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## **NEO-FREUDIANISM AND PSYCHOLOGY OF PERSONALITY**

Philosophy, psychiatry and psychology are tightly interrelated. Within a long period, psychology remained a section of philosophy appearing under the name of mental philosophy. Karl Jaspers emphasizes that philosophy can play an important role in methodology selection when we deal with specific psychopathological researches [12].

Sigmund Freud's doctrine with its complex of highly controversial hypotheses, ideas and theories attracted a large number of followers. According to G.Volynka, Freud when treating mental illnesses and explaining the role of unconscious in human life underscored that his theories had a scientific core, although initially they had nothing to do with philosophical point of view on human being [2]. However, psychopathology appears to be one of the most significant sources in understanding psychology [14].

Freud's concepts went beyond psychiatry. Addressing the problems of unconscious is the way out from the philosophical deadlock caused the narrowness of positivism and irrationalism [2]. Psychoanalysis emerged in 1895 as a project of scientific

psychology. It is based on objective observation and analysis of specific displays of inner life with the purpose of presenting a complete picture of the inner spiritual life. Freud defined three parts of the psychic apparatus. They are id, ego and super-ego. Three constructs interaction causes human behavior. In addition, psychoanalysis explains the origin of culture. Early in its rudimentary stage, it was subjected to severe criticism by its followers who then created a Neo-Freudianism [1].

*The aim of this work* is to investigate theoretical material accumulated up until now and to analyze literary works on the subject.

Neo-Freudianism emerged in the period of non-classical philosophy, even though many historians ignore this period completely. V.Vasiljev relates Neo-Freudianism to psychoanalysis [1]. However, S.Orlov maintains that Neo-Freudianism and psychoanalysis are not the same [3].

Neo-Freudians agreed upon the Freud's concepts of the importance of early childhood and the unconscious mind, but rejected a large number of other concepts.

For example, they disagree with Freud's statement that the nature of id is purely biological. Indeed, that unconscious construct of the psyche is managed not only by biological motivation; it changes due to social environment as well. Actually, sexual behavior of human being differs significantly from sexual behavior of animals [3]. Moreover, society causes aggressive behavior, and unmotivated aggression is rather inherent to humans than animals [8].

Neo-Freudians rejected the idea of sexual urge as a primary motivator; instincts are not the explanation of the entire human behavior. According to C.Jung, libido is a psychical energy. There are other motivators, such as aggression, aspiration to creativity, wealth, success, personal benefit and benefit to social group.

Neo-Freudians refuted the statement that id and ego conflicted between each other all the time. On the contrary, when the person is healthy, id, ego and super-ego harmonically interrelate. Freud unreasonably considered personalities of his patients as a pattern of personality in general while normal behavior he observed only in himself. In this connection, Maslow said that Freud had represented merely the psychology of illness. The task is to complete it with the psychology of health [16]. Neo-Freudians succeeded here. They found out that internal conflicts are not always destructive. Concerning their destructiveness, many factors should be taken into consideration.

Neo-Freudians developed a number of new approaches to the study of human mind. Alfred Adler's theories have played a significant role in a lot of areas and are used by scientists up to nowadays. Alfred Adler decided to study medicine due to his health problems (he suffered rickets being a child). He was not an excellent student of the Vienna University passing his exams with the lowest acceptable grades. A.Adler started his career as an ophthalmologist, turned his interests to general practice, and then became a psychiatrist. In 1902 Freud invited him to be the member of his psychoanalytic discussion group that met every Wednesday at Freud's place. He was the first psychiatrist to form his own school of thought and eventually left the Vienna Psychoanalytic Society. He founded the Society of Individual Psychology in 1912,

which stressed the importance of taking a broad and responsive view on the human personality [7].

Adler's Individual Psychology begins and ends with the problem of inferiority and its compensation. Inferiority is the basis for human striving and success. People work towards overcoming inferiority. The sense of inferiority is the basis for all problems of psychological maladjustment. When the individual does not find a proper concrete goal of superiority, an inferiority 'complex results.

The inferiority complex leads to a desire for escape and this desire for escape is expressed in a superiority complex, which is a goal on the useless and vain side of life offering the satisfaction of false success. This is the dynamic mechanism of psychological life. More concretely, the mistakes in the functioning of the psyche are more harmful at certain times than at others. Style of life is crystallized in tendencies formed in early period of life. Prototype is the style of life in childhood. It develops at the age of five. The whole burden of the guidance of psychological life rests on proper childhood guidance.

According to Adler, the principal aim should be the cultivation of proper social interests in terms of which useful and healthy goals can be crystallized. It is only by training children to fit in with the social scheme that the universal sense of inferiority is harnessed properly and is prevented from engendering either inferiority or superiority complex. Social adjustment is the obverse face of the problem of inferiority. It is because the individual man is inferior and weak human beings live in society. Social interest and social cooperation are therefore the salvation of the individual [4].

Adler says that the first discovery we make exploring ourselves is our pursuit of goals. Human beings are all goal-oriented as we move towards goals that attract us. Sometimes it happens that they are set without our conscious realization. Being perceived as the best way for us to survive they are our motivators. We are attracted by the future. There are short, medium and long-term goals. The long term goal is the fictional final goal. The will of human is not free when it is bound with the specific goals. The way to absolute truth helps to avoid many mistakes. The human being cognize only limited part of reality. Adler explains how the character develops, describes it's main features and gives advices on upbringing [5].

