

- Reductionism is belief that complex human behaviour can be explained by breaking it down into its smallest components
- Biological approach is reductionist as actions of genes, neurochemicals and/or hormones determine behaviour
- Reductionist view oversimplifies causes of complex disorders
 - E.g. Dopamine hypothesis to explaining schizophrenia proposes schizophrenia develops because of abnormal levels of dopamine neurotransmitters and receptors ignoring all other factors
- Critics argue we cannot fully understand a behaviour without taking into account cognitive, emotional and cultural factors – All have significant influence on behaviour

Dangers of Evolutionary Explanations of Behaviour

- Most human behaviours can be transmitted by both genetic and cultural routes – Behaviour can be explained from both a cultural and genetic point of view
- Critics of evolutionary explanations claim many established patterns of behaviour have purely cultural origins with no survival or reproductive value
 - E.g. Interbreeding in some societies – Evolutionary explanation would emphasise the problems of genetic mutations that would arise from interbreeding therefore natural selection would favour those who avoided such practices
 - Cultural explanation is that many cultures have strict moral codes against interbreeding – why it isn't done
- Suggests explaining all behaviours due to evolution may greatly overstate the effect of culture and social norms

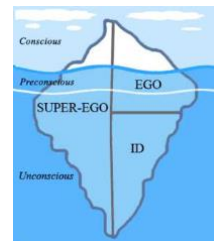
Dangers of Genetic Explanations in Regard to Crime

- Research suggesting a genetic basis for criminal behaviour has led to concerns about how this information may be used
- Critics claim research may lead to genetic screening of population to identify genetic susceptibility – Can lead to discrimination against those with a predisposition for criminality
- Creates danger genes may be used as a convenient explanation for complicated human behaviour making people overlook all other factors
- However other psychologists suggest if individuals discover that they have a genetic predisposition to criminality or other mental issues they will use the knowledge to avoid situations which may trigger predisposition

THE PSYCHODYNAMIC APPROACH – AO1

Psychodynamic – Emphasising change and development in the individual

- Proposed by Freud in early 1900s
- Based on two main assumptions:
 - Our unconscious mind motivates/influences our behaviour
 - Early childhood experiences are important as they effect the way we function as an adult
- If trauma or excessive pleasure occurs during childhood this is reflected in our adult personality
- Most of psychological development is formed prior to the age of 6



Role of the Unconscious

- Much of our behaviour is determined by unconscious thoughts, memories and wishes
- Freud proposed three levels of consciousness
 - Conscious – Logical thoughts we are aware of
 - Preconscious – Memories that can be retrieved
 - Unconscious – Hidden thoughts ruled by pleasure seeking
- Role of unconscious is a place for unpleasant memories from childhood kept from conscious in order to allow adult to function in everyday life

STRUCTURE OF PERSONALITY – AO1

- Freud suggests there are three parts to our personality and the way they develop affects the person we become

Id

- Birth – 18 months – Energies (desires/instincts) we are born with that provide instant gratification
- Instincts buried in the unconscious driving sexual and aggressive energies – Id operates solely in the unconscious
- When need arises Id wants to be satisfied immediately – Id operates according to the **Pleasure Principle** and has no consideration for others or reality of situation
 - E.g. If a person is hungry Id demands food immediately
- Common personality of Id:
 - Childlike
 - Selfish

Ego

- 18 months – 3 years
- Based on the **Reality Principle** – We can't always have what we want and must satisfy needs in realistic ways
- Balances influences of Id and superego by compromising and not letting one dominate
 - E.g. Delay gratifying Id until more appropriate opportunity arises

Superego

- Three – Six Years
- **Moral part** of personality acting as an individual's conscience – Holds someone back from behaving in a certain way
- Split into two parts:
 - Ego ideal – What a person strives towards
 - Conscience – Watches we don't do things wrong and makes us guilty
- Id and superego like a devil and an angel telling a person what to do
- In a normal person the ego is strongest to balance the demands of the Id and the morals of the superego

EGO DEFENCE MECHANISMS – AO1

Defence Mechanisms – Unconscious strategies to protect our conscious mind from anxiety

