

# Sigmund freud structural model of the psyche



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Sigmund Freud Structural Model of the Psyche Sigmund Freud is today recognized as the father of modern psychology. In large part, Freud's prominence in this position is attributed to his theories on the structural model of the human psyche. In these regards, Freud proposes three main structural components: the id, ego, and the superego. For Freud, each of these elements of the human psyche contained different instinctual drives that contributed to overriding human emotion and action. Freud believed that each of these psychic components work in conjunction with the others, much like a system of checks and balances. According to Freud, the id represents the portion of the psyche that is responsible for human drives that are generally associated with pleasure. Essentially the id seeks to enjoy pleasure and avoid pain as much as possible; by definition the id is also regarded as entirely unconscious. The ego is more realistic than the id. The ego functions to achieve pleasure by developing long-term plans that will bring pleasure, instead of pain. The ego also represents conscious awareness; still, elements of the ego responsible for regulating and defense mechanisms are considered unconscious. The final element of the psyche is the superego. The superego functions in contrast to the id. In these regards, the superego represents the part of the individual's psyche that attempts to act in socially appropriate ways. It is also responsible for guilt at wanton actions. The superego is largely unconscious, but is articulated in conscious actions. Within this structure of the human psyche Freud also proposes the concept of sublimation. For Freud, sublimation results when sexual or unhealthy id impulses are changed by the human psyche into more positive actions, such as the production of art.