

Psychodynamic theory debate - 405

Psychology



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Psychodynamic theory debate - 405 Psychodynamic theory debate - 405 In the thought of psychoanalysts, an individual's personality is determined by real and imagined relationships. As Freud argues, the personality of individuals in adults particularly results from the experiences that they have experienced in their childhood (Schultz & Schultz, 2012). However, Freud focuses on the unconscious person and their contribution to an individual's personality. Valerie & Peter (2003) indicate that Freud described human's instincts being innate though they are universal and felt at all times. Freud also believes that interactions with other persons are the basis of satisfying instincts.

In regard to interpersonal relations in personality development, Freud indicates that personality is shaped by the real and the perceived aspects of interpersonal encounters (Valerie & Peter, 2003). Freud indicates that interactions are the building blocks of the individual. It is, therefore, justified to argue that the intra-psychic development and relations with objects are the basis for an understanding of interpersonal development (Valerie & Peter, 2003). On another viewpoint, individual personality characteristics and interpersonal relations are shaped by the cultural and social determinants. Freud indicates that through the cultural and social aspects help in individual's adjustment into their ego (Valerie & Peter, 2003).

In this case, therefore, Freud recommends that individuals learn how to manage their conflicts through managing conflicts that result through maximizing their instincts and minimizing guilt that emanate from personality choices (Heider, 2013). Individuals must, therefore, learn to differentiate the "self" from "others" as this will help in creating a foundation for future relationships. Proper individual personality

characteristics and interpersonal relations are the beginning of separation differentiation.

References

Heider, F. (2013). *The Psychology of Interpersonal Relations*. New York: Psychology Press.

Schultz, D., & Schultz, S. (2012). *Theories of Personality*. London: Cengage Learning.

Valerie, S. & Peter, P. (2003). *Personality Development*. London: McGraw-Hill International.