

Topic – Dream Mechanism

By Satyabhama Chandra

Dept. of Psychology

APSM College, Barauni, Begusarai

LNMU, Darbhanga, Bihar

B.A. Part- II

Paper-III

Date: 27/03/2020

Dream Mechanism:

Latent Content as the Hidden Meaning of Your Dreams:

Have you ever had a really strange dream and thought there must be some sort of hidden message behind it? Dream interpretation is based on the idea that the events of your dreams serve to disguise the real meaning of your dreams or the latent content.

The latent content refers to the symbolic meaning of a dream that lies behind the literal content of the dream. The hidden meaning of dreams played an important role in Sigmund Freud's psychoanalytic theory. He also believed that bringing the hidden meaning of a dream into conscious awareness could relieve psychological distress.

Types of Dream Content:

According to Freud, the latent content of a dream is the hidden psychological meaning of the dream. This content appears in disguise symbolically and contains things that are hidden from conscious awareness, often because it may be upsetting or traumatic.

One of the goals of psychoanalysis was to analyze these symbols in order to understand unconscious wishes and needs. By bringing this information into conscious awareness, people could then find ways to cope with it.

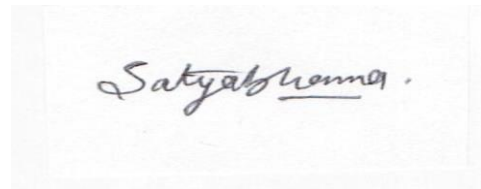
Freud believed that the content of dreams is related to wish fulfillment and suggested that dreams have two types of content: manifest content and latent content. The manifest content is the actual

literal subject matter of the dream while the latent content is the underlying meaning of these symbols.

To Freud and other psychoanalysts, the latent content of a dream mattered much more than the literal, manifest content. Freud believed that the mind was like an iceberg. Only a very small part of the iceberg is visible above the water—this visible part represents the conscious mind. Unseen under the surface of the water lies the enormous bulk of the iceberg, which represents the unconscious mind. Dreams, therefore, are one way of glimpsing what is hidden from awareness in the unconscious mind.

For example, imagine that you have a dream that you are naked in public. The actual storyline of the dream is the manifest content, but Freud would suggest that there is more to the dream than its literal meaning. He might interpret the dream to mean that you fear exposure, that you feel insecure, or that you fear other people will notice your shortcomings. This hidden meaning represents the latent content of the dream.

Dream interpretation has grown in popularity since Freud's time. While many popular theories of dreaming suggest that our dreams are largely a reflection of the hopes, fears, and experiences of our waking lives, dream interpreters continue to suggest that the latent content of dreams often holds symbolic meaning.

A rectangular box containing a handwritten signature in cursive script that reads "Satyabhama".

To be Continue...