

2005-(ESS part-paper)

Precis: "Psychological Imbalance and mental disorders"

Psychoses and neuroses reflect man's inability to maintain psychological balance in life. In psychosis, the ego collapses into the unconscious, allowing primitive impulses to dominate behaviour, a condition Jung describes as the shadow running wild. This occurs when individuals are blocked from fulfilling or sublimating life goals. In neurosis, reality contact remains, but imbalance arises as one mental function dominates, creating a one-sided personality. Thus, emotional disorder is not defined by cultural norms but by failure to balance inner polarities, resulting in alienation from the self and obstruction of self-actualization.