



Psychoanalytic Perspective: Psychosexual Development

Psychology 310 Psychology of Personality

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Psychoanalytic Model

- Freud (and others) were puzzled
 - Where do your thoughts, feelings, impulses come from?
 - Are they sometimes mysterious, confusing, or disturbing?

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Psychoanalytic Model

Freud's deduction:

1. If you do something meaningful & motivated
(not just random firing or abnormal chemistry),
2. but don't know why or have conscious control
(and may even want to not do it),
3. then your motivation must be unconscious!

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Topographic Model (3 regions)

1. Conscious
 - in awareness now
2. Preconscious
 - ordinary memory
3. Unconscious
 - most thoughts, motives, & memories
 - all threatening thoughts, motives, & memories
 - a repressed but still powerful psychic force
 - shaped by early experience...

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Stages of Psychosexual Development

- Psychic Energy (Libido)
 - The focus shifts over the course of childhood
- Frustration or Overindulgence of Libido
 - Fixation or Regression
 - Personality retains features of that stage

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Oral Stage of Psychosexual Development

- Age: 0-2
- Erogenous Zone: Mouth (nursing/weaning)
- Issue: Dependency & Trust
- Fixations → "Oral" Personalities
 - Needy, Dependent
 - Mistrustful, Rejecting, Sarcastic

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Anal Stage of Psychosexual Development

- Age: 2-4
- Erogenous Zone: Anus (toilet training)
- Issues: Autonomy, Self-control, Social Control
- Fixations → “Anal” Personalities
 - Disorderly, Rebellious, Mad
 - Too Orderly/Miserly/Stubborn

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Phallic Stage of Psychosexual Development

- Age: 3-6
- Erogenous Zone: Genitals
- Issue: Oedipal Complex
 - Want opposite-sex parent
 - Hate/Fear same-sex parent
- Resolution: Identify with same-sex parent
- Fixations:
 - Competition / Power (esp. sexual)
 - Guilt (esp. sexual)

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Latency Stage of Psychosexual Development

- Age: 6-12
- Erogenous Zone: sublimate sexual urges
- Issues: Mastering social & cognitive skills

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Genital Stage of Psychosexual Development

- Age: 13+
- Erogenous Zone: Genitals + Relationship
- Issues:
 - Controlled expression of urges
 - through “love and work”
 - People and tasks are opportunities
 - for experiencing intrinsic enjoyment
 - and making a meaningful contribution
 - not just objects of unfulfilled oral, anal, or phallic needs

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