



Scan to know paper details and
author's profile

Psychoanalytic View of Neurotic Forms of Love Object Choice

Arjet Pervizi

INTRODUCTION

The way of building relationships and choosing a partner in life can not be something random between two people who decide to spend part of their lives together. Of course, many of our experiences in life lead us to certain choices.

Sigmund Freud, the founder of psychoanalysis, goes further when he says that partner selection is determined by the early relationship between child and parent. In his essay "On some neurotic mechanisms in jealousy, paranoia and homosexuality" (1922) Freud says that "these jealousies take root in the depths of the unconscious, taking back the earliest movements of infantile which arise and originate from the Oedipus complex" (p. 217) .. The roots for this are found in the triangle of the child-mother-father relationship and the phallic stage where the child shows the most pronounced closeness to the parent of the opposite sex (all this a necessary and indispensable process). The way of expressing love between parents and consequently the expression as triumphant in front of the child with the word "I took mom / dad" can affect that in adulthood the individual develops pathological behavior. Every behavior we explained in the above paragraph has its roots in early relationships.

Keywords: NA

Classification: DDC Code: 303.4840973 LCC Code: HN57

Language: English



LJP Copyright ID: 392955

Print ISSN: 2631-8474

Online ISSN: 2631-8482

London Journal of Engineering Research

Volume 22 | Issue 4 | Compilation 1.0



Psychoanalytic View of Neurotic Forms of Love Object Choice

Arjet Pervizi

INTRODUCTION

The way of building relationships and choosing a partner in life can not be something random between two people who decide to spend part of their lives together. Of course, many of our experiences in life lead us to certain choices.

Sigmund Freud, the founder of psychoanalysis, goes further when he says that partner selection is determined by the early relationship between child and parent. In his essay "On some neurotic mechanisms in jealousy, paranoia and homosexuality" (1922) Freud says that "these jealousies take root in the depths of the unconscious, taking back the earliest movements of infantile which arise and originate from the Oedipus complex" (p. 217). The roots for this are found in the triangle of the child-mother-father relationship and the phallic stage where the child shows the most pronounced closeness to the parent of the opposite sex (all this a necessary and indispensable process). The way of expressing love between parents and consequently the expression as triumphant in front of the child with the word "I took mom / dad" can affect that in adulthood the individual develops pathological behavior. Every behavior we explained in the above paragraph has its roots in early relationships.

Freud in his essay 'On Narcissism' (1922) talks about two ways of selecting the object of love:

1. *Choosing the object of love according to the narcissistic type:*

- a) A person who is like us.
- b) A person who is like us in the past.
- c) A person who represents an idealized image of himself in the future.

2. *Choosing the object of love according to the attachment:*

- a) A woman who cares for and nourishes her.
- b) A man who protects.

According to Freud, the narcissistic type of partner selection in life is more common in women and refers to the search for a partner, a fulfillment of self-love (p. 89, On Narcissism). According to Freud this explains why women constantly feel the need that their partners to express love to them or in other words, they desire to be loved more than they want to be. Based on this we can say that women are looking for a partner who is less narcissistic than them and is willing to invest from his libido, energy towards their object which is themselves, so they are attracted and look for a partner who pays attention and shows himself to her. The demand for representation in the presence of other individuals may have other unconscious roots related to the child-mother-father triangle. An unresolved issue in childhood due to love for the father and jealousy for the mother, may be the impetus for women to show pathological desire to look 'chosen'.

The selection of the object of love according to the form of attachment is based on the fixation on the figure of one of the parents during the infantile period of development. According to Freud in "Three Essays on Sexuality" (1922) this is more prevalent among men who try to seek the mother or part of the infantile experience lived in childhood in every woman they have in their life. By searching for the elements of the first infant relationship experienced in childhood, we understand the effort to fulfill the image of the mother through the elements of care, unconditional love and in certain moments the acceptance to be weak and small. However, the woman they have selected loses its importance when it starts to acquire the characteristics of a mother with elements such as restrictive, reprimanding, punishing and, most importantly

lack of love. Based on this, we can say that what men are looking for is to be forgiven by their partner despite their shortcomings. Thus they are in search of a kind of hidden instinctual desire to gain the partner's pride which is based on the infantile relationship with the mother and compliments with the desired attention of the mother in infancy. This also explains why men suffer criticism from their partner in a relationship. Such criticism can be perceived by the men as the end of the partner's love for him.

