

Psychoanalysis: The Influence of Freud's Theory in Personality Psychology

Songyang Zhang¹

¹High School Affiliated to Renmin University of China, Beijing 100080, China

ABSTRACT

Psychoanalysis theory is Sigmund Freud's theory of personality that attributes thoughts and actions to unconscious motives and conflicts. The purpose of this paper is to examine the influence of Sigmund Freud's psychoanalysis theory on other personality psychologists. It illustrates the relationship of different psychologist with Sigmund Freud, and further analyze the influence by comparing the similarities and different between traditional psychoanalysis theory with the new theories proposed by various psychologist. The conclusion of this paper is that the influence of Sigmund Freud towards other personality psychologist shed light on the overall development of Personality Psychology as a unique subject.

Keywords: Personality psychology, psychoanalysis, psychological types, Freud influence

1. INTRODUCTION

Psychology is the study of mind and behavior. Psychology, merging from biology and philosophy, has many different schools of thought and subdivided subjects. One of the most famous school in psychology is psychoanalysis, marking by the interpretation of dream and other Freudian theory. The Psychoanalysis or psychodynamic theory arose from the 19th century, which focus on the unconsciousness and dream analysis. Psychoanalysis is the first wave of psychotherapy development which has a huge influence on the development of psychology overall and other psychologists. Personality psychology is a subdivided subject which studies the psychological type and individual personality. In this paper, it discusses the development of Freud's personality theory as well as how his theory influences other famous psychoanalysis psychologists: Anna Freud, Carl Jung, and Otto Rank.

2. Sigmund Freud

Sigmund Freud was the most influential person in the field of psychology. He was the founder of psychoanalysis, also the first person who proposed psychoanalysis personality theory.

2.1 Early experience

Freud was born in 1856 in Moravia. When Freud was born, his father was forty years old and his mother was only twenty [14]. In his childhood, Freud's father was strict and despotic [14]. However, his mother cared about him. He loved his mother in a special way, which influenced Freud's theory of Oedipus complex.

2.2 Id, Ego, and Super ego

Id, Ego, and Superego were the three layers of personality in Freud's theory. It was the basic structure of individual personality, according to Freud [5]. Id represented human's biological instinct. Freud described Id as "pleasure principle" and "primary-process thought", representing Id fulfill human need immediately in order to relief the nervous feeling [5]. Id is the most innate quality of human which represent their physiological desire. Ego used "reality principle" [5]. It was the process of rationalization. Freud also called ego as the "second-process thought" [5]. Freud compared the relationship between the ego and the id to that between a charioteer and his horses: the horses provide the energy and drive, while the charioteer provides direction [12]. Super ego represented the conscience, which people already formed in their early childhood. The combination of Id, Ego, and Superego forms the behavior and personality of an individual, which represented by their behavior in the society and their interaction with others. Id, Ego, and Superego theory is the fundamental theory in Freud's personality theory.

2.3 Defense mechanism

Anxiety was the signal of danger, representing that the ego was in a threatened situation [4]. As a result, ego must use different types of defense mechanisms to reduce anxiety. The defense mechanisms included repression, denial, reaction formation, projection, regression, rationalization, displacement, and sublimation [4]. Repression was the most common used mechanism, characterized by the unconscious replacement of conscious memories. It made people to "forget" traumatic memories. Freud regarded repression as an inner psychic process [1]. Repression was

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