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BRINGING FREUD INTO THE MODERN WORLD

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ABSTRACT

Sigmund Freud has influenced generations not only in psychology, but also in social scenarios, home life, and popular culture. Our understanding of development and therapy has been shaped by his views and theories. He sparked controversies with other intellectuals with his beliefs, in his time, as well as inspiration with his contemporaries. Even though his ideas have been criticized, they remain relevant today. His terms, such as 'Freudian slip' and 'denial', are common in today's dictionaries and daily life. With his school of thought, psychoanalysis, he developed a number of ideas, theories, and philosophies that continue to have a significant impact on psychology and psychotherapy even today. However, bibliometric data demonstrated the decline in psychology and psychiatry caused by Freud's influence.

Keywords: citation analysis, Freud, psychoanalysis, psychiatry, psychology

INTRODUCTION

“The voice of the intellect is a soft one, but it does not rest until it has gained a hearing. Ultimately, after endless rebuffs, it succeeds. This is one of the few points in which one may be optimistic about the future of mankind.” A fascinating thought that emerged from Freud's brilliant mind. It was a mind that caused others to warp themselves with endless questions about what was, was, and could be. Sigmund Freud is almost synonymous with the term psychology itself in today's society. The young generation of today is unlikely to be able to relate to his thought-provoking and antithetical views. Since those views were actively opposed by his successors themselves, it is uncertain if those views applied in the yesteryears. Still, Freud believed in his own judgment despite all of this, sticking to his guns. An incredibly enigmatic individual with a staunch personality. His granddaughter, Sophie, said that he knew that he was bright and was going to change the world. He was right. He did change the world.

A shy youngster, Freud was born into a merchant family. Beginning his career as a neurologist, he was influenced by Jean-Martin Charcot to focus on the 'mind' rather than the 'brain' in order to find solutions to psychological disorders. It was as a result of this that he founded his school of thought, Psychoanalysis, where he stressed the importance of the unconscious. The concept of psychoanalysis was his brainchild. Psychoanalysis has gained prominence over the years, but it has not been without criticism, including being called unscientific, implausible, inconclusive, and absurd. The validity of his theories was also questioned. Menand L. claims that other historians

claim that Freud's theory of the unconscious was derived from Lamarckism. These claims, however, were unfounded in the same way as some of Freud's theories.

Psychology's most renowned figure is one of the most influential and controversial thinkers of the 20th century. The "father of modern psychology" is often referred to as Sigmund Freud, a neurologist born in 1856.

The work of Freud revolutionized our understanding of and treatment of mental illness. It was Freud's intention to establish psychoanalysis as a means of listening to patients and advancing our understanding of the workings of their minds. The study of psychoanalysis continues to have a profound influence on psychology and psychiatry.

A number of current views on dreams, childhood, personality, memory, sexuality, and therapy were influenced by Sigmund Freud's work and theories. Many other theorists derived their ideas from Freud's work, and others developed new theories that countered them.

However, Freud and psychoanalysis remain highly controversial in the modern age and have been the subject of numerous debates and criticisms; some have even stated that they set back the advancement of psychology and psychiatry for at least fifty years (Eysenck, 1991), and that they should not be taught in universities (Simón, 2020).

'The Making of Sociology' series may seem unusual at first glance to devote a volume to Freud. Among Freud's most immediate concerns was supposedly curing his patients' mental illnesses. He was a psychologist as well as a clinical psychologist whose primary concern was curing mental illnesses. According to him, psychologists should apply their theories to observations made in biology and physiology at the earliest possible time. All of this is true, of course. To adopt this point of view as one that distinctly separates Freud from sociology is fundamentally flawed, and shows why specialization, when properly conceived, is necessary and correct, but intellectually disastrous when not.

