

Psychoanalytic Theory

- 1) Dynamism: constantly changing, personality driven, imbedded in our everyday language.
- 2) Freud: Sex and aggression as basic principles of psychic energy. Personality constructed in the unconscious mind.
- 3) Hysteria: Gendered concept
- 4) Id: Completely unconscious. The pressure principle.
- 5) Ego: Reality principle, the defence mechanism against id.
- 6) Defence mechanisms: Repression of memories into unconsciousness; projection by denying self gratification and projecting them on someone else; sublimation through diverting energy into another outlet; rationalisation by justifying actions through reasoning; conversion as a physical manifestation of psychological condition.

Structure of the mind

- 1) Id comes into conflict with super-ego. Ego need to mediate between conflict between id and super-ego.
- 2) Free association: uncover unconscious conflicts.

Psychosexual stages

- 1) Freud says we must pass through each stage to reach an ideal personality type.
- 2) Oral: Becoming fixated on this stage means developing either a passive personality type (weaned too early), or a sarcastic/nasty personality type (weaned too late).
- 3) Anal: Fixated on letting go (mean), fixated on withholding (controlling).
- 4) Phallic: children attach themselves to the opposite sex. Girls jealous of not having a penis, this changes later in life when women feel ready to have children.
- 5) Latency: sex life subsided.

Psychoanalytic critique

- 1) deemphasis the role of sex.
- 2) No empirical evidence but did challenge the ways in which to do research and recognised that research does not have to be an objective process.
- 3) Feminist: psychoanalysis looked into gender as a social construction and the social power of phallic symbol.

Attachment Theory

Bowlby

- 1) After all stages are complete, child can feel attached in an abstract sense.
- 2) Maternal deprivation: theory had a massive impact. Prior to his work, healthcare only focused on Maslow's bottom rung of hierarchal needs.
- 3) Separation: compensated by substitute family figures.
- 4) Research carried out after war: bereavement rather than attachment.
- 5) Political agenda of getting women back in the home because the men were back from war and usual gender roles needed to be resumed.

Ainsworth