The relationship with the mother is essential for each of the sexes in the infantile stage of development. For women it is very important how love and rivalry is treated towards the object of love, which at an early age is the father. In the pre-oedipal stage, girls enjoy a deep connection with the mother, which serves as a form of internalization of the values, characteristics and image of the woman whom she will project later in life. The Oedipus phase is then characterized by a rivalry and hatred towards the figure of the mother as an attempt to defeat the competition and replace it with the love for the father. Parental behavior and treatment at this stage is very essential in building the character of the child. Typical behaviors which were mentioned above, such as: expression of love between the couple by making children jealous can cause a stagnation in the phallic stage precisely in the Electra complex. This can prompt individuals to project pathological behaviors driven by an unresolved element during this phase of life. We base this argument on what Freud says: "The pre-Oedipal connection phase is decisive for the future of the woman because during that period preparations are made for the acquisition of the characteristics with which she will fulfill her role in society" (p. 168, Introduction to Psychoanalysis). Just as the pre-Oedipal phase is important for the acquisition of feminine characteristics by the mother, so the post-Oedipus phase with hostility and rivalry towards the mother enjoys invaluable importance and serves as a prerequisite for a happy future marriage, elements which are preserved in it. But as Freud points out, "any relationship will experience moments when the enmity and rivalry carried by the infant relationship between mother and daughter is projected onto the spouse at a certain stage of life. For Freud, if this is

experienced in the beginning of the relationship, it is likely that the second part of the relationship will be happier. There is also a phase of calmness that is reached after the birth of the first child where the female learns to share the object of love and stops orienting everyone towards herself. By directing the attention towards the child, the female somehow gives up her narcissism. (p.168, Introduction to psychoanalysis). In cases when the first child is male, the female manages to feel a fulfillment after the replacement of what is called the conflict of the Oedipus complex in childhood. Now the woman has what she did not have as a child, a man has been born, whose roots stem from the desire to have a penis. This means a release of the relationship after the birth of the first child, especially if the gender of the child is male.

In her article "Narcissistic object choice in women" Annie Rich talks about the narcissistic choices of the object of love by women explains that: love (partner) ". Based on this I can say that women who have not had enough appreciation and attention during infantile intercourse may develop unhealthy forms of relationship build during adulthood. Annie Reich pointed out that women who approach partner selection from an extreme addiction attribute to him the characteristics of fantasy experienced during childhood. We can hypothesize that during childhood these individuals may have experienced an underestimation of the fact that they are female. They might have had a brother who was overestimated for the fact that he is male and has a penis or may have always felt incapable of receiving the object of love from the mother despite their efforts. There are women who during childhood have developed a way to get the attention of the object of love (in that case the father) through flattery, complaints, excessive femininity, etc. This form is also projected in adulthood as they choose the partner in life. Women who approach the choice of the object of love from an extreme addiction generally have a magnificent ideal such as ego or a weak ego, which both enjoy an exaggerated sense of self-criticism and inferiority. As a result they failed to master the object of love and inferiority which can only be fulfilled by an overrated partner. As a result of the inability to express her

aggressive feelings the woman sublimates them into masochistic behavior by easily accepting submission and even demanding it. In these cases the female manages to fulfill her inferiority by surrendering to a partner that dominates her. Separation from such an object can cause trauma up to conversion or psychotic disorders. To prevent this, we encounter cases in which women who persistently seek dominance to the point of excessive display of masculinity by their partner, either admit to be a second choice or admit to being betrayed. In these cases these women suffer less because the event that happened in the present is an known feeling to them. Praying for submission makes them feel valued and important in a relationship.

