

AP Psychology



9.2 – Psychosexual Stages & Defense Mechanisms

Personality

• Psychosexual Stages

- Freud believed that our early experiences stayed with us and affected us throughout our development, especially with regards to sex
- Should something happen in the early years, people will have problems to overcome later in life specifically dealing with sexuality:
 - **Oedipus Complex:** Boy in love with their mother
 - **Identification:** Boys love their mom/identify with their dad
 - **Fixation:** Occurs when development is stopped at a particular stage

► Freud's Psychosexual Stages of Development



ORAL 0-2
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



ANAL 2-3
The child learns to respond to some of the demands of society (such as bowel and bladder control).



PHALLIC 3-7
The child learns to realize the differences between males and females and becomes aware of sexuality.



LATENCY 7-11
The child continues to realize his or her development but sexual urges are relatively quiet.



GENITAL 11-Adult
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.

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Personality

• Psychosexual Stages

<u>Psychosexual Stage</u>	<u>Focus</u>
Oral (0-18 Months)	Pleasure centers on the mouth - sucking, biting, chewing
Anal (18-36 Months)	Pleasure focuses on bowel and bladder elimination; Coping with demands for control
Phallic (3-6 Years)	Pleasure zone is the genitals; Coping with incestuous sexual feelings
Latency (6 to Puberty)	Dormant sexual feelings
Genital (Puberty On)	Maturation of sexual interests

Personality

• Ego Defense Mechanisms

- Mediating the conflicting demands of the Id and Superego is difficult
- Anxiety often results when the Ego cannot find a realistic compromise
- According to Freud, the Ego uses unconscious distortions of reality called defense mechanisms to reduce anxiety



<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Denial	Arguing against an anxiety provoking stimuli by stating that it doesn't exist	Denying that your physician's diagnosis of cancer is correct and seeking a second opinion
Displacement	Taking out impulses on a less threatening target	Slamming a door instead of hitting a person, yelling at your spouse after an argument with your boss
Intellectualization	Avoiding unacceptable emotions by focusing on the intellectual aspects	Focusing on the details of a funeral as opposed to the sadness and grief
Projection	Placing unacceptable impulses in yourself onto someone else	When losing an argument, you state "You're stupid"
Rationalization	Supplying a logical or rational reason as opposed to the real reason	Stating that you were fired because you didn't kiss up to the boss, when the real reason was your performance

<u>Defense Mechanism</u>	<u>Description</u>	<u>Example</u>
Reaction Formation	Taking the opposite belief because the true belief causes anxiety	Having a bias against a particular race or culture and then embracing that race or culture to the extreme
Regression	Returning to a previous state of development	Sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way
Repression	Pulling into the unconscious	Forgetting sexual abuse from your childhood due to the trauma and anxiety
Sublimation	Acting out unacceptable impulses in a socially acceptable way	Becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
Suppression	Pushing into the unconscious	Trying to forget something that causes you anxiety

Neo-Freudians

• Alfred Adler

- Believed that infants and young children are helpless and dependent upon others
- This situation produces deep feelings of weakness, inadequacy, and incompetence that Adler labeled an "Inferiority Complex"
- Believed that individuals deal with feelings of inferiority in one of two ways:
 - Compensate for real or imagined weaknesses by striving to improve themselves and by developing talents and abilities
 - Overcompensate for feelings by developing a superiority complex in which they exaggerate their accomplishments and deny their limitations



Neo-Freudians

• Carl Jung

- Jung stressed the importance of unconscious processes, but distinguished between the personal unconscious and the collective unconscious
 - Personal Unconscious: Consists of experiences that are unique to each individual
 - Collective Unconscious: Refers to the part of a person's unconscious that is common to all human beings
 - Includes shared human experiences embodied in myths and cultural archetypes such as the wise grandfather, the innocent child, and the rebellious son