DISCOVER FREUDIAN THEORIES

Sigmund Freud was an original thinker, but he was influenced by other scholars, such as Breuer and Charcot. The scientific studies of Freud, however, differed from those of his colleagues. He derived many of his concepts from his past, as demonstrated by his work *The Interpretation of Dreams*. During his earlier years, he made reference to his struggles with dreams that he experienced after his father died, as well as the emotional crisis he underwent following the death of his father. The emotions he experienced towards his father ranged from hatred to shame to love to admiration. As one of the bases for his Oedipus complex theory, Freud admitted to having fantasies in which he secretly wished to die his father as he viewed him as his rival for the affection of his mother.

Theory of Unconscious

According to Sigmund Freud, neuroses and other abnormal mental conditions result from the unconscious mind. These issues, however, are slowly revealed through various means, including obsessive behavior, slips of speech, and dreams. The idea behind his theory was to examine the conscious mind, which is influenced by the unconscious, in order to investigate the underlying causes behind these problems.

Freud also focused on the analysis of drives and instincts in an individual and how these are manifested in each person. Eros, or the life instinct, and Thanatos, or the death instinct, are two main categories of instincts according to him. This first group includes instincts which are erotic and self-preservative, whereas the second group has drives leading to cruelty and self-destruction. Hence, human actions are not solely motivated by sexual motivations, since death instincts rarely involve sexuality as a motivating factor.

Infancy and sexuality

"It is my conviction that no child – none, at least, who is mentally normal and still less one who is intellectually gifted – can avoid being occupied with the problems of sex in the years before puberty." The concept of infantile sexuality developed by Sigmund Freud was influenced by Breuer's theory that traumatic events during childhood can have a significant effect on adulthood. Moreover, Freud claimed that the desire for sexual pleasure began during infancy when babies gain pleasure from sucking. According to him, this stage of development is known as the oral stage and is followed by the anal stage, where energy is released through the anus. In the phallic stage, a young child begins to have an interest in the genitals, as well as an attraction toward parents of the opposite gender. Finally, the latency period is a period when sexual desire is less pronounced, and it may last until puberty.

According to Freud, unresolved conflicts during childhood can negatively impact mental health as an adult. It was believed, for example, that homosexuality was caused by issues related to the Oedipus complex, which remained unaddressed. It was also the result of a child's inability to identify with his or her sex-matched parent.

An Oedipus complex refers to a child's desire for the opposite gender parent and competition with the same gender parent. A boy may feel that he is competing with his father for his mother's affection, while a girl may feel that she is competing with her mother for her father's affection. This concept was introduced to us by Freud in his book *The Interpretation of Dreams*, but he used it formally in 1910. It was named after the character in Sophocles' *Oedipus Rex* who accidentally kills his father and marries his mother.

In the case of girls, the Electra complex refers to their affection for their father and jealousy towards their mother. This term was introduced by Carl Jung in order to describe how this concept works in girls. Freud believed that girls and boys experience the Oedipus complex in a different manner. Also, Freud proposed that when girls realize that they do not have a penis, they develop penis envy and resentment towards their mothers for sending them into this incomplete situation. Freud's conception of female sexuality was widely criticized.

The Oedipus complex must be resolved for a healthy adult personality. Child in phallic stage should identify with same sex parent. Child will become parent-fixated if the Oedipus complex is not resolved, and will seek partner who resembles parent opposite-sex. The ideas seemed too far-fetched and couldn't be verified. In spite of this, Freud remained a staunch advocate of his theories.

Structure of mind

Freud later proposed that the human psyche could be divided into three parts: the Id, the Ego, and the Superego. This model was introduced in Freud's 1920 essay "Beyond the Pleasure Principle" and elaborated upon in "The Ego and the Id" (1923).

According to Freud, the id is an unconscious, impulsive, and demanding aspect of the psyche that allows us to meet our basic needs as children. It operates on what Freud termed the pleasure principle, which is all about satisfying our every need and wish without regard for reality. A person's id seeks immediate gratification. The ego is based on the principle of reality. It recognizes that the Id cannot always have what it wants because it may cause problems in the future. The Ego serves as the gatekeeper to the id, allowing it sometimes to have what it wants, but always ensuring that the reality of the situation is taken into consideration.