Before relating the elements of the above wording, it is necessary to clarify what is found to be healthy in attractions through partners in a relationship. Based on the Freudian premise: " In so many years of study I do not know what a woman wants", so that a woman does not know what she wants and at the same time wants many things she does not want. This is why the strongest instinctive weapon that a woman activates in the partner are two important elements: a) the masculine ability of being programmed to be complementary to the needs of the partner, b) promotes the display of masculine features through occasional outbursts aggressive. By activating the latter in the partner the female displays her ability to calm her partner through her femininity by showing it in a form the dominance, but not only, emphasizing once again her narcissism. It seems like a struggle for dominance (which the female just does not love anymore) and in the same time it is a magical spiral rooted within both sexes as complementary to each other as two incomplete halves separately. This is found to be a healthy form of relationship building between a couple.

The aspect that we will relate to is through what we have clarified so far . We will try to clarify the form of selecting a life partner as the object of love by women and the tendency to choose a category of men who have certain characteristics. In order to name the categories of men, we can refer to them with names such as: strong, those who feel nothing for you, thugs, gangsters, those who deal

with dirty work, etc. We will relate this to what Freud refers to as male motivators: power and sex. What I realised during my works such as therapeutic experience, numerous conversations in the auditorium, as well as many focus groups is that I find a pathological form of selection of the object of love by both sexes . Of course this was not discovered and developed now, but the current social conditions have affected its highlighting and influenced its formation.

The tendency to attract the category of men we labeled above comes as a form of acceptance or submission, i.e. a masochistic form of relationship is build by accepting and seeking submission. Annie Reich has emphasizes the selection of the object of love as an extreme form of addiction, as well as the overestimation of the object of love. We find women who select as an object of love the men we labeled above. Focusing on the elements of male power, perceived sexual ability, does not go beyond the pathological form of the selection of the object of love. Labeling this selection as absolutely as pathological were there is essentially only acceptance and submission., or as Annie Reich pointed out, masochistic. A stagnation in the phallic stage, an unquenchable desire for the male genital organ, a lost fight with the mother in infancy, a pronounced lack of attention to her needs, etc., foster and form the dependent character and pronounced tendency in the search for a male to overestimate it, as the only form of reliving its non-existence during the phallic phase. In this form, only by being ignored, by being oppressed do they feel worthwhile.

This can also be understood in other forms. We pointed out above that the female form of love is more pronounced than the narcissistic form were they portray themselves as an object of love and seek more love and attention that they are conscious about. The wrong tendency in choosing the object of love is observed in those relationships where women feel proud of their husband's power / sexual ability and promote this as a narcissistic form of saying that they are the ones who deserve it and also as a form of saying that they are the chosen ones and the others are "mom". This goes even further in the reason they give to the importance of male dominance over them in a relationship, overshadowing the

importance of communication and compromise as a healthy form of relationship development. The only form they can feel valuable is by appreciating dominance because in the early stage of development they have been important to the family only by acknowledging submission. I reiterate the search for validity in the manifestation of the partner's instinctive aggression, be it through "shouting, restraint, persistent search for jealousy on the part of the partner, the pathological desire for him to be desired by others but chosen to be you again, or even the manifestation of sexual aggression; they are nothing but pathological forms of experiencing a relationship, the roots of which we must persistently seek in what is experienced in the phallic stage of development.

The tendency to appear in front of an audience marked as more seductive women, as a form of challenging other women so that the position in the partner's arms is not threatened, is explained by the motive of the fear of substitution that the woman may have experienced during childhood age. The roots of this incorrect display of relationship building are again in the incorrect mother-daughter relationship and stagnation in the phallic stage. Precisely in what we call the Oedipus and Electra complex, where the child has constantly experienced the fear of losing position as father's favorite from mother's risk. The tendency to be seductive is just a form of expression. Other forms of expression are those mentioned above: flattery, excessive femininity, flattery, tendency to be dominant, complaints, attraction, etc. Each of these forms can be used as a form to attract a partner in life, but which all lies within the boundaries of the unhealthy form of choosing the object of love.

