

Compare and contrast Freud and Maslow's approaches to personality, making reference to differences in the underlying philosophies of each

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According to Ashcraft (2012, p.45), personality is the quality of an individual character. Thus, Ashcraft's definition of personality is tied to the emotional qualities and ways of behaving of individuals. Furthermore, from Maslow theory and Freud's theory of personality, personality can be identified as the motivation behind the individuals' actions and different reaction that individuals give under different situations. This provides comparison and contrast of Freud and Maslow's approaches to personality, while making reference differences in the underlying philosophies of each.

On the one hand, Fadiman & Frager (1976, p.82) posit that Freud is the founder of psychoanalysis, which is a theory of the mind and personality as well as a method of investigating the unconscious processes and a method of treatment. On the other hand, Abraham Maslow theory resulted from the psychoanalysis theory of Freud. Arguably, the two theories are fundamentally similar. One point of similarity is that in both theories, the human behavior can be perceived from Id, Ego and the Super-ego. In Freud's approach, the human behavior is connected to the interaction with three components of the mind including Id, Ego and the Super-ego. Similarly, Maslow's approach to personality was caused by the inner drive of individual to attain self-actualization. Self-actualization according to Maslow was a state of fulfilment that an individual experienced after attaining the highest level of their capability (Neher, 1991, p.28).

Moreover, Freud identified the said components of the mind as playing a critical role in modeling behavior and personality through the unconscious psychological conflict that they create (Fadiman & Frager, 1976, p.81). This theory is also called the Freud's structural theory of personality. With such kind of approach, Freud's theory was identified as pessimistic and the emphasis was made on psychological disturbances. It is at this point that Maslow's approach compliments that of Freud, whereby, it identified that personality was created through subjective

experiences and free will. Therefore, Maslow's approach to personality can be said to be complimenting that of Freud, by inserting the lacking aspect of optimism.

Notably, Freud's approach identified three components classified under different topography of the mind which he equated to the iceberg. These were the conscious mind, the preconscious mind, and the unconscious mind. While the conscious mind dealt with everything that an individual is aware of, the preconscious mind was about the feelings and information that was remembered by an individual. This is similar to Maslow's approach, which posits that the conscious mind is able to deal with the events that are occurring at the moment in the individual's life. Therefore, both Freud and Maslow's approaches appreciate that the mind plays a critical role in deciphering feelings and information and there is a hierarchical order in which the aspects of personality are met.

Freud's point of view places the id as the most primitive of the three components within the individual's mind. This is because the id satisfied the instant need of the individual. The id concentrated majorly in the fulfilment of the physical needs and urges with the use of a second thought. The similarity of this observation to that of Maslow's approach is that the id could equate to psychological needs. For example, according to Freud, an individual would buy an item at the market by impulse without caring if the money was intended to be used in buying another item (McCrae & Costa, 2003, p.14). Such an observation can be argued as fulfilment of a psychological need in Maslow's.

Furthermore, Freud's super ego component is responsible for making decision through the use of the social rules and morals that one has acquired through their growth. This, according to Maslow is the pursuit of self-esteem and self-actualization. To expound further on this, these

have to do with the social rules and morals used to determine what is right and wrong. Therefore, in Freud's point of view, an individual using this component of their mind could choose on not to buy an item at the market that was not planned because the society calls it irresponsible (McCrae & Costa, 2003, p.13). The same would be seen as self-esteem and actualization in Maslow's point of view.

The ego is the rational part of our personality which balances id and super- ego. In the example of buying an item from the market, the id needs to instantly buy it while the super-ego claims that it should not be bought because it is irresponsible, the ego helps create an alternative by convincing the mind that the original item that was to be bought at the market should be bought and then the item identified could be bought at a later date or money could be split to buy a little of the two items. In summary, it could be identified according to Freud that an individual is always in conflict and therefore their personality and behavior resulted from these conflicts. It made it clear that only a person who had a strong ego could be able to live with less anxiety, depression and unhealthy behaviors (Monte, 1995, p.43).

According to Ashcraft (2012, p.46), Maslow like Freud also identified that needs and desires of individual help form part of the personality of individuals. However, he argued that these are not components of an individual mind. Maslow indicated that there are different levels of needs that an individual should meet. This he presented through the Maslow's hierarchy of needs. This hierarchy is presented in terms of a pyramid with the lowest being the physiological need and the highest being self-actualization need. According to Maslow every need in the pyramid has to be met in the process of the individual growth and it would begin from the lowest to the highest (Koltko-Rivera, 2006, p.302).

Physiological needs are basic needs such as food, water, sex, breathing, and sleep. Safety needs included security to employment, health, property and any other security. Love or belonging involved friendship, family, and sexual intimacy. Esteems could be realized through confidence and respect from others while self-actualization was creativity, problem solving and acceptance of facts among others (Neher, 1991, p.32).

Maslow insisted that for proper development of one's personality, an individual ought to fully meet all the needs on this hierarchy from the lowest. Those individuals who would be unable to meet particular needs in the hierarchy would suffer unhealthy personality and most would end up in depression or form other unhealthy behavior. He added that those who were able to meet the highest need which is self-actualization were identified to have the healthiest personality and behavior (Neher, 1991, p.31).

In Freud's approach to personality, an individual who had a strong component of mind such as id was meant to struggle with his personality for the rest of his or her life since he or she will end up acting on his or her here and now needs without consideration of future (Allport, 1960, p.55). Therefore the only fortunate individual was that who had a strong ego because he would balance the need of the id and superego to form the best behavior and personality.

On the contrary, with Maslow, it can be identified that an individual would be able to change a bad personality to a healthy personality through meeting the needs on the hierarchy. However, this healthy personality would not be completely achieved unless he or she fulfills the highest need. In both theories, the assumption is that an attempt to fulfill these needs will bring out the personality and behavior of an individual and the needs are created by the society in which individuals live (Allport, 1960, p.50).

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