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Textbook of Psychology & Sociology for GNM Students

As per INC Syllabus



3rd Edition

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Forewords
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CHAPTER

Structure of the Mind

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INTRODUCTION

Mind is that element of a person which enables him to be aware of the world and their experiences, to think and to feel; the faculty of consciousness and thought. As per Freud's theory within the human mind is contained three levels of awareness or consciousness. They are as follows **(Fig. 2.1)**:

1. **Conscious mind:** It is that part of mind which contains things that occupy one's current attention. It has awareness of something and information from this part can be easily recalled. The conscious mind serves as a scanner. It will perceive an event; trigger a need to react and then depending on the importance of the event, store it either in the unconscious or the subconscious area of the mind where it remains available for future.
2. **Subconscious mind:** It is that part of mind that has storage for any recent memories needed for quick recall such as what your telephone number is or the name of a person we just met. It also holds current information that we use everyday such as behavior

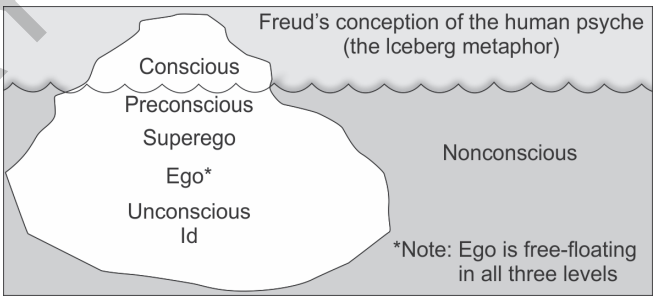


Fig. 2.1: Level of consciousness.

patterns, habits and feelings. This part of the mind serves as the minds random access memory (RAM).

3. **Unconscious mind:** It is that part of mind that store our memories and experiences. These are those memories that have been repressed through trauma and those have simply been consciously forgotten and no longer important to us. The unconscious mind serves as the store of the mind that store all our deep-seated options and memories that have been programed since birth.

ELEMENTS OF PERSONALITY

In basic terms personality can be described as how people differ at individual level or it can be defined individual's characteristics pattern of feelings, thinking and acting. According to Sigmund Freud's psychoanalytic theory of personality—personality is composed of three elements. They work together to create complex human behaviors. These three elements are as follows:

1. **Id:** It is the most primitive component of personality and is driven by pleasure principle, which strives for immediate gratification of all desires, wants and needs. If these needs are not satisfied immediately, the result is a state of anxiety or tension. It is very active and important early in life because it ensures that an infant's needs are met. If the infant is hungry or uncomfortable, he or she will cry until the demands of the id are satisfied.

   However immediately fulfilling these needs is not always realistic or even possible. If person will go with id pleasure principle he may find himself grabbing the things that he want out from other people's hands to satisfy his own cravings and id dominated people more often use tobacco, alcohol or drugs.

2. **Ego:** The ego is the component of personality that is responsible for dealing with reality and it work on the reality principle. It strives to satisfy the id's desires in realistic and socially appropriate ways. The reality principle weighs the costs and benefits of an action before deciding to act upon or abandon impulses. In many cases ego allow the id's behavior but only at appropriate time and place and if it can not be achieved the ego tries to find an object in the real world that matches the mental image created by the id's primary process.

   Basically, ego realizes the need for compromise and negotiates between the id and superego. The ego's job is to get the id's pleasure but to be reasonable by bearing long-term consequences in mind.

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3. **Superego:** This component of personality provides guidelines for making judgments. It holds our moral standards and ideals that we acquire from both parents and society. It provides us sense of right and wrong.

The superego acts to perfect and civilize our behavior. It works to suppress all unacceptable urges of id and struggle to make the ego act upon idealistic standards rather than upon realistic principles.

Id, ego and superego are not three separate entities with sharply defined boundaries but rather they represent a variety of different processes, functions and dynamics within the person. If there is balance between them, the outcome is an adjusted personality. If there is imbalance, the outcome is maladaptive personality. For instance:

- If id is dominant then outcome could be an impulsive and uncontrollable individual which can result into any crime.
- If ego is dominant then outcome can be an individual who is caught up in reality and can become extremely rigid and unable to stray from rules and structure.
- If superego is dominant the outcome might be an extremely moralistic individual.

EXERCISES

1. Briefly describe structure of mind.
2. What are the different elements of personality, explain them?

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Textbook of

Psychology and Sociology

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Salient Features

- Presented with the current concepts and social problems in the society
- Based on revised INC syllabus
- Simple and clear language for self-understanding of GNM students
- Exercises are included at the end of each chapter to test the students' grasp of the concepts learned and give clear idea of examination patterns
- It is quite comprehensive, as it deals with all important aspects of general psychology and sociology in a very simple form.

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