The Super-Ego is another part of our psyche that is developed by the age of five, according to Freud. It is the moral part of the psyche that, regardless of the situation, always believes that we must act in a moral manner. Some conceptualize this part as our conscience.

Thus, the role of the ego is to strike a balance between the demanding id and the self-critical super ego. According to Freud, in healthy individuals, the ego balances out the needs of these two parts of the psyche, however, in those where one of these parts dominates, personal conflicts develop. The balancing act between these two aspects of the psyche can sometimes be difficult for the Ego and so it employs a variety of different tools to help mediate known as Defense Mechanisms, viz Displacement, Projection, Sublimation, Denial, Repression.

Psychoanalysis as Clinical Treatment of Neuroses

Psychoanalysis is primarily concerned with addressing and resolving issues that arise due to an imbalance between the three structural elements of the mind. The primary technique involved a psychoanalyst who encouraged the patient to discuss freely their symptoms, fantasies and tendencies. Accordingly, psychoanalytic therapy aims to aid the patient in obtaining self-understanding by empowering him or her to identify and handle unconscious forces that may either motivate or frighten them. The release of any pent-up or restricted psychic energy has also contributed to the resolution of mental illnesses. This technique, however, remains open to debate and controversies in terms of its effectiveness.

A CRITICAL ASSESSMENT OF SIGMUND FREUD'S THEORIES

Appraisal

Europe at the time of Freud's birth was going through dramatic changes, social, political and economic. It had cut loose itself from the hegemony of the church-rule, feudalism and conservatism. This development gave people the freedom of expression. The spirit of the European renaissance was still alive and could be seen in the lives of the people. Scholars expressed their freedom through artworks, paintings, literary works and scientific research. It was also a time in Europe, where old ideas of the Greek philosophers were revived and given fresh interpretation. In line with this spirit, Freud who was initially a medical doctor later propelled himself to become a renowned psychologist.

Among the many psychologists of the West, Freud carved out a niche for himself. Psychoanalysis owes him much since it is an extension of what Freud said about man. His theory was either supported or opposed by myriad theories. It is not exaggerated to say that the twentieth century of the West was indeed a Freudian century due to Freud's great influence. Psychoanalytic theories proposed by Freud have been so influential in the West that many people are familiar with them. In the West, Freud's perspective played such an important role in understanding human nature and human relationships that people began to analyze, using his theories, human emotions and activities such as love, hate, childhood, sexuality, fantasy, religion, civilization, and family relationships.

The twentieth century also witnessed the dissemination of Freud's ideas on the unconscious, Oedipus complex, defense mechanism, slip of the tongue, dream interpretation, etc., by literary men, playwrights, movie-makers, poets, and novelists. His theories on human nature and personality development made him a household name in the West, but he was also controversial during his lifetime. The mushrooming of new theories challenging his ideas and theories on human nature and personality development is still going on today in the 21st century.

Sigmund Freud's Theories and Its Influence in Art Today

A 1919 essay by Freud titled The Uncanny also had a lasting effect on Surrealist art. "The uncanny" is a transformation of something once familiar into something hauntingly disturbing, such as doppelgangers, mirrors, or shadows. It has been found that these theories have proved to be immensely popular with artists working in various disciplines, including sculpture, photography, and film. After the First World War, Freud's theories on the uncanny were particularly jarring to many because the once ordinary and familiar had become frightening and menacing. In Cadeau, 1921, Man Ray transformed a flat iron into a weapon, taking on this uncanny quality.

