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Sigmund Freud

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In this world, there are many people who change the world in the better ways. Sigmund Freud is also considered as one of the most important person who has changed this world. He invented many psychological theories and was well-known as the founding father of psychoanalysis. The examples of his famous works are id, ego, and superego theories, the unconscious mind, and psychosexual development. Sigmund Freud's theories help people to better understand human psychology for investigating and treating the mind.

¹ Sigmund Freud was born in Freiberg, Moravia on May 6, 1856. His father was Jacob Freud and his mother, Amalia Freud. His family financial status was not so good, but his parents still send Sigmund Freud to attend the school. Due to failure in business, his family moved from Freiberg, Moravia to Vienna when Sigmund Freud was about five years old. Vienna is where he spent most part of his life in. When he was seventeen, he studied at University of Vienna in faculty of medicine. Sigmund Freud loved to read William Shakespeare's plays where he first began to understand the human psychology. Sigmund Freud graduated from the University of Vienna in

¹ Wikipedia Contributor. "Sigmund Freud." 17 September 2012.
http://en.wikipedia.org/wiki/Sigmund_Freud

1881. Freud married Martha Bernays in 1886 and they had six children. In that year, he also started to experiment in nervous disorders with his coworker named Joseph Breuer. Sigmund Freud's theory and work can be separated into the following...

²The id, ego, and superego theory is one of most famous Sigmund Freud's works. Freud separated personality structure into three parts: the id, the ego, and the superego. He has explained this theory that everyone in this world born with id and id plays an important role in your personality. Sigmund Freud referred id as the pleasure principle. Id is the personality part that works to satisfy the basic needs and desires at that specific time, even if they are wrong. Id doesn't care the reality, but it only wants to avoid pain and dissatisfaction. The best example of id is the infants. When the infants feel uncomfortable, they will just cry to make their parents know that they feel uncomfortable. When the baby is three years old, he or she starts to develop ego. Sigmund Freud explained about ego that it is the decision making part of personality based on the reality which it mediates between id and the social external world. Ego seeks to satisfy the id's needs in the correct way. He referred to ego as the reality principle. After children are five years old, they start to develop superego. Superego is the moral part of the personality that will judge which one is right or wrong. There are two systems of superego: the ego ideal and the conscience. The ego ideal will indicate the good behavior which you should do and it will lead to the feeling of value

2 McLeod, S. A. "*Id Ego Superego*". (2008). <http://www.simplypsychology.org/psyche.html>

and success. Another is the conscience which will indicate the bad behavior that is forbidden to do and lead to bad consequences and feeling of guilt.³

⁴Sigmund Freud said that id, ego, and superego are divided into three level of awareness. He differentiates the conscious and preconscious with the unconscious. The conscious mind is the awareness of what you are doing right now and your thinking. The conscious mind includes memories, sensation, and feeling in the current of awareness. The preconscious mind is when you are not thinking the thing at that moment, but in a few second, you can recall that memory easily. The example might be when your friend asks you about the homework that you had on last Friday and you may have to think a few second to think about that. In contrast, the unconscious mind is where the memories, feeling, and urge that is outside of your awareness. Most memories on the unconscious mind are unpleasant such as pain, conflict, and anxiety. Sigmund Freud believed that unconscious mind has influenced on the people behavior.

3 David B. Stevenson. "Freud's Division of the Mind". 1998.
<http://www.victorianweb.org/science/freud/division.html>

4 Wikipedia contributors. "Unconscious mind". 31 August 2012.
http://en.wikipedia.org/wiki/Unconscious_mind

⁵ Another popular theory of Sigmund Freud is psychosexual development. Psychosexual development is the process of the personality and sexual behavior developed through the five stages. ⁶ Sigmund Freud believed that each stage has its unique developmental challenge that shapes the personality. If the child is failed to move from one stage into another stage, this is called fixation. The anal stage is the first stage of psychosexual development. It begins at the beginning of the birth until the age of two. The infant would like to put things into the mouth such as breast feeding and biting where libido is focused on the mouth. The key task of this stage is weaning from breast and bottle. If fixation happens in this stage, later on there might be a chance for children to smoke. When the child is two years old, the child enters to the second stage called anal stage. The libido takes place in the anus of this stage. The key task of this stage is toilet training. The child might have to learn to release the crap in the right way and this is when ego and superego start to occur. The child has to decide to follow or to reject their parents' teaching. If the fixation occurs in this stage, the child might aggressive and disorganized. In contrary, if the child knows how to release the crap in the correct way, then the child might be neat, orderly, and careful. The third stage is called phallic stage. This stage is the most important and the most conflicting in all of the five stages. The libido take place in genital and the key tasks of this stage are identifying the adult role models and coping with Oedipal crisis. The

5 Reuben Fine. "The Development of Freud's Thought". 1962. P. 167-188

6 McLeod, S. A. "*Psychosexual Stages of Development*". (2008).
<<http://www.simplypsychology.org/psychosexual.html>>

children would love the opposite sex parent, but they will feel hostility to the same sex parent. The children would view their same sex parent as the competitor of affection for their opposite sex parent. The solution is the children should not love their opposite sex parent as love object and stop hating the same sex parent. If fixation happens in this stage, that person might be afraid to have the close love. In this stage, they also start to learn that the genital is different with another sex. The children enter this stage when they are about four years old. The next stage is latency stage and the key task is expanding social contacts. This stage occurs at the age of six. The last stage is genital stage and the key task is establishing intimate relationship. The libido takes place in the genital again. The person might love other more than himself or herself. They would start to have the real love with the person that he or she wants to be with.⁷

Nowadays Sigmund Freud's theories are famous and play an important role in psychoanalysis. He has changed the world in the better ways. Most of his works are still used by many psychologists. His theories support the understanding of psychology in human development, clinical psychology and abnormal psychology. His theories are used in many therapies for treating the abnormal people. He gives the opportunity for abnormal people to have the better life. Sigmund Freud is considered one of the greatest contributors to living mankind all over the world.

⁷ Felluga, Dino. "Modules on Freud: On Psychosexual Development." Jan. 31, 2011. <<http://www.purdue.edu/guidetothory/psychoanalysis/freud.html>>.