

Al-Mustaqbal University College

Department of Nursing



كلية المستقبل الجامعة

قسم التمريض

## Lecture 3

Theories related to human  
growth and development

By

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# Sigmund Freud's Psychosexual Theory

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Sigmund Freud was born May 6, 1856 Died September 23, 1939



# Sigmund Freud's Psychosexual Theory

Sigmund Freud (1856-1939). Freud has been a very influential figure in the area of development; his view of development and psychopathology dominated the field of psychiatry until the growth of behaviorism in the 1950s. His assumptions that personality forms during the first few years of life. Freud's theory of self suggests that there are three parts of the self.

# Freud theory (psychosexual development)

- Proposed by the famous psychoanalyst Sigmund Freud, the theory of psychosexual development describes how personality develops during childhood. Freud believed that personality develops through a series of childhood stages in which the pleasure-seeking energies of the id become focused on certain erogenous areas

# Freud theory (psychosexual development)

**This theory views the personality as consisting of three parts:**

- 1. Id;** the unconscious mind, is the inborn component that is driven by instincts. The id obeys the pleasure principle of immediate gratification of needs, regardless of whether the object or action can actually do so.

# Freud theory (psychosexual development)

**2. The ego**, the conscious mind, serves the reality principle. It functions as the conscious or controlling self that is able to find realistic means for gratifying the instincts while blocking the irrational thinking of the id.

# Freud theory (psychosexual development)

**3. superego:** the conscience, functions as the moral arbitrator and represents the ideal. It is the mechanism that prevents individuals from expressing undesirable instincts that might threaten the social order.

—the moral and ethical system that **develops in childhood**

# Psychosexual Stages in Freud's Theory

**The Oral Stage (0 – 12 months)**

**The Anal Stage (1 – 3 years)**

**The Phallic Stage (3 – 6 years)**

**The period of Latency (6 – 12 years)**

**The Adolescence and adulthood {Genital Stage} (12+ years)**



# The Oral Stage (0 – 12 months)

- Preoccupied with activities associated with the mouth
- Sexual urges gratified with oral behaviors: sucking, biting, chewing, and eating
- Children that do not have their oral needs met may become thumb suckers or nail biters.
- In adulthood they may become compulsive eaters or smokers.
- Normal development requires no depriving of oral gratification.
- Examples of deprivation:  
Weaning too soon  
Rigid feeding schedule

# The Anal Stage (1 – 3 years)

- Preoccupied with the ability to eliminate
- Sexual urges gratified by learning to voluntarily defecate
- Sphincter muscles maturing (child to be toilet trained)

# The Phallic Stage (3 – 6 years)

- The child is preoccupied with the genitals.
- Curious about childbirth, masturbation, and anatomic differences
- The phallus/penis—girls experience penis envy and wish they had one; boys suffer from castration anxiety, the fear of losing the penis.
- Children develop strong incestuous desire for caregiver of the opposite gender.
  - Oedipal complex—attachment of boy to his mother.
  - Electra complex—attachment of girl to her father.

# The period of Latency (6 – 12 years)

- Sexual drives submerged
- Energy focus on socialization and increasing problem-solving abilities
- Appropriate gender roles adopted
- Oedipal or Electra conflicts resolved
- Identifies with same-gender peers and same-gender caregiver
- Superego developed to a point where it keeps id under control

# **Genital stage—begins at around 12 years of age and lasts to adulthood**

- **Struggle with sexuality**
- **Sexual desires return and are related to physiological changes and fluctuating hormones**
- **Changing social relationships**
- **Dealing with struggle of dependence and independence issues with parents**
- **Learning to form loving, appropriate relationships**
- **Must manage sexual urges in socially accepted ways**

**TABLE 6–5 FREUD’S FIVE STAGES OF PSYCHOSOCIAL DEVELOPMENT**

Age	Stage
<p><b>Infancy (birth–1 yr)</b></p>	<p><b>Oral Stage</b>                      Comforted through the mouth</p>
<p><b>Toddler (1–3 yrs)</b></p>	<p><b>Anal Stage</b>                      Derives gratification from control of bodily excretions</p>
<p><b>Preschool (3–6 yrs)</b></p>	<p><b>Phallic Stage</b>                      Becomes aware of self as sexual being                      Identifies with the parent of the opposite sex, but by the end of stage will identify with same-sex parent                      Oedipal complex: attachment of a boy to his mother                      Electra complex: attachment of a girl to her father</p>
<p><b>School Age (6–12 yrs)</b></p>	<p><b>Latency Stage</b>                      Focuses on peer relationships                      Emphasis on privacy and understanding the body</p>
<p><b>Adolescent (12–18 yrs)</b></p>	<p><b>Genital Stage</b>                      Focus on genital function and relationships</p>

HAVE A NICE DAY

**Thank you**