**DYNAMIC ASPECTS OF MIND: (Freud's Id, Ego, & Superego)**

**Degree Course (Three Years)**

**Psychology Honours**

**B. A. Part– I Honours Paper II: Psychopathology**

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Freud (1927) is the first modern psychologist who made an attempt to give a scientific description of the different parts of human personality. He introduced the three basic divisions of personality into id, ego and superego into his psychoanalytic theory. Freud has managed to make this complex division of personality from the observation of various patients and the analysis of their case histories.

The mind has an internal structure -- three parts with separate motivations: Id (irrational and emotional part of the mind); the Ego (rational part); and the Superego (the moral part).

Freud came to see personality as having three aspects, which work together to produce all of our complex behaviours: the [Id](http://wilderdom.com/personality/L8-4StructureMindIdEgoSuperego.html#Id), the [Ego](http://wilderdom.com/personality/L8-4StructureMindIdEgoSuperego.html#Ego) and the [Superego](http://wilderdom.com/personality/L8-4StructureMindIdEgoSuperego.html#SuperEgo).  All 3 components need to be well-balanced in order to have good amount of psychological energy available and to have reasonable mental health.

However, the Ego has a difficult time dealing with the competing demands of the Superego and the Id.  According to the psychoanalytic view, this psychological conflict is an intrinsic and pervasive part of human experience.  The conflict between the Id and Superego, negotiated by the Ego, is one of the fundamental psychological battles all people face.  The way in which a person characteristically resolves the instant gratification vs. longer-term reward dilemma in many ways comes to reflect on their "character".

Id, Ego and Superego come under the dynamic aspects of personality. The dynamic aspects of self-according to Freud refer to the agents through which conflicts arising in the instincts are resolved. The adult develops ego and superego out of id through conflicts in the earlier periods of life.

**THE ID (“It”)**: The id consists of all the inherited components of personality, including sex drives and aggression. The id seeks immediate gratification of primitive impulses. It operates on the **pleasure principle**, seeking to avoid pain and maximise gratification.

If tangible gratification of the primitive impulses are unavailable, then the id may form a mental image or hallucination to reduce the tension of ungratified desire - for example, a starving man may form a mental image of a delicious meal. That is an example of what Freud termed **wish fulfilment**.

* Basic psychic energy and motivations
* Operates to demands of ***Pleasure Principle*** - strive to satisfy desires and reduce inner tension
* The id is the unorganized part of the personality structure that contains a human's basic, instinctual drives. •
* Id is the only component of personality that is present from birth. It is the source of our bodily needs, wants, desires, and impulses, particularly our sexual and aggressive drives.

**THE EGO: (“I”)**: functions with the *rational* part of the mind. The Ego develops out of growing awareness that you can’t always get what you want. The Ego relates to the real world and operates via the “reality principle”.  The Ego realises the need for compromise and negotiates between the Id and the Superego.  The Ego's job is to get the Id's pleasures but to be reasonable and bear the long-term consequences in mind.  The Ego denies both instant gratification and pious delaying of gratification.  The term ego-strength is the term used to refer to how well the ego copes with these conflicting forces.  To undertake its work of planning,  thinking and controlling the Id, the Ego uses some of the Id's libidinal energy.  In transactional analysis, Ego equates to "Adult".

Ego too strong = extremely rational and efficient, but cold, boring and distant

* Deals with real world
* Operates to demands of ***Reality Principle*** solves problems by planning & acting
* The Ego is the component of personality that is responsible for dealing with the reality
* Just as the ID is the unconscious part of human personality, Ego is the conscious and logical part.
* The Ego functions in both the conscious, preconscious and unconscious mind. • The Ego operates on the Reality principle, which strives to satisfy the ID’s desires in realistic, logically and in socially appropriate ways.

**THE SUPEREGO (“Over-I”)**: The Superego is the last part of the mind to develop.  It might be called the *moral* part of the mind. The Superego becomes an embodiment of parental and societal values. It stores and enforces rules. It constantly strives for perfection, even though this perfection ideal may be quite far from reality or possibility.  Its power to enforce rules comes from its ability to create *anxiety*.

Superego too strong = feels guilty all the time, may even have an insufferably saintly personality

* Internalized social norm & moral forces pressing on and constraining individual action
* The “over-I” over ego
* The last component of personality to develop is the Superego. • The Superego provides guidelines for making judgments.
* The superego represents the norms & qualities of the individual , his family and the society and is an ethical constraint on the behavior.
* It operates on the moral principles.
* Able to differentiate between good and bad, what is right and wrong.

**CONCLUSION: -** The Id, Ego and Superego are inter-related. In order to create normal personality, there must be a proper balance in the relationship among these three forces.

**Pictorial presentation of structure of mind**