Modern and contemporary art were greatly influenced by Freud's theories through the Surrealists. The French sculptor Louise Bourgeois follows on their legacy as one of the most prominent artists. The best art of the 20th century was confessional, autobiographical, and "a form of psychoanalysis", according to her. She regularly underwent psychoanalysis four times a week for most of her adult life, citing her own troubled childhood as a source of inspiration for much of her art. Sexual innuendo is abundant in her artworks, which are influenced by Freud's theories on gender, especially his belief that we are both male and female. 'Janus Fleuri', 1968, depicts a two-part, hybrid sexuality, while the horrifically graphic *The Destruction of the Father*, 1974, depicts her destroying her father.

Modern Day Psychoanalysis

Although Freud's main theories may seem a little strange at first (lots of criticism has come of them over time), much of Freud's work remains central to some of our most fundamental understandings of psychology and of counseling and psychotherapy. For example, the use of free association, transference and counter-transference, dream analysis, defense mechanisms and the unconscious mind are all of immense value to modern day psychodynamic and psychoanalytical practice. Freud's theories radically altered the way that people understood the mind back in the 1900's, and his development of the "talking cure" cannot be underestimated. Freud's initial investigations and clinical practice are to psychology and psychiatry, as Newton is to physics. While we have in some respects rejected some of his theories in light of new evidence it was his ideas which provided a platform for other psychologists, philosophers, therapists and doctors to build on and explore.

'Very good literary style'

The Nobel science committees were uninterested in Freud's work, so his close friend and translator Princess Marie Bonaparte of France sought support for a Nobel Literature Prize instead, when he was suffering from jaw cancer in his 70s. Romain Rolland, the French novelist who won the Nobel Literature Prize in 1915, was well-placed to nominate Freud -- with whom he had corresponded but who had not written a single line of fiction.

On January 20, 1936, Rolland wrote to the Swedish Academy to propose Freud's name. In the letter -- which is kept in the Academy's archives -- Rolland sought to pre-empt any prejudice its members may have against Freud. "I know that at first glance the illustrious scientist may seem more suited for a medicine prize," he wrote. "But his great works ... have paved the way for a new analysis of emotional and intellectual life; and, in the past 30 years, literature has been profoundly influenced." Rolland neglected to mention that Freud had won the prestigious Goethe Prize in 1930. Per Hallstrom, the permanent secretary of the Swedish Academy at the time, did not mince his words about Freud's nomination: "When it comes to the presentation of his theories, it is easy to note the acuity, the fluidity and the clarity of his dialectic. He unquestionably also has a very good and natural literary style," he wrote, before adding hastily: "Apart perhaps from the actual 'The Interpretation of Dreams' on which his entire doctrine is based." Freud, he concluded, "should not be awarded any poet laurels, no matter how poetic he has been as a scientist". End of discussion.

The ideas that Freud developed about human nature and personality, whether correct or incorrect, have had a significant impact on the development of modern psychology in the West. Even today, his ideas are taught and debated in universities around the world. In the West, Freud's ideas have spread beyond psychology into other fields of study. Various disciplines including archeology, sociology, politics, literature, education, anthropology, etc., have used his ideas to gain a better understanding of man's behavior from a Freudian perspective. Scholars and professionals from Western countries remain interested in his ideas due to their dichotomous thinking that distinguishes between sacred and secular. This philosophy and the belief that knowledge is valueless, lead many Western scholars to consider human character and behavior from a Freudian perspective, regardless of how vulgar or profane it may sound. The sexual revolution in the West in the last fifty years has been largely attributed to Freud's idea of polymorphous sexuality. Through his revolutionary ideas on sexuality, Freud is rightly described as the person who broke down the dam of libido caused by the advent of Christianity in the West. Homosexuality, lesbianism, pornography, nudism, and other manifestations of this revolution are no longer confined to Western

countries. The idea of globalization and the use of internet and other computer guided electronic gadgets in this modern age have enabled much of Freud's perverted ideas about human nature and sexuality to be transmitted around the world. It implies that Freud's psychoanalytic ideas are still relevant today.

