Personality Theories
Freud & Erikson

By: Keisha Marquez
Rebeca Guzman
Humberto Urrutia
Sigmund Freud

- (1856-1939)
- Austrian Neurologist
- Qualified as a doctor of medicine
- Id psychologist
- Specialized in neurons and brain disorders
- Professor of Neuropathology in Vienna
- Father of psychoanalysis
- Foreign member of Royal Society
Phychosexual Theory

- Sigmund Freud's theory
- Early experiences outweigh experiences later in life
- One's personality has been shaped by the age of 5
- Driven by biological forces
- Stages must be completed for proper development
- Mental abnormality= “fixated” stage
Libido (Psychic Energy)

The energy created by the survival and sexual instincts.

As a child matures biologically, the psychic energy of the sex instinct shifts from one part of the body to another, seeking to gratify different biological needs.

The libido is part of the id and is the driving force of all behavior.

Harsh child-rearing method can heighten these biologically based psychic conflicts and the child’s anxiety
Conscious vs Unconscious

**Conscious:** Mental processes of which we are aware of

**Preconscious:** Thoughts and feelings that a person is not currently aware of but can easily access

**Unconscious:** Mental processes that are not accessible but influence our behavior

![Freud's Conception of the Human Psyche (The Iceberg Metaphor)]
Id, Ego, & SuperEgo

Id- primitive part of a person's personality. It is considered basic instinct (natural instinct)

Id can be categorized within the unconscious. Eros and thanatos are present.

Ego- can be considered as the medium between ID and SuperEgo.

SuperEgo- the conscious side. Present in deciding whether an action is acceptable in public. Contains conscious and ideal self

Dream analysis (defense mechanism) from ego
Defense Mechanisms

Many have been added over time by Freud’s daughter Anna and others.

Used for protection against feelings of anxiety and guilt

- Repression- unconscious mechanism
- Regression- revert to primal instinct
- Denial- blockings
- Projection- twisting/alteration of ideas
- Displacement- redirection of emotions towards others
Psychosexual Stages

**Oral**
- (0-1yr)
  - Location of the libido (source of pleasure)
  - The mouth – sucking, swallowing etc.

**Anal**
- (1-3yrs)
  - The anus – withholding or expelling faeces

**Phallic**
- (3-6yrs)
  - The penis or clitoris - masturbation

**Latent**
- (6-12yrs)
  - Little or no sexual motivation present

**Genital**
- (12 & older)
  - The penis or vagina – sexual intercourse
Critiquing Psychosexual Theory

Difficult to test/measure (can only measure behavior)

Lacks Falsifiability

Does have predictability, though very questionable

Does have connectivity to a certain degree

Mostly nature

Low validity
Erik Erikson

- (1902 - 1994)
- Born in Frankfurt, Germany
- Ego psychologist
- Studied at Vienna Psychoanalytic Institute (Germany),
- Received diploma from V.P. Institute but never received a formal degree
- Understudy of Sigmund Freud
- Practiced Child Psychoanalysis
Freud's Influence

- Erikson studied under Freud (freudian)
- Modeled his ideas from Freud’s theory
Psychosocial Theory

- Erik Erikson's theory

- Humans enter different stages throughout their life, each which ultimately affects later stages and collectively shapes one's personality.

- Believed his theory was more inclusive and extensive than Freud's.

- Both early and late life experiences are important

- Driven by social and environmental forces
<table>
<thead>
<tr>
<th>Stage</th>
<th>Psychosocial Crisis</th>
<th>Basic Virtue</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Trust vs. mistrust</td>
<td>Hope</td>
<td>Infancy (0 to 1½)</td>
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<tr>
<td>2</td>
<td>Autonomy vs. shame</td>
<td>Will</td>
<td>Early Childhood (1½ to 3)</td>
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<td>3</td>
<td>Initiative vs. guilt</td>
<td>Purpose</td>
<td>Play Age (3 to 5)</td>
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<td>4</td>
<td>Industry vs. inferiority</td>
<td>Competency</td>
<td>School Age (5 to 12)</td>
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<td>5</td>
<td>Ego identity vs. Role Confusion</td>
<td>Fidelity</td>
<td>Adolescence (12 to 18)</td>
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<tr>
<td>6</td>
<td>Intimacy vs. isolation</td>
<td>Love</td>
<td>Young Adult (18 to 40)</td>
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<tr>
<td>7</td>
<td>Generativity vs. stagnation</td>
<td>Care</td>
<td>Adult hood (40 to 65)</td>
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<tr>
<td>8</td>
<td>Ego integrity vs. despair</td>
<td>Wisdom</td>
<td>Maturity (65+)</td>
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</tbody>
</table>
Critiquing Psychosocial Theory

Difficult to test and measure (can only measure behavior)

Low in falsifiability

Capable of predicting an individual's personality, though very questionable (generates new questions)

Does have some connectivity

Low validity

Difficult to replicate
## Conclusion

<table>
<thead>
<tr>
<th>Freud</th>
<th>Erikson</th>
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<tbody>
<tr>
<td>❖ Early childhood is the most important</td>
<td>❖ To some extent, personality is stable, because childhood experiences influence people even as adults</td>
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<tr>
<td>❖ Personality developed by age 5</td>
<td>❖ Personality changes and develops over a lifespan as people face new challenges</td>
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<tr>
<td>❖ Driven by biological forces</td>
<td>❖ Driven by social and environmental forces</td>
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<tr>
<td>❖ Stages must be completed for proper development</td>
<td></td>
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<tr>
<td>Recap</td>
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<tr>
<td>Which theory is driven by biological forces, Psychosexual or Psychosocial?</td>
<td>Psychosexual</td>
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<tr>
<td>Is Psychosocial theory nature or nurture?</td>
<td>Nurture</td>
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<tr>
<td>Who came up with the idea of the iceberg model, Freud or Erikson?</td>
<td>Freud</td>
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References


