

# Psychological assessment of tony stark - iron man



**ASSIGN  
BUSTER**

## Iron Man

Anthony Edward Tony Stark, also known as the famous “ Iron Man.” This Super hero is also a great intelligent man that at 15 entered The Massachusetts Institute of Technology to study engineering and obtain a master’s degrees in engineering and physics. Thanks to his knowledge, he was able to design and fabricate a suite of a dominance armor. The suit was made to save his life after a catastrophic incident he faced. After Stark was attacked by enemy forces and severely injured, he discovers that the shrapnel fragment lodged in his chest cannot be removed without killing him, and he is forced to wear the armor’s chest plate beneath his clothes since the armor was like a regulatory for his heart. His father was a well-known and opulent industrialist and also the forefront of the Stark’s Industries. After both of his parents were killed in a car accident, he became heir to his father’s company. Stark uses his tremendous fortune inherited to design his armor and to develop weapons for shield. Tony Stark is both man and machine, what science fiction writers call a cyborg. A superhero cannot simply rely on brute force which in Iron man’s case with his suit of powered armor, but rather, as Stark has shown, a strategic mind is absolutely necessary. Intelligence is essential as a superhero quality because it provides superheroes with an adaptable offensive and defensive weapon. A true superhero displays a strong moral code and follows a strict ethical belief. Stark is also ambitious, and hardworking and this is due his past and everything he has been through starting from his parents incident and ending with his injured heart problem.

Iron Man's personality traits can be connected to *The Freudian Theory of Personality*. This theory confirmed that personality is created through disagreements among three fundamental structures of the human mind: the id, ego, and superego. His most undergirded and important idea was that the human personality has more than one. Each person expresses in different situations. With the Freudian lens Anthony Stark can be analyzed as an agreeable, intelligent and generous character but brutal with lack of forgiveness. This "structural theory" of personality grants great importance on how conflicts form part of the mind shape behavior and personality. These conflicts are mostly unconscious and develop during childhood

Tony Stark faced a lot of physical trauma which represents his Id personality; The Id is the primary and impulsive part of the mind that carry hidden memories and among that sexual and aggressive drives. As an example In Iron Man I Tony was injured and kidnapped in a warzone, but he also demonstrates Superego qualities through his movies which is his most dominant characteristic. The superego forms a person's conscience with, prohibitions, and inhibitions. Its positive aspirations of being better and ideals of helping others represent one's idealized self-image. This characteristic can be connected to Iron Man which is the one that relates to him the most. This can be analyzed when in Iron man 3 in middle of a battle he experienced a panic attack but that did not stop him. Those Unexplained Panic Attacks are the result of traumatic events he had been through at a young age as an example the death of his parents or the kidnap he experienced. This can give presence of symptoms, such as unexplained physical pain, Shortness of breath, or tremors. As stated on the text during

the event when Harley makes an association “ Tony begins to notice his own shortness of breath, which immediately spirals him into a full panic attack: hyperventilation, hot flushes, confusion, and fear of what is to come. He recovers by running away from the problem essentially, escaping the situation and avoiding further conversation about his anxiety”. (Letamendi). In other words, for Iron man his major concern is to help others which is the main characteristic of a superhero. In his case he puts everything before himself and even before his health, which is the superego quality that makes him the memorable character he is. Iron man forgets all his preoccupations and needs in order to do what’s correct without thinking on self-consequences. In the other hand not as dominant as the super-ego there’s his ego which keeps him maintaining his calm but helps him play dual roles at the same time. To talk about Tony Stark’s helpfulness, it is really effortless to observe this feature because he is a superhero which in most of the cases are supposed to save the world from villains and destruction.