Criticism

The progress of science will, by its very nature, correct popular misunderstandings of how the world works and occasionally reveal surprising, even unpleasant, truths about ourselves. Sigmund Freud was famous for aligning himself with Copernicus and Darwin, who taught us humans are creatures of nature just like others. Ultimately, Freud claimed that conscious experience, thought, and action are determined by unconscious, primitive drives as the third blow against 'human megalomania'

According to psychological research of the present time, human megalomania has suffered a third and most devastating blow since it has been proven that the ego is not even master of its own house, but must rely on scanty information about what goes on unconsciously.

In other words: We learned from Copernicus that humans are not the center of the universe. Darwin taught us that humans are just another species of animal. We learned from Freud that human behavior is not rational, but rather driven by unconscious, primitive, instinctual drives.

Is it really true? If so, then, OK. But is it really true? Do the propositions of Freudian psychoanalysis have any scientific basis?

Psychoanalysis and academic psychology are sometimes linked. It was Freud who first attempted this. The Project for a Scientific Psychology (1895/1966) was Freud's attempt to produce what he called a "Psychology for Neurologists" (see also Pribram & Gill, 1976; Sulloway, 1979). The psychoanalytic theory of neurosis was translated into the language of Hullian learning theory by Dollard and Miller in *Personality and Psychotherapy* (1950). Both Erdelyi (1985) and Horowitz (1988) have attempted to interpret psychoanalytic principles within the framework(s) of information-processing theory and other viewpoints within cognitive psychology and cognitive science.

Psychoanalysis and scientific psychology have always been linked, regardless of the era, if only because there are so many different forms of psychoanalysis, and therefore so many ways to connect them. Rapaport (1959, reprinted 1960) noted that there are at least five different levels of psychoanalytic theory: (1) The neuroscientific theory of the *Project for a Scientific Psychology* (Freud, 1895/1966); (2) the intrapsychic dynamics of *The Interpretation of Dreams* (Freud, 1900/1953); (3) the ego psychology of *The Ego and the Id* (Freud, 1923/1961), especially as elaborated by Hartmann and by Rapaport himself; (4) the structural concepts detailed in *The Problem of Anxiety*; and (5) the psychosocial views of Horney, Kardiner, Sullivan, Erikson, and Hartman. To Rapaport's list we can now add at least one other level: (6) the psychoanalytic object-relations theories that began with Fairbairn, Melanie Klein, and Winnicott, and continued with Kernberg, Kohut, and others (for a review, see Greenberg & Mitchell, 1983).

Selections from the early volumes of *Psychological Issues* -- the house organ of ego-psychology -- illustrate just how rewarding such connections can be. During the time when academic psychology was dominated by functional behaviorism, sensory psychophysics, and S-R theories of animal and verbal learning, this journal published investigations into life-span development, memory for connected discourse, causal attributions, cognitive development in infants and children, preconscious processing, and mental imagery. This is enough to make a cognitive psychologist cry. Like the medieval monks, ego-psychologists fought back against behaviorism's onslaught, preserving what was most interesting in psychology until psychologists had a chance to study the mind again.

Most of this work was ignored by mainstream academic psychologists. As a result of the mentalistic assumptions of psychoanalysis, part of the problem arose. Even if one could tolerate the mentalism, however, the theory seemed impossible to test empirically (Grunbaum, 1984). Another problem stemmed from the other side: too many

psychoanalysts seemed to feel that success in psychoanalytic treatment proved the theory's validity, even if it wasn't entirely self-evident. It is hard to find common ground when two parties treat each other with contempt.

Psychoanalytic Criticism and Literature

Dreams seem to be a natural method of reflecting on literature. It is important to recognize that literary works are fictions, creations of the mind that, while centered on reality, are not exactly accurate by the very nature of their descriptions. Like a literary text, a dream may express a specific reality, but like a literary work, it must be analyzed before it can be understood. Daydreams and idealistic fictions can both allow us to live meaningful lives. A scare novel or nightmare shakes us in a similar way, engulfing us in an atmosphere that persists long after we have read the last page or awoke to the sound of the alarm. According to Sigmund Freud, the famous Austrian psychoanalyst who published the seminal essay "The Interpretation of Dreams" in 1900, dreams allow such mental surveys.