Freud developed his psychotherapeutic method only for adults while Adler developed different methods intended for both children and adults. Freud's patient lies on the couch while the doctor sits behind his back. Adler's follower and his patient are facing each other. Adler insisted that their chairs should not be different in size, height or form [7].

Ellenberger states that the style of Adler's books is worse than that of Freud's. [7]. Collin Brett says that despite the fact that Adler's Individual Psychology sometimes speaks in generalizations, it stresses the uniqueness of the individual and his or her creative abilities, and can therefore give only the guidelines for our thinking [6]. V.Vasiljev emphasizes that Adler adopted Nietzsche an approach to explaining the personality from the point of view of desire for self-assertion [1]. However, in his realistic

grasp of the social nature of the individual's problem and its inexorable demonstration of the unity of health and harmonious behavior, Adler resembles no one so much as the great Chinese thinkers. If the occidental world is not too far gone to make use of his service, he may well come to be known as the Confucius of the West [15].

Karen Horney is the only Neo-Freudian woman. She developed feminine psychology, theory of neurotic needs and self-analysis. Her life and career are described in details in Susan Tylor Hitchcock's book. The author dealt with depression throughout her life. Her fellow Berlin psychoanalysts seemed uninterested in her female-centered ideas. Horney left her husband, took her three daughters and moved to the USA. For Karen Horney, the American atmosphere was perfect: she was honored for her close affiliation with Freud. She also found the freedom to express and develop her own ideas [9].

Unlike Freud, Horney did not consider anxiety to be a necessary component in human mind. On the contrary, she stresses that anxiety appears because of lack of security feeling. Factors that destroy security feeling cause basic anxiety. As a result, neurotic needs appear. Neurotic process is a special form of human development. She describes ten neurotic needs: the need for love and approval, the need for a leading partner, the need for well-defined limits, the need for power, the need to exploit others, the need to be recognized by others and to be admired by oneself, the need for ambition, the need for self-sufficiency and independence, the need for perfection. She emphasizes that these needs are common to everybody. However, neurotic uses them inflexibly.

In *Our Inner Conflicts* book Horney divided the list of ten needs into three categories. Each category is a strategy in reaching the security feeling: 1) moving toward others (accept the situation and become dependent on others. The strategy might involve desire for approval); 2) moving against others. Become aggressive. (This strategy might entail a need for power or recognition); 3) moving away from others. Become isolated. (This strategy might entail a need for self-sufficiency or privacy. These strategies are in the stage of conflict). Healthy person can change strategies according to circumstances. Neurotic uses one strategy all the time and becomes not effective in moving towards life [10].

According to Horney, philosophical systems can be psychologically analyzed. Schopenhauer's strategy is moving away from others. Kierkegaard's strategy is moving towards others, and Nietzsche's strategy is moving against others. In fact, the strategy philosopher uses could be the explanation of the inconsequence of his philosophical system that is an expression of his inner conflicts.

In Self-Analysis she states that ego is weak. Everyone has an ability for reflection. In addition, the distance between a professional and an amateur is considered to be greater than it really is. A considerable number of people can analyze themselves. Life is struggle and striving, development and growth – and analysis is one of the means that can help in this process [11].

Horney is a pioneer in feminine psychology. She rejected Freud's concept of penis envy and assumed that womb envy is even stronger than penis envy. As far as men want to reduce women's significance and women don't.

Karen Horney was ahead of her times. Her ideas were prophetic. Few psychiatrists today strictly follow the traditional methods of Freudian psychoanalysis. His view was male-centered and inaccurate, especially in its picture of the psychology of women. The ideas that Horney dared to voice now seem commonplace, obvious, and second nature. In her day, though, those ideas were radical and inventive. She dared to discover and to be herself [9].

Carl Gustav Jung played an important role in the formation and development of Neo-Freudianism. He was not an exemplary family man. Being married, he had relationships with other women. One of them was his Russian patient Sabina Spielrein. Their story is told in the David Cronenberg's movie *A Dangerous Method*, shot in 2011.

Jung met with Freud in person in 1907 and spent 12 hours talking nonstop. At the beginning he was Freud's protégé. Later on, he parted with Freud and formed *Analytical Psychology*. He introduced the concept of extraversion and introversion. According to Jung, unconscious include collective and impersonal unconscious. Archetype is a collectively inherited unconscious idea. He viewed archetype as a psychical correlate of instinct. They are universal for all cultures. Human behavior is based on archetypes. Their nature is unknown. Archetypes appeared involuntarily in ancient mythology, dreams and phantasies. They can not be analyzed. However, they can surely destroy rational logical thinking [13].

To sum up, Neo-Freudian ideas and theories enriched philosophy, psychiatry and psychology based on the Freudianism, Neo-Freudianism is up-to-date concept of human. Alfred Adler, Karen Horney and Carl Jung are best-known Neo-Freudians. Without these thinkers, the science about the world and the place of human in it would be certainly incomplete.

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