



Sigmund Freud: A Narrative Study About Regulation of Psyche Energy

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ABSTRACT:

Sigmund Freud (1856-1939) was a prominent thinker and founder of psychoanalysis. Psychoanalysis is considered as the first force of psychology in contribution point of view. Energy is a basic source of all activity either it may be physical or psychological. Freud draw a basic assumption from law of energy conservation. This principle tells us that energy cannot be created or destroyed. Man is a complex energy system. How our personality regulates this psyche energy that became key aspect of emotional disturbance or personality development. Ego is main executive part of personality. William James said that Ego is like hub or crux of personality. Normal or abnormal behavior depends on the nature of Ego's functionality. This is always try to make balance between personal impulses and external reality. Freud proposed that personality is the product of conflict between personal impulses and external reality of the social world. But in realty this is not always happens. Sometimes Ego failed to maintain balance between ID and SUPER-EGO demands. Despite it Ego try to make a balance by using defense mechanisms.

Psychopathology occurred due to excessive used of Repression that is a primary defense mechanisms. The basic assumption is that why people not forget repressed thoughts. Because that thought is emotionally charged. If some emotionally charge thought repressed due to any reason. This repressed thoughts became a cause of fixation. Here developmental energy is arrested at that particular developmental stage that is called fixation. The basic aim of psychoanalytic therapy is to make unconscious thoughts into conscious mind. To achieve this goal Freud suggested different therapeutic techniques such as Free Association, Dream analysis, Resistance, psychodrama and Transference.

KEY WORD: Psyche Energy, Defense- Mechanisms, Ego, Repression, Therapeutic Techniques, Personality.



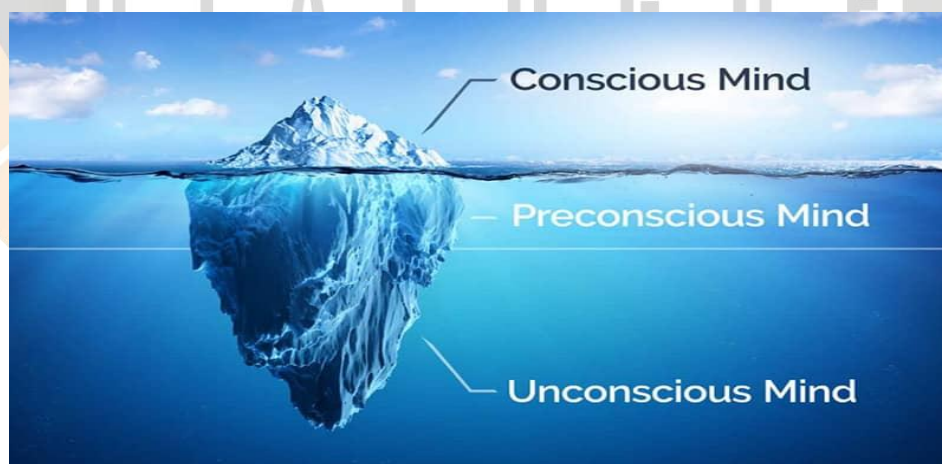
INTRODUCTION: Sigmund Freud was born on 6 May in 1856 a little town of Freiburg, in Austria. He was a physician. But he was not fully satisfied with his profession due to some client complaint illness but they have no any type of physical illness. So his attention shift from physical to mental aspect. He is best known by his outstanding contribution of psychoanalysis. Despite psychoanalysis faced criticism but it has pay a way for germ of new theories. Basically psychoanalysis used in three major context in psychology. First it is a school of psychology, second it is a theory of personality and third it is a technique of psychotherapy for treatment of emotional disturbance or mental disorders.

We know that psychology is the science of behavior and mental processes. Freud believed that human nature is basically deterministic. In simple term our present behavior is governed by past or early childhood behavior. He believed that early childhood experiences play a crucial role in formation of the foundation of personality. How way children's libido related psyche energy managed by our parents that pay the way for development of personality.

PERSONAITY DEVELOPMENT: Sigmund Freud's psychoanalytic theory revolves around basically some important concepts such as Instinct, personality structure, psychosexual development, Defense mechanisms and different psychotherapeutic techniques for understanding hidden repressed thoughts and conflicts which are out of conscious mind. His theory on libido and Defense mechanism have been pivotal in understanding of personality dynamics and psychological conflicts [Pramitha et.al. 2025]

Mind is the central nation of behavior. Freud divided mind basically two major categories Topographical and dynamic part of mind. Topographical parts of mind included conscious mind, subconscious mind and unconscious mind like iceberg floating in ocean. Unconscious part of mind cover maximum part of mind (90%).

Fig-1 Topographical mind

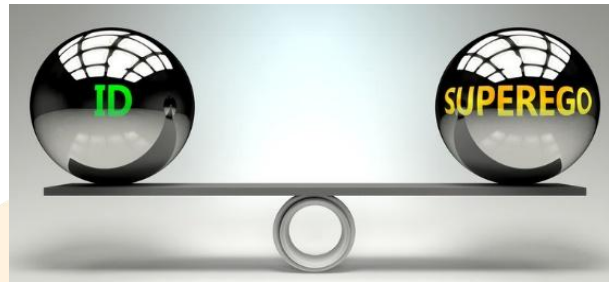


Dynamic part of mind cover Id, Ego and Super-ego. ID refers to the biological element of personality .it's working nature is like animal behavior. It obey no rues and no laws. It wants immediate gratification of his need. Id acts like spoiled child. It is based on pleasure principal. It has no contact with reality. Next Ego is operates on reality principal. It attempts to organize and mediate between Id and super-Ego. So ego is the executive part of personality. Thus normal



functioning of personality depends upon Ego. It became core part of personality. Super-Ego is ethical and moral arm of personality. It is like judicial part of personality. It represent ideal rather than real and try for not pleasure but for perfection.

