

# The Life - Death Theory

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Psychology is a scientific study that examines one's mind and behavior. Behavior is an overt action, so we could measure it. But where is the mind? It is a big question mark. Even students are unaware of the actual term "mind." Most of them used to say that the mind is an imagination. But psychology is not a science of imagination; it's a science of scientific study. That is, mind is not just imagination. So again, what does it mean by mind? It's about the brain. Actually, "mind" is the colloquial term for "brain." The field of psychology studies the human and animal brain, and this is how we should talk about the mind.

When we go back to the early times of psychology, there was rationalism and empiricism. Everything around us originated with rationalist thinking. That thought is being turned into "empiricism" when we study it or try to prove it as scientific. And should prove.

Here I am sharing with you a new theory.

Sigmund Freud, a great psychologist, says that through the course of our lives, there will be some tendencies that are innate. He described a class of drives, and he believed most of the human behaviours are driven by these behavior. They are *LIFE INSTINCTS* and *DEATH INSTINCTS*.

From here, a new theory starts: "The Life - Death Theory."

## Instinct theory of motivation

The instinct theory of motivation suggests that there are certain innate traits that act as motivators of all human behavior or action. In other words, people behave in a certain way as a result of behavior called instincts.

Charles Darwin's landmark theory of evolution influenced the instinct approach theorists to understand the motivation act in humans.

Charles Darwin came up with the theory of natural selection which became the basis of instinct theories of motivation given by William James and William McDowgal.

Accordingly the fittest individuals would survive and pass on their advantages to future generations. This would eventually alter the species over time. This is because they would adapt to those anatomical and instinctual aspects that would be beneficial for their existence. Humans too are driven by certain instincts (Akanksha Bajaj, 2021).

As mentioned early instinct theory suggests that instincts are the basis of all human behavior. In other words, humans act

and behave in a particular way as a result of some inborn behavior called instinct.

## THE LIFE - DEATH THEORY

It is an innate, unconscious desire.

"Life Death Theory is a theory that is about human's innate desire for or thought of death."

Here I am giving a detailed description.

In support of Freud's death instinct, the suicidal thought that happens suddenly may be because people have directed their unconscious death instinct inward.

## My observations

The baby's brain development starts in the womb. That's why a pregnant woman should eat nutritious foods and should be happy without any stress or other discomforts. Everything will affect the baby, including brain development, weight, and other defects. Brain completely grows by age 5. At around 15 weeks of pregnancy, the unborn baby will be able to hear the sounds of the mother's heartbeat. At 6 - 7 months, they can hear sounds from outside the physical environment. In short, I am disagreeing with the concept of *TABULARASA* by John Locke. Babies are not blank slates at the time of birth. There are also some environmental facts that lead to the development of unconscious desires. The libido energy is created by the life instinct. When libido is high, life instinct performs; when libido is low, death instinct starts to perform. When the libido is in a balanced state, we can say we are in homeostasis, which means an individual's tendency to maintain stability in various behavioural processes.

Brain development as a protracted process that begins about a week after conception. Brain development that occurs during the prenatal month is largely under genetic control (Adrienne, Charles).