Personality based on Freud’s Psychodynamic perspective

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Sigmund Freud was the first psychologist to derive the theory of personality called psychodynamic theory. It postulates that human behavior is shaped by unconscious interactions of the id, ego, and superego. Sigmund’s psychodynamic perspective places great emphasis on unconscious psychological conflicts that influence personality and behavior. Sigmund believed that personality develops around id, ego, and superego. The id is primitive and operates entirely unconsciously. It is a concern with gratification for urges and basic necessities. Superego is a concern with moral values and social rules. Superego overrules the desires of the id. Ego balances the demands of id and superego based on specific contexts and is partly conscious, rational, and pragmatic (Ewen, 2014).

Sigmund thought that continuous conflicts between these structures plus efforts to balance them determine personality and approach to the world. Sigmund noted that people’s personality grows from two conflicting forces; one relates to biological and pleasure-seeking drives, and another is moral or social control of pleasure drives. People who have strong or healthy personalities have strong egos, which amicably balance the desires of id and superego and rationally satisfy the id without making a person feel guilty (Temba, 2015). People with dominant superegos are controlled by guilt and consistently deny themselves socially acceptable pleasures. Conversely, a weak superego makes a person psychopath because they harbor feelings of entitlement to everything within the social context hence narcissistic and impulsive (Temba, 2015). Overly dominant superego is undesirable as it creates neurosis, which brings anxiety disorders and makes people unaware of emotional needs. In conclusion, Sigmund’s three psychodynamic perspectives explain different personalities. The relentless conflicts between id and superego, and how a person responds to them create different personalities.References

**References**

Ewen, R (2014) *An Introduction to Theories of Personalit: 7th ed*. New York: Psychology Press

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