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Comparative Analysis of Jung's Anima-Animus and the Estrophrodite-Androphrodite Archetypes

Chacko P. George

Retired Priest/Psychologist /Theorist /Reviewer IJRISS

*Corresponding author: chacko-george@outlook.com

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ABSTRACT

This paper introduces the Estrophrodite-Androphrodite archetypal model, expanding Jung's anima-animus theory. Unlike Jung's gender-specific constructs, these archetypes represent universal feminine (Estrophrodite) and masculine (Androphrodite) principles present in all individuals. Drawing from cross-cultural mythology, theology, and depth psychology, the article situates the model historically and conceptually, comparing it with Freudian, Adlerian, and Jungian frameworks. