two wheels) unless his grandfather holds onto the back of her bike. According to Vygotsky's theory, this child is in the zone of proximal development for riding bicycle.
- With her grandfather's help, this little girl learns to balance her bike. After some practising, she can ride the bike on her own.
- Vygotsky's concept of Zone of Proximal Development underscores Vygotsky's conviction that social influences, particularly getting instructions from someone, are of immense importance on the cognitive development in childhood. (Lev Vygotsky's Sociocultural Theory of Cognitive Development - The Psychology Notes Headquarters, 2021)

Lev Vygotsky a pioneering psychologist, declares that social interaction within the family and with knowledgeable members of the community is the primary means by which children acquire behaviours and cognitive processes relevant to their own society. (Williams, 2020)

According to the Vygotsky theory of cognitive development, children who are in the zone of proximal development for a particular task can almost perform the task independently, but not quite there yet. With a little help from certain people, they'll be able to perform the task successfully. (Lev Vygotsky's Sociocultural Theory of Cognitive Development - The Psychology Notes Headquarters, 2021)

During childhood, children's physical, social, and cognitive development seems to grow by leaps and bounds. Children at this age spend a tremendous amount of time observing the actions of adults around them. (cherry, 2019)

Children grow and develop rapidly across the four main areas of development. These areas are motor (physical), language and communication, cognitive and social/emotional. (Help Me Grow MN, n.d.)

What is Social and Emotional Development at childhood?

Social and emotional development means how children start to understand who they are, what they are feeling and what to expect when interacting with others. It is the development of being able to:

- Form and sustain positive relationships.
- (Plays briefly beside other children, and gets excited when with other children, Begins to play with other children, as in chasing one another, Imitates others, especially adults and older children.) (Relationships and child development, 2018)
- Experience, manage and express emotions.
- (creating imaginary worlds, characters and plots that match their emotional state, helping them learn to express and regulate their feelings.) (The Genius of Play | Benefits of Play: Process and Express Emotions, n.d.)
- Explore and engage with the environment.
- When children explore, they use all their senses to take in and ask questions about the things they are exploring. The learning environment can foster this exploration. Stimulating indoor and outdoor environments offer activities and materials that promote questioning, predicting, and experimentation.

(Module: Creating the Learning Environment: Resources for Early Learning, 2014)

Positive social, emotional development is very important when it comes to childhood. The environment therefore influences a child's self-confidence, empathy, the ability to develop meaningful and lasting friendships and partnerships, and a sense of importance and value to those around them. (Help Me Grow MN, n.d.)

Language development - Early childhood is the time in which children learn to use symbolic thought and language to manipulate their environment. They learn to perform various mental operations using symbols, concepts, and ideas to transform information they gather about the world around them. The beginning of logic, involving the classification of ideas and an understanding of time and number, emerge in childhood later on. (Lawrence Kohlberg | American psychologist, n.d.)

Behavioural patterns in childhood

Age Period	Expressive Behavior	Relationship building
Preschool: 2-5 years	Adoption of pretend expressive behaviour in play and teasing. Pragmatic awareness that "false" facial expressions can mislead another about one's feelings.	Communication with others elaborates child's understanding of social transactions and expectations for comportment. Sympathetic and prosocial behavior toward peers. Increasing insight into others' emotions.
Early Elementary School: 5-7 years	Adoption of "cool emotional front" with peers	Increasing coordination of social skills with one's own and others' emotions. Early understanding of consensually agreed upon emotion "scripts."
Middle Childhood: 7-11 years	Appreciation of norms for expressive behavior, whether genuine or dissembled. Use of expressive behavior to modulate relationship dynamics (e.g., smiling while reproaching a friend).	Awareness of multiple emotions toward the same person. Use of multiple time frames and unique personal information about another as aids in the development of close friendships.
Emotions Emotional Development in Childhood Encyclopedia on Early Childhood Development, 2011		

According to APA Dictionary Psychology a behaviour pattern is a complicated arrangement of two or more reactions that happen in a certain order. Behaviour patterns are sometimes known as chains of activity, which emphasises their nature as a complex connecting of simpler segments of behaviour. They can be created by classical or operant conditioning of various parts given in the correct order. Also known as a behavioural pattern. (APA Dictionary of Psychology, 2020)



Sigmund Freud

- Sigmund Freud was considered the father of psychoanalysis as he came with a theory that explains the human behavior.
- He proposed that personality was made of 3 elements which were: The ID, the Ego & superego
- Freud's theory was divided into 2 main parts which were: Conscious mind & Unconscious mind Boag S. [Conscious, Preconscious, and Unconscious](#). *Encyclopedia of Personality and Individual Differences*
- Freud believed that life was built around tension and pleasure as part of Human mind theory

Shaffer, DR & Kipp, K. *Developmental Psychology: Childhood and Adolescence*. Belmont, CA: Wadsworth Cengage Learning; 2010.
Freud, S. *Three Contributions to the Theory of Sex (Annotated)*. Arcadia Ebook; 2016.