Fig-2 Dynamic part of mind



When Ego became failed to maintain balance between Id and Super-Ego's demand. In this condition Ego tries indirect way to cope with personal impulses and external world of reality by using Defense-mechanisms. This defense mechanisms are not proper way of coping to external or internal demands. When any person used it excessively he deviated from demands of social reality. This is a truth that all of us uses some defense mechanism.

Anxiety comes in the surface of consciousness when defense mechanism get failed. We know that man has limited energy. It may be physical or mental. Here we want to say that Ego also has limited energy. So if our limited energy only invested in defense mechanism, then constructive development of personality get arrested at that particular stage of development.

DEFENSE MECHANISMS: Ego always try to maintain a balance between Id and Super-Ego's demands. But sometimes EGO became overwhelmed and try to cope with external or internal demands in indirect way which is Defense mechanism. Some important Defense mechanisms are Repression, Sublimation, Denial, Displacement, Reaction formation, projection, Rationalization etc.

We generally repress our desires that are not acceptable in reality ground. These repressed desires are not passive but always try to come in conscious awareness. This repressed desires not forget because it emotionally charged. When these repressed desires became much more. These desires try to come in conscious mind. **Why do people repressed desires?** Because some emotionally conflictual material is excludes from consciousness to unconscious due to its shameful or too painful in emotionally. But why did excluded material continue to influence behavior? Because it is emotionally charged and it remains active in the personality. Thus overt behavioral symptoms result from it. Some major defense mechanisms are given below:

- I. **Repression:** Threatening or painful thoughts and feelings are excluded from conscious awareness.
- II. **Denial:** closing one's eyes to the existence of a threatening aspect of reality.
- III. **SUBLIMATION:** In this the repressed desire is channeled into socially acceptable outlet.
- IV. **Reaction formation:** Expressing just opposite impulse when confronted with a threatening impulse.



- V. **Displacement:** Directing energy towards another object or people when the original object is inaccessible. When boss scolding in office. We get angry at our boss and come home and yell at our kid.
- VI. **Rationalization:** It is giving a plausible and acceptable reason for one's behavior and feelings in order to hide to one's real impulse or motives.
- VII. **Projection:** Attributing to others one's own unacceptable desires and impulses.

ANXIETY: Freud believed that neurotic anxiety appears when one's defenses begin to break down. But here key point is that Ego functionality is not totally stopped. Ego is still now working and trying to control repressed thoughts as much as possible. So in this process thoughts came into conscious mind in disguised form due to ego censorship is still now working. This disguise matter became major source of anxiety. This type of anxiety is called free- floating whose source the person cannot trace out.

The person is overwhelmed by anxiety and cannot trace out any particular cause because the cause is hidden in unconscious mind. The anxiety is a signal of danger from within.

PSYCHOTHERAPY: The goal of classical Freudian psychoanalysis is to **lift repression**. Freud said " **where id shall ego be**". The goal of psychanalysis is insight and conscious awareness of the hidden meaning of behavioral symptoms. How does awareness cure? Before therapy the ego is not able to control behavior effectively because it is being guided by forces of which Ego is unaware. After therapy the Ego aware of these forces and client can be controlled anxiety consciously into suitable outlet. Therapy makes him to control anxiety rather than being controlled by his repressed impulse. It helps him in learning between reality and one's primitive wishes, fantasies and feelings.

TECHNIQUES OF PSYCHOANALYSIS: Although all of us have repressed desires but do not develop persistent neurotic symptoms nor do we develop psychotic delusions and hallucinations. The metapsychology consists of Freud's belief that personality is fundamentally an energy system whose business is the regulation and discharge of psyche energy basically in two types which is sexual and aggressive energy. Freud proposed that the mind consists of three structures: the Id, the Ego and the Super-Ego. How to get better understanding of client's unconscious thought process? Freud suggested some therapeutic techniques. Some important techniques are given below:

- I. **FREE ASSOCIATION:** In this technique clients are said to say whatever comes to mind, regardless of how it meaningful, painful, silly, trivial, illogical or irrelevant it may seem. Generally when we talking to others a systematic thought process involved. We are aware of what is right or wrong. Rationale behind free association is that Freud wanted to relax censorship activity of the Ego. Here therapist role is to make association between repressed impulse and problematic nature of behavior. It creates insight about his behavior.
- II. **DREAM ANALYSIS:** For Freud " **Dreams as the royal road to the unconscious mind.**" Freud believed that dreams represent unconscious wishes and conflicts in symbolic form. When we go to sleep, censorship get relaxed but not in totally. So unconscious material



does not come in original form into conscious mind. It comes in conscious mind in disguised form like net web. So here client cannot trace out the actual cause of his problematic behavior. A therapist help him to discriminate between his free floating anxiety and external reality of world. Dreams have two levels of content: **Latent content and manifest content.**

- III. **RESISTANCE:** During therapeutic process a general tendency appear in client's behavior is that he has motivated to forget repressed impulse. Here Freud believed that repressed impulses are generally painful. So Ego not permitted to come at conscious mind.
- IV. **TRANSFERENCE:** It occurs in the therapeutic process when earlier relationships contribute to clients distorting the present with therapist.

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