- If an individual is faced with a situation they are unable to deal with rationally defence mechanisms may be triggered
- Defence mechanisms work unconsciously and involve distortion of reality in some way so we are better able to cope with the situation
- Anxiety weakens the influence of the ego which needs to be strong to mediate between the Id and the superego
- By using defence mechanisms individuals stop themselves becoming aware of any unpleasant thoughts associated with a stressful situation
- Main defence mechanisms are repression, denial and displacement

Repression – Highly emotional and unpleasant thoughts buried deep in unconscious mind

- Unpleasant memory no longer consciously available
- Repressed thoughts influence behaviour without individual being aware of reasons
 - E.g. Child who is abused by a parent may have no recollection of events but trouble forming relationships

Denial – Refusal to accept reality of situation

- Arguing against anxiety provoking stimuli denying existence
- By denying existence ego doesn't have to deal with problem
 - E.g. An alcoholic will deny they have a drinking problem even after being arrested for drunk and disorderly

Displacement – Strong emotion is displaced from its target onto a neutral stimulus

- Reduces anxiety by allowing expression even though they are misapplied to an innocent person or object
- Displacement occurs in situations where person feels unable to express feelings in presence of person they should be directed towards
 - E.g. If your angry taking out your anger on a street lamppost after being pulled over for speeding driving

PSYCHOSEXUAL DEVELOPMENT – AO1

Psychosexual Development – Series of stages every individual develops through

- Freud thought each stage was sexual in nature with different areas of the child's body becoming the focus of pleasure and the dominant source of arousal (libido)
- Individual experiences tension due to the build up of sexual energy and pleasure comes from its discharge
- There are five stages of development

Fixation – If a conflict is experienced during development it will affect personality

- If a child experiences severe problems leading to frustration or excessive pleasure at any stage, development fixation is seen
- Fixation affects adult personality leading to certain traits
- Adult personality fully formed by the end of the phallic stage

Little Hans Case Study

- Hans had a phobia of horses and Freud reported this behaviour as a problem in the phallic psychosexual stage
- The phobia was most likely due to a displaced fear of his father
- Key features of Freud's analysis was:
 - Hans fascinated with his penis – Hans was interested in his father due to their very large penis
 - Hans's father went away leaving Han's mother to himself and when his father returned Hans resented him
 - Hans was hostile towards his mother or sister (Oedipus complex)
 - Hans was sexually attracted to his mother and his father was a rival
- Criticised Freud was biased only looking for evidence for his theory – Hans's phobia could be described by classical conditioning instead

Psychosexual Stages

Stage of Development	Fixation
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Oral Stage <ul style="list-style-type: none"> • Birth – 2 years • Focus for pleasure and gratification is the mouth • Pleasure gained from biting, sucking and teething – Also biting/sucking other objects • If stage goes smoothly adults enjoy food, drink and have close relationships • When child born only the Id is present so no logic or morality – Ego develops at the end of the period 	Oral Fixation If sucking or biting restricted or overly encouraged fixation can result <ul style="list-style-type: none"> • If frustrated Oral Aggressive <ul style="list-style-type: none"> - Characterised by aggressiveness, domination, pessimism, envy and suspicion • If overindulged Oral Receptive <ul style="list-style-type: none"> - Optimistic, glib, independent and trusting
Anal Stage <ul style="list-style-type: none"> • 2 – 3 Years • Libido of child moves focus from the mouth to the anus • Pleasure associated with bowel movements and controlling these movements like toilet training • If stage goes smoothly adults able to deal with authority and balance order and mess 	Anal Fixation If parents are too strict or overly pessimistic at this stage fixation can result <ul style="list-style-type: none"> • If frustrated Anal Retentive <ul style="list-style-type: none"> - Obsessive, stingy, orderly and neat • If overindulged Anal Expulsive <ul style="list-style-type: none"> - Messy, careless, generous and wasteful
Phallic Stage <ul style="list-style-type: none"> • 3 – 6 Years • Pleasure in this stage focuses on the genitals • Key event is child's attraction to parent of the opposite sex • If stage goes smoothly the superego develops as the child's same sex parent is internalised into their personality • Conscience develops Oedipus Complex <ul style="list-style-type: none"> • Boy experiences intense sexual feelings for mother unconsciously • Father seen as a rival causing anxiety so in order to reduce anxiety befriends father • Boy experiences fear of punishment and in an attempt to resolve his problem child identifies with father. This leads to internalisation Electra Complex <ul style="list-style-type: none"> • Girl desires father • Girl experiences penis envy 	Phallic Fixation Parents who suppress child's desire for the opposite sex leaving child with harsh superego – Experience excessive guilt <ul style="list-style-type: none"> • Sexual development and confidence can also be affected Neo-Freudian Electra Complex – Jung (1913) Young girl is initially attracted to her mother but this ends when she discovers mother doesn't have a penis believing she was castrated – Girl experiences penis envy 1. Girl's sexual desires transferred to father 2. Complex resolved when girl converts penis envy into wish to have a baby – Reduced anger towards mother 3. Complex resolved when girl converts penis envy into wish to have a baby – Reduced anger towards mother 4. Girl identifies with mother and takes on her gender behaviours
Latent Stage <ul style="list-style-type: none"> • 6 – 12 Years • Child has developed Id, ego and superego • Libido is placed throughout the body 	<ul style="list-style-type: none"> • No fixations or effects on adult personality • Conflicts and issues from previous stages repressed – As consequence children unable to remember much of early years
Genital Stage <ul style="list-style-type: none"> • 12+ • Libido focused on genitals – Where it stays for the rest of life • Genital character is the ideal adult • Mature, loving and hard working 	

