



Research Paper

Influences of Unconscious Mind in Human Behavior (A Study)

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ABSTRACT

Most of the human mind operates unconsciously on the phenomenon of unconscious mental activity. According to Sigmund Freud the unconscious mind is the Primary Source of human behaviour like the bottom of an iceberg of water surface. Where he describes the three levels of mind as Conscious, Preconscious and unconscious mind. Freud also holds the view that sex-instinct is latent in a person since his infancy. Due to social restrictions he has to repress this instinct. Hence the sex instinct remain lying in a corner of the unconscious mind. He believes that all urges of an individual start from the unconscious. Through hypnosis and free association methods Freud observed that the unconscious mind was the store house of the ideas, feelings and desires. The effect of the unconscious influences what one does under the influence of hypnosis. The existence of unconscious is clearly visible in dreams and mistakes committed in writing or reading in our daily life.

Freud was the first psychologist who systematically attempted to explore the unconscious Part of human personality. His greatest contribution was to formulate scientific psychology and emotional nature of unconscious motivation.

In spite of lots of criticism of the theory on various counts this theory is still regarded as the most comprehensive in describing the dynamics of Personality. Hence no teacher can afford to be ignorant about it. More so the personality which it describes offers a very convincing account of the men's actions in various fields of their lives. The Present study will try to point out the psychic structure and influences of unconscious mind in human behaviour. The method applied for this study is descriptive analytical method.

Key words- Unconscious mind, Personality, psychic-structure, motivation and contribution.

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I. INTRODUCTION:-

Before we discuss the unconscious mind of Psychoanalysis let us examine in brief the life history of Freud and the influences on him which contributed in the development of his theory.

Sigmund Freud was born in Austria in 1856 to Jewish Parents. He qualified himself as a doctor from Vienna in 1881. Most of his life he stayed in Vienna except before his death on sept, 23rd, 1939 at age of 83 in London. The great influence on his life originated from his two sources,-

(a) His studies with charcoal in Paris involving hypnosis, hysteria and the sexual basis of mental disturbances.

(b) In 1880 another friend of Freud, Josef Breuer was treating a woman for symptoms of fainting and coughing. The treatment of the women was transferred to Freud who treated her successfully; with this background and experiences he developed his own method of Psycho-analysis.

Freud was the first Psychologist who systematically attempted to explore the unconscious Part of human Personality. He proposed a theory that greater Part of our Personality lies buried in unconscious mind. Most of the human mind operates unconsciously on the Phenomenon on unconscious mental activity. According to Freud the unconscious mind is the Primary source of human behaviour. If we compare the human mind to an ocean then the upper layer or surface would represent the conscious mind, the main bed would be identified with the sub-conscious and the bottom would form the unconscious. The conscious mind lies just above the surface of the water like the tip of an iceberg and occupies only one tenth of our total psyche or mental life. Where he describes the three levels of the mind. Freud also holds the view that sex-instinct is latent in a Person since his infancy. Due to social restrictions he has to repress this instinct. Hence the sex-instinct remains lying in a corner

of the unconscious mind. The unconscious mind was one the main contributions of his idea to Psychology and made it Popular in the world. The aim of psychoanalysis therapy is to release repressed emotions and experiences by making the unconscious to conscious.

The three levels of mind:-



(a) **Conscious mind** – It consists of all mental Processes of which we are aware and this is seen as the tip of an iceberg. For example, you may feel thirsty at this moment and decide to get a drink of water. In Freud’s psychoanalytical theory, the conscious mind consists of everything inside of our awareness. This is the aspect of our mental processing that we can think and talk about in a rational way. The conscious mind includes such things as the sensations , perceptions, memories, feeling and fantasies inside of our current awareness. Closely allied with the conscious mind is the preconscious, which includes the things that we are not thinking of at the moment but which we can easily draw into conscious awareness. Things that the conscious mind wants to keep hidden from the awareness are repressed into the following part of the mind. While we are unaware of these feelings, thoughts , urges and emotions then they show their influence on our daily behavior.

(b) **Pre-Conscious mind**- Preconscious is a Part which we may recollect easily. It contains thoughts and feeling that a Person is not currently aware of these. There is a continuous intercourse between conscious and Preconscious. It exist just below the level of consciousness, before the level of unconscious mind. The Process is like a mental waiting room, in which thoughts remain until they succeed in attracting the eye of the conscious. For example, you are presently not thinking about your mobile no, but now it is mentioned you can recall it in case of our mild emotional experiences may be in the Process of Preconscious but sometime emotions repressed hence not available in Preconscious.

(c) **The unconscious** – The unconscious is the result of repression of our desires and we do not allow our repressed instincts to come out. Freud believes that all urges of an individual start from the unconscious. Through hypnosis and free association methods Freud observed that the unconscious mind was the store house of ideas, feelings and desires. He clearly observed the effect of the unconscious influences what one does under the influence of hypnosis. The existence of the unconscious is clearly visible in dreams and the mistakes committed in writing or reading in our daily life.

The following are the reasons to show the existence of unconscious:-

- Dreams prove the existence of unconscious
- Slips of tongue and pen
- Forgetfulness
- Somnambulism
- Solution of problems during sleep
- Neuroses and psychoses

Psychic Structure

Freud has developed a unique structure of psyche consisting id, ego and superego. He applied these three systems to his structure of the personality or psyche. It comprises of all that is inherited or present at birth. It is the source of all mental energy in the individual. The Powerful group of innate urges in essentially unconscious and the conscious is often ignorant of the urges. The id is governed by the principle of hedonism. The following are the main characteristics of id, ego and superego :-

(ii) Id (unconscious)

- It is unconscious in nature and has no direct contact with reality.
- It is abnormal in the sense and no social and moral value.
- It is dominated by the pleasure principles.
- It is illogical and contains all repressed desires, feelings and thoughts.
- It is reservoir of libido. The life and death instincts pass through it.