It is culturally unacceptable for women to act casually and based on what they feel they are doing. Given this very simple premise, and making the connection with the narcissistic form of the selection of the object of love by women, that one of the forms was the selection based on an idealized image of oneself in the future (above, point c), we note a tendency to pathologically select the object of love when its actions are generally instinctive and well thought, or to be more precise they feel attracted to those actions

which are a manifestations of id, which for the woman has been unacceptable during childhood because she was not a boy and did not enjoy the 'magnificent attribute' of having a penis.

To continue with a detailed analysis of how men choose the object of love we will start from what Freud wrote in his book in 1910 "Three essays on sexuality" where he spoke about the psychic impulses that push a neurotic man to select the object of his love.

Freud points out that such psychic impulses are often encountered even in persons with normal mental health.

Rivalry: The existence of an injured party

A man would never choose as a partner a woman who is free and has no interest in him, but only the one through whom he would realize the right of domination as a husband.

Some relationships can start from scratch, where no one expects something to happen between two individuals. This is due to some impulses which are completely unconscious. There is a category of men whom Freud described as neurotic in choosing the object of love. They may begin to feel attracted to a woman for whom they had no previous feelings, just because someone else is interested in her. This falls into the category of "rivalry or existence of an injured party". The approach of building relationships by men is found through observation and therapeutic works of the unconscious. Also due to the unconscious impulse of rivalry we see men who show a pronounced need for the partner to be attractive as a condition to build the relationship, so that when others talk about it or see it constantly, as a form of showing off in persistently dominating other men. An unresolved issue in the Oedipus complex and a strong childhood feeling that the child experienced while growing up is that the mother belongs to someone else (the father) and that he finds it impossible to receive her love, leads to the formation of this neurosis in men. In this way, the selection of the object of love based on rivalry, complements in men the feeling of the injured third party.

Jealousy: A woman who is rumored to be: "A woman who is chaste and whose reputation is

pure is never an attraction to be able to raise her to the status of an object of love", but only a woman whose fidelity and credibility is open to doubt.

Improper explanations for the nature of sexual intercourse between parents or open intimate relations between partners in the eyes of their children can promote the formation of this neurosis which appears in adulthood. For children and also for every adult, the mother is a symbol of purity, honesty and chastity. Children facing experiences that can damage this image of the mother in their mind, for example through the thought: "my mother also has sex like everyone else", or "kisses, explicit sexual hugs", can lead to formation of this neurosis. Expressions of love between partners should be oriented towards the values of respect, courtesy, care, etc. rather than clear manifestations of actions of a sexual nature but without neglecting the latter. The appearance of sexual acts in the eyes of children is important in conveying the message to male children to build the idea that the mother plays the role of the father and thus activates the Oedipus complex, during the pre-Oedipal stage were the male child will assimilate the values of the father in order to be the mother's favorite, and at this point arises the need to display caring and respectful behaviors in order that the child acquires these values. The Oedipal stage were the child displays feelings of rivalry with the father helps him project love to another woman outside his circle, which coincides with the latent and then genital stage where the first pleasures begin.

Uninterrupted compulsive repetition:

In these love relationships the character of a man is formed, which in a way adapts to any occasion of falling in love. Such relations are repeated with the same qualities in different stories as copies of each other.

Cultural approaches with a very strong deterrent and moralistic tendency towards the relationship between the male child and the mother when he shows feelings of affection, love or physical closeness to the mother influences the formation of this neurosis. Numerous expressions such as "leave your mother because you are already an adult; enough to kiss the mother; how the boy sits

on mom's lap" etc., can influence the male child to repress the instinctive desire which later in life is projected in love directed only in an emotional and affective aspect. These men in the genital stage of development feel that they can form relationships with any woman which offers emotional affection. The roots of this lies in the fixation created on the figure of the mother. Generally, these men tend to choose partners who are in a lower status than them, which would ensure the affection and love of the partner.

