

Title:

Anxiety, Depression and Defense Mechanisms

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813

Summary:

This article discusses the theories of Sigmund Freud with regards to human anxiety and depression.

Keywords:

Anxiety, Depression

Article Body:

Sigmund Freud, the Father of Psychoanalysis, came up with his own theory of explaining the occurrence of anxiety.

The world is made up of numerous and different components, and one of those components is the ego.

This need then enters the conscious mind which is associated to another division of the psyche, the superego.

The superego is divided into two subparts, the conscience and the ego ideal. The conscience is the part of the superego that is concerned with the moral aspects of the ego's actions.

This overwhelmed and threatened feeling of the ego is where anxiety comes from. According to Freud, anxiety is a signal of danger.

In order for the ego to deal with these threats without feeling overwhelmed, it sometimes uses defense mechanisms.

Defense mechanisms come in various forms. One mechanism in particular is called turning against the self.

As more and more people, nowadays, experience having problems with regards to their anxieties, it is important to understand the underlying causes.

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