(ii) Ego (conscious)

- It is largely conscious and logical in nature.
- It deals with reality of the environmental conditions and obeys the reality principle.
- It acts as an intermediary between three sets of forces of instinctive pressure, external reality and control from the superego.
- It sleeps but maintains a dream censorship (Immoral).

(iii) Superego (conscience)

Superego represents the influence acquired from other persons, parents and society- It is the successor and representative of parents and educators who supervise the action of the individual in this first years of life, it perpetuates their functions almost without a change.

- The superego functions as a conscience.
- An internationalization of the one's parents and their higher natures.
- It punishes the ego for failing to perform with self judgement and guilt.
- As one grows up, parents, teachers and other figures of authority have a powerful influence on the superego.
- It is more based on moral value.

Relationship between mental process and psychic structure

Freud classified behaviour according to a person's awareness of his behaviour

(a) **Conscious behaviour:** - Any behaviour that the person is aware of walking, eating etc.

(b) **Unconscious behaviour:** - Any behaviour that the person is not aware of example mannerisms, shaking of the legs while sitting biting your fingers. Playing your pen while listening to your teacher's discussion etc. Dreams and slip of tongue phenomenon are some ways of releasing the unconscious.

Freud's classification of the Psycho-Sexual stages:

Psycho-Sexual stages of development of the child which correspond to change in personality is as follows:

The child at the first derives pleasures from the stimulation of its oral orifice passive or masochistic for at this stage the child wants to retain mother's Nipple in his mouth.

The second stage of the child Psycho-Sexual development is anal erotic. In it the Centre from which the child derives pleasure shifts from the mouth to the anus. Here the child at first active and later on passive.

At the third stage of its Psycho-Sexual development the child becomes genital erotic, which at first is Phallic and then Genital. At this stage child is called 'Polymorphously-passive' Genital phase is normal stage of Psycho-Sexual development.

Libido and instincts

According to Freud there are only two types of instinct: life instinct and death instinct. The energy of life instinct is called libido. The aim of this instinct is to reduce tension and satisfaction and pleasure. The source of instinct is bodily tension which tends to focus on certain regions of the body called erogenous zone.

Again Freud's analysis 'Libido' in to three parts namely Oedipus Complex, Electra Complex and Masochism or Sadism. By Oedipus Complex Freud refers to child love for father and mother. If the child is a boy he feels jealous of his father, which is called Oedipus complex. If the child is a girl she feels jealous of her mother because she considers mother as an obstruction in winning her father's love and this is called Electra complex. This complex is develops in a person. In Masochism under the influence of love a man troubles himself, which in sadism he shows cruelty or gives trouble to others. He finds a kind of pleasure in either troubling himself or others.

Contribution to Education:

Sigmund Freud and Psychoanalytic theory have profoundly influenced several facts of Psychology namely the clinical, Personality and child devt. sub-disciplines. Freud's general concepts of treating mental disorders (hysteria) focusing on childhood development and analyzing unconscious motivation and Process remain integral to conventional Psychology and a number of contemporary psychotherapist approaches.

His greatest contribution was divided in to two parts-

1. His attempts to formulate scientific psychology.
2. He discovered the emotional nature of unconscious motivation.

Freud's scientific discovery of the unconscious has contribution to the understanding of the role of unconscious in the motivation aspect of learning – the basis of valuing process instincts to the human organism and the importance of the emotional nature of motivation as a determinate for effective learning. This is a great significance to learning theory and consequently to educational theory. It is also seen that Psycho-analysis has laid stress on the importance of the child and his early experience in the process of education. Early experiences

of home lay down the foundation of personality of the child love, affection and sympathy which develop positive attitude in the child towards life on the other hand, punishment and other negative reinforces create problems. The great contribution of psychoanalysis is that it has thrown light on the causes of mal-adjustment in the children.

II. CONCLUSION:-

Freud has rendered valuable service to the humanity through his psychoanalysis method. The society will ever remain indebted to him. Due to Freud's researches we have started giving more importance to childhood, because all our conflicts begin with childhood stage. But some Psychologist like Adler, Jung has criticized the Freud's psychoanalysis theory. They find some exaggerations in his theory. In case of 'Oedipus' complex, a large number of healthy young persons do not find the trace of 'Oedipus' complex in their experiences of childhood. Jung did not believe the sexuality was at the base of all unconscious thoughts. Again some modern psychologist criticized the Freud's psychoanalysis theory regarding the personality development that occurs during childhood. They say that it is a lifelong process not like his analysis. Adler and Jung have opposed the Freud's theory of dualism. Adler has thought of individual psychology.

Despite its weakness it is a valuable, comprehensive serendipitous and innovative in psychology. We find that psychoanalysis is indeed a great idea in personality that should not be overlooked. By the psychoanalysis treatment we can know how the unconscious factors affect behavior patterns, relationship and overall mental health. On the other hand Freud is important because he influenced so much thought in 20th century. Thus we see psychoanalysis as an essential part of the pupil's nature and must be known as general away and is to be intelligently handled. Psychoanalysis helps the teacher to detect certain unusual behaviour and abnormalities. Freud was convinced that the people needed psychotherapy rather than physical therapy. So the knowledge psychoanalysis enables the teachers to understand the child better.

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