Salvation fantasies:

The man is convinced that the woman needs him and believes that without him she would lose all moral control and quickly fall into a miserable level.

It often happens to see a man mature in life and profession falling in love with a suffering woman whose social status may be put at risk. The man feels a strong need that the woman needs him and if he doesn't save her she will fall into a miserable condition. In most cases, these men do not manage to fall in love or feel attracted to women who appear self-confident or who may have a built-in career, which conveys the lack of need to save her.

During the phallic stage of development in the early infant relationship, rather than losing the war in trying to win the love of the parent of the opposite sex, for a child whether girl or boy, it leaves irreversible traces (as early as the next day), may have pathological consequences, if he / she (child) mistakenly perceives that *same-sex parent is not worth fighting* and directs to him / her feelings of pity, pain, or care. The primary conflict with the same sex is essential in the acquisition of values, norms and characteristics by the child. This serves as a mechanism to appear "liked" in the eyes of the parent of the opposite sex. These likes that in the genital stage of development, are projected externally on the partners we choose in life!

"I would not have wanted anything more in life than protecting my father," says Freud. For the man a weak father who is not worth fighting to get the mother's love is the main impetus in the formation of this neurosis in men. This category sees the father as powerless to please the mother

and consequently does not fight for her. By not activating rivalry for the father in the struggle for the mother's love, the male child is not encouraged to take from the father his values and characteristics in order to be the mother's favorite in her eyes. Thus during the infantile stage of development the male child directs towards the mother the feelings of fantasy and salvation, which he must bring to the mother god since the father is not enough. He must save her from that condition otherwise the mother will be with a partner who is worthless, weak and not masculine enough, etc. In these cases we can have reports where the father may be completely indifferent to the partner, not present, shows lack of love, protection and caring skills towards the partner.

At the end of this part, which is absolutely not exhausted, I can say that whether consciously or unconsciously there is a tendency to encourage Albanian youth to act instinctively, as a form of expression of complete freedom, which as we tried to clarify it often leads us to various pathologies that we do not always have the willingness and comfort to understand.

What I think is that people are more easily managed through instinct and chaos rather than through order and those who may have certain interests in influencing the culture of a country have it very clear. To destroy a superego, one must give unconditional freedom to the id, motivating what it is portrayed as something publicly accepted promoting it in the media thus making it socially acceptable. Wrongly, although nothing goes wrong, the manifestations of the id have now turned into a new superego, and those impulses which the id conveyed hitherto and caused the necessary conflict for the existence of the ego, are no more, and the id must produce other desires, which will certainly be more pathological than the previous ones.

To put it more into practice and to make it more tangible, what until yesterday was socially unacceptable and was part of the morals of the superego, today is considered something socially desirable and sought after by most young people forming thus a new social "morality" for the

generation in which we live. Once this is internalized, the id will produce a gain and continuously new impulses which have the sole purpose of achieving momentary satisfaction, which is achieved but does not provide stability and guarantee, ie does not fulfill. So the id will continuously produce dark pulses because according to the pleasure principle the impulses that the id transmits the moment they are met widen and deepen the threshold so the next time the id transmits a pulse, it will have to be deeper and greater than the former in order to feel the momentary satisfaction. This becomes more difficult in the moment we replace the superego, cultural, religious, legal morals, etc.; with elements that id himself has dictated to us.

REFERENCA

1. Freud Sigmund, "Three Essays on Sexuality", Fan Noli, Tirana, 1998.
2. Freud Sigmund, "On Narcissism, an Introduction", The Hogarth Press, London, 1975.
3. Reich Annie, "Narcissistic object choice in women", Journal of the American Psychoanalytic Association 1: 22-44, 1953.
4. Freud Sigmund, "New introductory lectures on psychoanalysis", Penguin Books, Harmondsworth, 1973