In short period of time Freud gave a decisive steps which opened perspectives for the psychoanalyses development, by abandoning hypnosis and replacing it by associations of free methods.

For 10 years, Freud work on it's own on the psychoanalyses development. In 1906 he gathered himself with Adler, Jung, Jones and Stekel in which they go together on the first International psychoanalyses Congress in Salzburg. From Wikipedia

Human personality is complex and has more than a single component. These 3 component that were referred as The ID, the Ego and Superego, they work together in order to create complex human behaviours.

Boag S. [Ego, drives, and the dynamics of internal objects](#). *Front Psychol*. 2014

Freud believed that event in our childhood have influence on our adult lives in which shapes our personality

Freud's Psychosexual stages theory of development

- In Freud's point of view, personality is acquired and developed during childhood, and is critically shaped via a succession of five psychosexual stages - The Freudian psychosexual theory of development.
- Every stage presents the child with a conflict between his own biologically driven needs and social expectations.
- During the five psychosexual stages, which are the oral, anal, phallic, latent, and genital stages, the erogenous zone associated with each stage are sources of pleasure.

“While Freud's theory of personality development is well-known in psychology, it has always been quite controversial, both during Freud's time and in modern psychology.”

Compared other stages of development, Freud insisted to believe that ego and superego are composed and ready to function at that point. Children are demanded by ID which provides pleasure of simple needs

Shaffer, DR & Kipp, K. Developmental Psychology: Childhood and Adolescence.

Belmont, CA: Wadsworth Cengage Learning; 2010.

Freud, S. Three Contributions to the Theory of Sex (Annotated). Arcadia Ebook; 2016.

Stages of development linked to childhood

In stage 2, which is anal stage, Freud accredited that during the anal stage purpose would be libido as it controlled the bladder and bowel movements. Freud had positive and negatives thoughts regarding to toilet training

In stage 3, Phallic stage, Freud suggested that the primary focus of the libido is on genitals at Age 3 to 6 years children would discover differences between male and females

Freud, S. Three Contributions to the Theory of Sex (Annotated). Arcadia eBook; 2016.

SIGMUND FREUD'S THEORY OF PSYCHOSEXUAL DEVELOPMENT

Stages

Stage 1 : The Oral Stage

- ✓ Birth to 1 year
- ✓ Mouth is the first representative sex organ for providing pleasure to the infants.

Stage 2 : The Anal Stage

- ✓ 18 month or 2 years to 3 years
- ✓ Anus or Urethra is the representative sex organ for providing pleasure to the children.

Stage 3 : The Phallic Stage

- ✓ 3 or 4 to 6 years
- ✓ Genitals are the representative sex organs for providing pleasure to the children.

Stage 4 : The Latency Stage

- ✓ 6 years to Puberty for Girl and 6 or 7 years to Puberty for Boys
- ✓ Sex drives in this period are latent.

Stage 5 : The Genital Stage

- ✓ Puberty to Adult life
- ✓ Show interest to the opposite sex and Sexual intercourse is the goal.

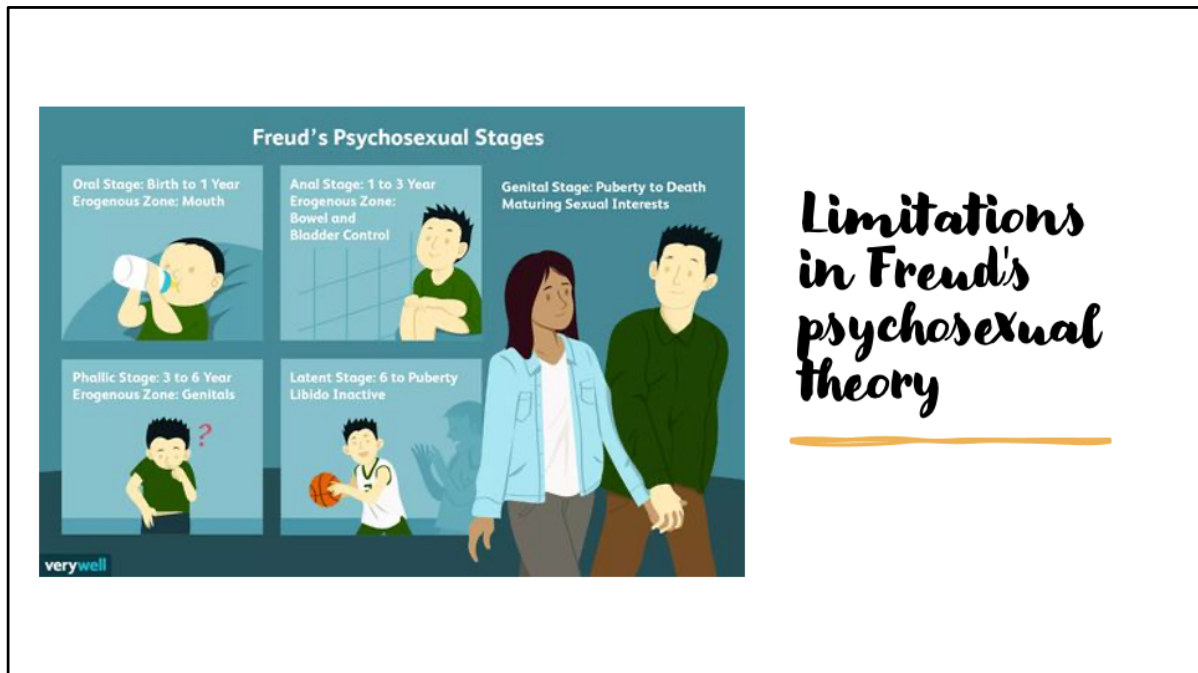
Sigmund Freud (1856–1939) believed that personality develops during early childhood. For Freud, childhood experiences shape our personalities and behaviour as adults.

