

The Formation and Structure of the Human Psyche

Id, Ego, and Super-Ego - The Dynamic (Libidinal) and Static Unconsciousness, Sublimation, and the Social Dimension of Identity Formation

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As humans our behavior, our thoughts and actions, are the product of our psyche. In order to have an understanding of why we behave as we do, it is necessary to identify the formation and structure of the human psyche. Sigmund Freud's work in the field of psychoanalysis was ground breaking because it answered questions about the human psyche in a way that no one else had before him. This paper will explore Freud's conception of the formation and structure of the human psyche. It will discuss the shift from a static to a dynamic (libidinal) conception of unconsciousness, sublimation and its fundamental role not only in an individual's psychological development but also in psychological development from a cultural perspective, and finally it will explore the social dimension of identity formation. Explanation of these concepts will clarify the role of the human psyche in governing human behavior on both an individual and societal level.

Freud analyzes the human psyche in terms of three elements, which he calls, the Id, Ego, and Super-Ego. In order to obtain an understanding as to why humans behave as they do, it is necessary to examine all three.

The Id is the unorganized part of the psyche that contains a human's instinctual drives. The Id is the only part of the psyche that is present at birth and it is the source of our bodily needs, wants, desires, and impulses; particularly our sexual and aggressive drives. The Id is an entirely unconscious aspect of the psyche and, according to Freud, is the "source of all psychic energy"; thus making it the primary component of personality. Freud claimed that the Id acts according to the pleasure principle and that the Id contains the libido, which is the primary source of instinctual force that is unresponsive to the demands of reality.¹

The pleasure principle drives the Id to seek immediate gratification of all needs, wants, and desires. Clearly instant gratification of these desires is not always possible and thus psychological tension is created that needs to somehow be discharged. The Id remedies this tension through, what Freud called, Primary Process. The Id uses Primary Process to fulfill the need to act on an urge that is dangerous or unacceptable by creating a mental image of the desired object to substitute for the urge. This mental representation then diffuses psychological tension and relieves anxiety. Daydreaming and masturbation would be common examples of the Primary Process. To elaborate, Freud believed that when a person masturbated it was to relieve sexual tensions that they were experiencing. The act of masturbation proceeds from a mental image that then substitutes for the object of sexual desire in reality. Masturbation provides, what Freud thought, to be a perfect image of one's sexual desires. It allows that person to be in complete control of their experience and it is because of this that some actually argue that masturbation is better than sex.

The desires of the Id give rise to the Ego, which is generally the component of the psyche that ensures that the impulses of the Id are expressed in a way that is acceptable to the real world. The Ego operates according to the reality principle. In order to better understand the role of the Ego it is necessary to first discuss the three stages of consciousness and how they each function.

Freud equates consciousness with awareness. He believed that our behavior and personality derives from the constant and unique interaction of conflicting psychological forces that operate at the three levels of consciousness, or awareness.² The conscious mind includes everything that we are aware of. It is the aspect

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RJ Shavelson



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