REVISION AID:
 Old Age Pensioners Love Grapes
 Oral Anal Phallic Latent Genital

EVALUATION OF PSYCHODYNAMIC APPROACH – AO1

Strengths – Recognises the Importance of Childhood Psychological Experiences

- Children should be nurtured as their childhood serves as a precursor to adulthood
- Psychodynamic approach led to wealth of research on the impact of childhood experiences
 - E.g. Bowlby role in studying attachment – Maternal deprivation theory and offending behaviour
- Freud made an important contribution to psychology

Freud's Ideas have been Practically Applied in a Therapeutic Setting

- Development of psychoanalysis as an explanation of human behaviour represents a huge shift in psychological thinking suggesting that evidence acquired should be empirical and not introspection
- Freud was one of the first people to propose psychological treatments could also be used for disorders not just biological treatments
- Some of Freud's ideas are still used today by therapists to treat mental health issues giving approach merit and validity
- De Maat Et. Al. (2009) – Large scale review of psychotherapy studies concluded psychoanalysis produced significant improvements in symptoms that were maintained years after treatment
- Effectiveness of therapy supports idea that theory behind therapy is valid to an extent

Scientific Support for Approach

- Critics of psychoanalysis argue there is no scientific evidence for approach – Claims made not testable or falsifiable
- The claims the Psychodynamic approach makes have been largely not confirmed using scientific methods
- Fisher and Greenberg (1996) – Summarised 250 studies concluding support for the existence of unconscious motivation in human behaviour as well as for defence mechanisms: repression, denial and displacement
- Psychoanalysis can also be used to explain many aspects of human behaviour outside the realm of psychology
 - E.g. Psychoanalysis has been used as a form of literary criticism – Hamlet by Shakespeare has repressed message hidden beneath the surface of the text
- Suggests that there may be merit with the scientific validity of some areas of the approach but not all

Weaknesses – Methodological Issues in Freud's Research

- Freud studied a small number of individuals and used what he found to develop universal claims about human nature
- Much of evidence for Freud's methods comes from case studies – Lacks reliability and cannot be generalised
- Freud's case studies were culturally specific coming from wealthy people in Vienna – A small number of people can't develop universal claims about human nature

Psychoanalysis is a Gender-Biased Approach

- Freud was content to ignore or ignore female sexuality – Freud's views of women and female sexuality less well developed than men
- Dismisses women as problematic as theories can't be generalised to entire population today – Lacking population validity
- Presents an alternative as Freud overlooked the universals in gender behaviours concluding men are superior

Approach Deterministic Denying Existence of Free Will

- Approach assumes an adult can never overcome childhood conflict and repressed memories – Pessimistic view of human nature
- Humanistic Approach provides contradictory evidence that in fact free will does exist
- Events that occur after childhood can also affect personality
 - E.g. If you win the lottery your adult personality will most probably change
- Research into attachment has shown some children can overcome the effects of privation and fixation in childhood if they are adopted into a loving home
- Suggests childhood experiences may impact but not unalterably determine later behaviour