Freud's stages are called the stages of psychosexual development. Freud believed that, children's pleasure wills are focused on a different area of the body, called an erogenous zone, at each of the five stages of development: oral, anal, phallic, latency, and genital. (Spielman et al., n.d.)

In Freud's view, personality is developed during childhood, which is critically formed via a succession of five psychosexual stages – The Freudian psychosexual theory of development.

The individuals stage of development are recognised by conflicts that can help build growth or stifle development, depending as on how they are solved. If these psychosexual stages are completed successfully, a healthy personality is a happy result. (Spielman et al., n.d.)





Sigmund Freud did not pay much attention to the female development and was more focused on the male psychosexual development.

Freud's theory is limited to test it in a scientific setting. The unconscious, for example, is difficult to determine and so can not be tested. The study performed so far tends to invalidate Freud's idea.

Future predictions are far too speculative. How can a person be sure that a present reaction was triggered by a childhood event? The time interval between the cause and the effect is way too big to conclude that the two variables are related.

Freud's theory was mostly driven by case studies not qualitative research. Furthermore, Freud's beliefs were founded on the recollections of his adult patients rather than on real observation and research of children. According to Kendler Cherry, November, 19, 20

Strengths in Freud's psychosexual theory

- Was first psychosexual theory
- Working with his patients promoted his deep and in-depth view
- His idea made mental disease more understandable and in some cases curable
- Shows how early experiences in development influences behaviours

One of the first ideas to define personality development over a number of developmental phases was Sigmund Freud's psychosexual theory. His deep and in-depth views came as a result of his extended work with his patients. In addition, his ideas and treatment methods made mental disease more understandable and, in some circumstances, curable. One of the main proofs around which many other theories were founded was the relevance of early experiences in development and influencing behaviours.

According to Saul McLeod, (2018)

Practical implantations on Freud's psychosexual theory

Ages 1-3 in the anal phase The control of the bladder and bowel motions is the major focus of our libido at this age, and we must learn to use the potty.
Age 3-6 years in the Phallic Phase As we learn the distinctions between the female and male genders, our desire shifts to the genitals. The boy's struggle at this period manifests as a rivalry with their father, commonly known as the Oedipus complex



Kendler Cherry, (19 November 2020)

Ages 1-3 anal phase is the control of the bowel and bladder motions is the major focus of our libido at this age, and we must learn to use the potty.

Han's parents congratulate him on his progress using the restroom and engage him to teaching at his speed.

Wills' parents encouraged him to start toilet training too soon and penalise him for making errors.

Eda's parents completely disregard any attempts at potty training.

Age 3-6 years in the Phallic Phase we learn the distinctions between the female and male genders, our desire shifts to the genitals. The boy's struggle at this period manifests as a rivalry with their father, commonly known as the Oedipus complex

Will want to possess their parents and fantasise about getting rid of the one of the parent, but they are aware that their dad is more powerful, they are afraid of being punished for their desire. This was referred to by Sigmund Freud as "castration anxiety."

Eder has penis envy because she feels that having a penis is the path to power and dominant

Han's father was extremely present at that time, and Hans overcomes the problem by firmly connecting with him as an adult, learning to take on a manly role and respecting both genders.

According to Sprouts, (31. July. 2020)

Conclusion

- Unconscious would remember and store all our experiences
- They pop up from time to time through dreams and associative thoughts
- Don't strive to eliminate our complexes but to get into accord with them
- Very controversial,
- 50% of knowledge positive and 50% negative
- Strengths in emotional and cognition areas may help children grow efficiently also help build relationships with positive outcomes while supported by family members, peers and the environment they live in

Freud theorised that the unconscious would remember and store all our experiences later they pop up from time to time through dreams and associative thoughts by revealing traumatic memories and desires through conversation we can free ourselves from our neuroses and live a healthier and fulfilled life he recommended we should not strive to eliminate our complexes but to get into accord with them they are legitimately what directs our conduct in the world.

Freud's Theory was very controversial, it is a theory where you have 50% of knowledge positive and remaining 50% negative, some facts were not able to be sustained on its own, as the theory contradicts too much.

strengths in emotional and cognition areas may help children grow efficiently also help build relationships with positive outcomes while supported by family members, peers and the environment they live in

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