

Freud's five stages of emotional development

Age / Stage	Area of Pleasure	Features of stage	Effects on personality and behaviour in adulthood if fixation occurs
0 – 1 years Oral	Mouth Lips	Pleasure is gained from feeding and sucking. Babies are also weaned during this stage.	Too much stimulation – too optimistic and over enthusiastic. Depend on other people and unable to make decision and take responsibility themselves. Overeating, smoking, thumb sucking. Too little stimulation may result in children becoming pessimistic and aggressive. Unable to develop personal relationship and see people as objects to satisfy them. Dieting, undernourished, lacks confidence
1 – 3 years Anal	Anus	Children learn to control their bowel movements. They also learn that if they grasp toilet training, then they will receive praise from their parents or parents may get angry if they are slow at toilet training.	Children who are toilet trained too early would develop 'controlling' habits, such as meanness, stubbornness or obsessive behaviour such as extreme tidiness, Equally, if children were slow to potty training, they would become untidy and overgenerous.
3 – 6 years Phallic	Genitals	Children explore their body and learn about their gender. Girls need to adopt the gender role of their mother, while boys follow the gender role of their father.	During this stage, children learn about what is right and wrong. What they should do and shouldn't do. They learn the different ways in which boys and girls are expected to behave. Children often play with their genitals. Children start to develop Oedipus complex or Electra complex.
6 – 12 years Latent	None	A resting phase for children in terms of their emotional development.	Sexual desires are repressed. Personality doesn't change much at this stage. Child goes to school, socialises with peers of same sex and energy is essentially directed in sports and games.
12 – 18 years Genital	Puberty	Children develop into mature adults. They are able to build strong relationship with the opposite sex if they have sailed through all the stages successfully	Important physiological changes occur during teenage years. Hormone levels alter and sexual organs take shape and function. Child starts to take interest in opposite sex. They have crushes on film stars, teacher or even each other.

Figure 13: table of the stages of emotional development

Adaptation of Freud's psycho-sexual theory (1925)