Tony Stark, during his advantaged, but complex childhood and questionable adult life decisions, presented a mixture of emotions and personalities traits due to his life experiences and all of his psychological stages mentioned. Stark was the victim of the loss of his parents and is also an individual with potential personality disorders, but that does not stop him from being one of the most famous superheroes at time. Without any doubt no one would play a better role for a great intelligent billionaire with those life problems and stages he went through. The importance of the world and the memory they will keep of him and everything he did is what Stark dreams of but fears intimate relationships due to the stage of “ intimacy vs. isolation”. He suffers

from. He can still play the role of the earth's incomparable Avengers, and living his difficult lifestyle going through many psychological stages while also maintaining the attention of the world.

Iron Man during his movies and series shows his different characteristics and stages. Even though he is a superhero meant to save the world he also has traumas and personal problems that make him the person he is. Super-ego once again mentioned is Stark's most influenced stage. He will be memorable just as he dreamed of not only because of his superhero qualities but mostly because of his passion for helping others. Stark shows from the beginning of his movies to the end of the Avengers movie when he sacrifices himself to save the world his super-ego qualities.

At an early age, when Stark was still a kid, he suffered from "Autonomy versus Shame and doubt". This stage was developed by the famous psychologist Joan Erikson, it happens when developing the anxiety of having self-control. At this age kids start to show independence and control over their actions. Iron Man shows this stage when he first battles with a close friend, demonstrating he has the control and the ability to do whatever he proposed. Erikson also came up with the stage of "Intimacy versus Isolation" which is when more intimacy and isolation is beginning to be needed. It is mentioned in text that "Stark enters into superficial relationships which do not give the same satisfaction that a genuine relationship would".

(Goodfried) Meaning individuals that go through this stage like Stark did, fail to commit into a relationship since they are in much need of isolation and time from themselves due to a past experience.

As an adult, Stark is currently in the stage called “ Generativity versus Stagnation.” This means that he wants his name to be a mark on the world and he wants to accomplish it by caring for others as well as doing things that make the world a better place to live without crimes or offenses between or toward humanity. As stated on the previous text used “ To successfully pass through this stage, one must develop a sense of generativity, or a concern for guiding the next generation, either by parenting or by working with groups of young people”. (Letamendi). In other words he would do anything that is in his hands, referring to his super-ego, to do what is correct and be memorable the day he is not present. Stark can see this as a reason of living since he did not had a children of his own, until the last avengers movie. A lack of innovations is a feeling questioning one’s purpose in life which is what he tries to avoid by being the super-hero he is.

Tony Stark also experiences PTSD, post-traumatic stress disorder. This is a disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. He has undergone a trauma unlike any previous crisis and although he faced death heroically, the experience left emotional impacts. With an early age Stark experience both of his parents death and that left him with a for life trauma where he might feel anxiety or even panic attacks. It is also mention that another reason why iron man suffers from PTSD is because of a battle that appeared in Iron Man 3 he had against the villain Loki and an army planning to destroy earth as stated on the text by the writer Robert Downey Jr. “ He can’t sleep at night, has night terrors when can sleep, and anxiety attacks caused by trigger phrases”.

(Downey) This symptoms Stark suffers from as the result of his past and what he confronts as a superhero on his daily life.

In conclusion being a superhero does not mean having the most desire life, health or lifestyle. As Freud theory says every human goes through stages and through the three personality traits which are: Id, Ego and Super-ego. Everyone does not have them as equally strong some people might have the most of one than from the other ones, just like Tony Shark with his super ego and his anxiety of helping the world without giving any type of importance to his health or having the anxiety of making a family. Everyone learns from experiences just as this famous superhero called Iron man who after being a superhero without any self-preoccupation ended up with a beautiful family and giving up his life once again demonstrating his super-ego to save the world in the last movie called *The Avengers: Endgame*. There Stark refuses to get back in battle when his companions asked for him help. He was avoiding due to his ego side of maintaining calm for the best of the family he made and how good he was after all he went through, but his super-ego side as always was stronger and decided to go save the world. Stark ended up being killed and remembered by everyone by the memorable action he committed. It was the whole population or him.

## Works Cited

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