

NEUROSIS AS A FACTOR INFLUENCING THE PERFORMANCE (Z. FREUD, K. JUNG)

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Abstract: The paper deals with the problem of neurosis, which can occur due to various reasons, but in any case it is necessary to treat it. Neurosis is a scourge of society and it is necessary to fight it.

Keywords: neurosis, performance, sublimation.

The selected topic is relevant to any period of history, as the mankind throughout his existence is disturbed by various problems, it will tear itself to certain issues, and most importantly, seek answers to these various problems. Having not found the answers in the world, people look deeper and start looking for answers and reasons for certain events in themselves. If you do not find the answers to questions troubling you, there may be uncontrolled and constant anxiety, which may be the impetus for the emergence and development of depression, and this has a negative impact on both the efficiency of human work and on his overall health. The solution to this problem may become a psychoanalysis. The psychoanalysis is the scientific method by which experts cure the patient from the spiritual diseases, providing the opportunity to live a full life.

Z. Freud was the founder of the psychoanalysis, the concept that states the unconscious to be the cause of the most psychological processes. Originally psychoanalysis was used in the diagnosis and subsequent treatment of certain types of mental illness. Psychoanalysis was the instrument by which it became possible to penetrate into the human unconscious, but later he opened such a significant and previously unexplored layers of the psyche of each individual, it has become a fundamentally different conception of man, culture, history and spiritual life.

In the center of the unconscious, Z. Freud placed the sexuality, hence in his conception of the principles of human behavior he singled out the reality principle and the pleasure principle. The reality principle manifests itself in the need to suppress the sexual attraction in accordance with the demands of society. The principle of pleasure is manifested in libido. The clash of these principles leads to superseding of the unsatisfied sexual instincts into the unconscious, wherefrom they govern human behavior.

After many years of clinical observation, Z. Freud formulated psychological framework within which the individual and the human psyche consists of three levels: "Id" (Id - unconscious), "Ego" (Ego - consciousness), "Super-ego" (Super-ego - moral consciousness, ideals, conscience).

Psychoanalysis considers the interaction and struggle of these three components of the human psyche, and many mental phenomena, in particular the pathological ones, interprets as the dominance of the unconscious over the conscious and rational. As a result of the conflicts between the internal appetite (Id) and the forbidden (Super - I), which represent the laws, morals, incorporated in the childhood, there appears the tension, which later develops into the neurosis. (Freud, 2006)

A person suffering from neurosis is a sick man. Neurotic symptoms bring some satisfaction to the individual the satisfaction is illusory and compensatory in its nature. Neurotics delve deeper into disease because due to the unfavorable life situations or own unsuitability can not find satisfaction and solve their problems in real life. They are worse adapted to the world and are constantly under the stress. The usual load is harder for them than for healthy people. Neurotics can not and do not want to fight, to resist the outside world, they are deprived of many energy sources that could assist in the formation of character and stabilization of life. Such people are not effective at work, they are easy to manipulate, they are not emotionally stable, and in a particularly acute forms of neurosis can be dangerous.

Z. Freud believed that the only way to recover from a neurosis is sublimation, i.e. the process where energy is transformed into instinctive energy allowable for the society. Only a healthy person can be successful, useful and effective as a productive resource. (Freud, 2006)

Contrary to Z. Freud, K. Jung studied the unconscious of humanity, not the individual one. "Collective unconscious" has become the central concept of the Jung's school. The collective unconscious is inherent to all human beings, it is the result of the life and is based on the collective unconscious. The psyche of each individual is developed on the bases of the collective unconscious. Not only the basic reflexes in behavior are influenced by congenital installations universal samples, but human perception, imagination, thinking as well.

K. Jung believed that the soul of each individual contains a lot of different personalities, each of which has its own "I", which periodically comes to the surface of consciousness. Jung identified two types of people: the intellectual and affective ones. The first type includes people who primarily think about others, feel with them, and the second type, on the contrary, first feels with other people and only then thinks about them. In the first case, the conflict with himself pushes out feelings, in the second case the conflict pushes out thoughts.

According to K. Jung neurosis exists due to the fact that there is a conflict between the more highly developed traits and those that are less developed, which are pushed into the subconscious. Pushback in the subconscious mind is the lower stage of development while retaining infantil, being underdeveloped, i.e. neurosis is the discord of an individuum with himself as a result of an unsuccessful attempt to adjust to the external regulations, it is always regress to the lower level of consciousness.

In this regard, Jung considers neurosis not only as a psychological disorder, i.e. purely negative factor, but also as a positive force which under certain conditions contributes to a person if a person is forced to admit the lack of depth, or he has to compensate his overdeveloped consciousness, drawing from the unconscious, then this is sure to expand the boundaries of the "I" and deepen the consciousness. Neurosis is not just a disease, but a push or a mechanism that allows people in spite of their own laziness, and sometimes resistance to get rid of apathy.

K. Jung, as well as Z. Freud consider neurotic to be a sick man, obsessed and unproductive, but having overcame his illness, everything can change. People not only can increase the productivity of their labor or mental activity but also open new qualities and abilities. It is possible to cure from neurosis by analysis, which frees that ousting in the subconscious and displays it in the knowledge that in turn tends to sublimate. In other words, the cure will come as a result of individualization. (Jung, 1991)

Thus, on the basis of both theories of psychoanalysis, we can conclude that neurosis affects the efficiency of human labor both physical and mental. Managers and leaders of the organization must ensure that employees feel comfortable working in a favorable atmosphere in the organization in order to minimize the likelihood of an employee neurosis. If in the organization there is found a neurotic or some signs of neurosis begin to show it is necessary to help him as soon as possible to cope with this disease, sending him to a psychologist. Only qualified personnel can help a person to cope with its internal problems and experiences. The head of the department should periodically conduct interviews with subordinates, to provide an opportunity to communicate with a psychologist for those who need to prevent psychological disorders. Despite the fact that K. Jung believed neurosis to be an impetus for opening a new features and capabilities we must not forget that neurosis is primarily a disease that can not be neglected and should be treated.

References:

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