

CHAPTER III
PSYCHOANALYSIS THEORY OF SIGMUND FREUD

Gerald Corey in Teori dan Praktek, Konseling dan Terapi, remarked about Psychoanalysis theory of Sigmund Freud:

(Salah satu aliran utama dalam sejarah psikologi adalah teori psikoanalitik Sigmund Freud. Psikoanalisis adalah sebuah model perkembangan kepribadian, filsafat tentang sifat manusia, dan metode psikoterapi.... Penting untuk diingat bahwa Freud adalah pencipta pendekatan psikodinamika terhadap psikologi yang menemukan pandangan baru kepada psikologi dan menemukan cakrawala-cakrawala baru. Ia, misalnya membangkitkan minat terhadap motivasi tingkah laku)(13)

Psychoanalysis Theory of Sigmund Freud is one of the main schools in the history of psychology. Psychoanalysis is a model of human personality, a philosophy of human characteristics, and a method of psychoteraphy. Further, Corey stated that Sigmund Freud is the creator of the psychoanalytical approach toward psychology. This approach gives new insight to psychology,

such as arousing attention toward the motivation of human behavior (13)..

Burger remarked in Personality, Theory and Research that in describing the personality of human being, Freud proposed his theory of psychoanalysis. The key point in understanding psychoanalytic approach to personality is the division of the human mind into three parts: the consciousness, and the unconsciousness (54-55). Corey remarked about the structure of human personality according to Freud's Psychoanalysis.

(Struktur kepribadian terdiri dari tiga sistem: id, ego dan superego. Ketiganya adalah nama proses-proses psikologi dan jangan dianggap sebagai agen-agen yang secara terpisah mengoperasikan kepribadian; merupakan fungsi-fungsi kepribadian sebagai keseluruhan ketimbang sebagai tiga bagian yang terasing) (14).

The structure of personality consists of three systems: id, ego, and superego. These are names for the processes of psychology so they are not separated agents, but as the functions that work

together in operating personality (14).

Id is the system of personality which is the original one, because at birth, there is only one human personality, namely id. Id is the home of primitive drives, the pure drives which has not been influenced by environment or culture. The actions of id are ruled by the 'pleasure principle'. It means that the actions of id are concerned only with satisfying personal desires, regardless the religious ethics, social conventions, or moral constraints (Burger: 56). One of the primitive drives or instincts is life instinct. The form of life instinct is sexual drive or called libido (Burger: 56-57).

The second part of personality is ego. Ego begins to develop when a child interacts with his or her environment. Ego is the system which the function is keeping balance between id and superego. The action of ego is based on 'reality principle', meaning that ego tries to make id drives or superego drives match with reality. The primary job of ego is to satisfy id's desires, but to do it, the ego takes into consideration the reality of the situation (Burger: 56-57).

The third part of the personality is superego. The superego which is fully formed by the culture of the human environment, is a system which is the opposite of id. Sarwono in Berkenalan dengan Aliran-Aliran dan Tokoh-

Tokoh Psikologi stated the nature of superego:

(Pada waktu anak itu menjadi dewasa, segala norma-norma yang diperoleh melalui pendidikan itu menjadi pengisi dari sistem superego, sehingga superego berisi dorongan-dorongan untuk berbuat kebaikan, dorongan untuk mengikuti norma masyarakat dan sebagainya) (158).

When a child is growing up, all the norms he get through education given to become the filler of the system of superego, so superego holds the desires for doing goodness, desires to obey social rules, etc. (158).