Psychoanalytic criticism has inspired the scholarship and criticism our seniors and even teachers studied with, as well as the critical and creative writers we read. The work of Freud was to develop a language that described, a model that clarified a theory that covered human psychology. There are several elements of psychology that he tried to describe and explain in literary works of different times and cultures, from Sophocles' Oedipus Rex to Shakespeare's Hamlet to contemporary literature (Sparknotes, n.d.). There is no doubt that these psychological elements will inform the dialogue of the great novel of the twenty-first century.

Psychiatry, and in particular Freudian psychoanalysis, represents both a dramatic and provocative picture of personality, mental illness, and psychotherapy: individuals constantly conflicted by internal and external conflicts, trying to cope with primitive sexual and aggressive urges that, as unconscious, are far beyond their control; and heroic psychoanalysts trying both to deliver patients from their nervous disorders and to convince the rest of us to accept their views about human nature.

A study of 42,571 papers found a decreasing trend in Freud citations in psychology, psychiatry, and neuroscience, but an increasing trend in arts and humanities, literature, and business economics, especially since the 2000s. It is estimated that the decline in psychiatry has been the largest among the trends, with an average loss of 0.1% per year over a 65-year period. In psychology and psychiatry, Freud's influence has been decreasing at a rate of 0.4% per year. Outside of the study of psychoanalysis, Freud's influence has been decreasing.

The Wall Street Journal today published Adam Kirsch's book review of, yet another, "quasi-biography" of Sigmund Freud. Frederick Crews' latest criticism of Freud, *Freud: The Making of an Illusion* is the latest in a seemingly endless series of criticisms. This endless war by Crews on Freud is, according to Kirsch, a direct attack against Freud himself, and by extension, a direct attack on much of what he had to say about the human mind.

CONCLUSION

The work of Sigmund Freud is relevant to psychology in five broad areas, according to Westen: the existence of unconscious mental processes, conflict and ambivalence in behavior, childhood roots of adult personalities, mental representations as mediators of social behavior, and stages of psychological development.

Sigmund Freud considered psychoanalysis to be a new science that must be explored in order to understand issues affecting the mind and psychological problems. Some scholars, however, argue that in order for a scientific theory to be considered valid, it must be testable and incompatible with any possible observation. Freud's theories are also questioned in terms of their coherence (or lack thereof). While his theory provides entities, it lacks correspondence rules, which means they cannot be identified without reference to the behavior that is believed to be responsible for the problem.

The unscientific nature of Freud's theory makes it impossible to provide a solid basis for the treatment of mental illness when psychoanalysis is used as a therapeutic approach. On the other hand, there are some true and genuine theories that can produce negative results when applied inappropriately. A major concern here is that it may be difficult to determine a specific treatment for neurotic illnesses simply by alleviating symptoms. In spite of this, the effectiveness of a particular treatment method can be determined by grouping patients and analyzing those who were cured with a particular technique or those who did not receive any treatment at all. In the case of psychoanalysis as a treatment methodology, the percentage of individuals who were cured using other methods of intervention was significantly lower than the number of patients who benefited from it. Therefore, Freud's psychoanalysis remains a controversial and debatable subject. More than a century has passed since Freud coined the term "psychoanalysis" to describe his method of therapy as well as his developing theory of the mind. Despite the relative decline that psychoanalysis as a medical specialty and as a public institution has experienced, we live more than ever in the Age of Freud. Psychoanalysis probably will outlive Freud's theory of the mind, which places him with the greatest thinkers Charles Darwin and William Shakespeare rather than with the scientists he overtly aspired to emulate.

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