

Freud's Theory of Psychoanalysis

In this theory, Freud divided the human psyche into three levels: 1. Conscious level, 2. Subconscious level 3. Unconscious level. The other two levels influence the conscious level. That accounts for dreams and verbal slips. Freud's theory of psychoanalysis gives particular emphasis upon the unconscious and its relative importance to human mind and behaviour.

The unconscious is the most dynamic part of the mind, as most of one's unfulfilled desires, fantasies and temptations, even the most splendored to the most heinous to the most melancholic incidence find a prominent place in it. Freud also mentioned a number of fears or anxieties manifest in the human soul - one that is related with everyday reality two where one is conscious of hurting one's own conscience, in the terms of moral justice and three, in which one knows one would do something, for which he would be severely punished. In combating these anxieties, Freud also laid out a number of defence mechanisms such as repression, regression, introjection, projection, opposite reaction etc. Most importantly, Freud postulated three entities - id, ego and the superego.

The id he explained is an unruly child, which is responsible for all drives and impulses without the least about their consequences. The ego is the pacifier and controller of id.

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It ensures morality and justice. The superego, the most powerful part balance both id and ego. The superego decides what is right and what is wrong, and dominates over both its actions. It is the final and the biggest authority. Besides this, Freud mentioned four principal psychosexual stages namely, oral anal paraphallic and sexual. Freud dropped a bombshell by declaring that sexual urge was a primary force of human life.

This was called libido. He said that many of the peculiarities of mind and behaviour could be interpreted in term of this libido. He also invented a number of psychological terms like "Oedipus Complex" and "Electra Complex". It should however be remembered that his theory was solely based on clinical cases and case studies and had nothing to do with an extensive scientific research. Thus the theory is flawed and inconclusive. Moreover, most Freudian critics no longer accept the old rigour,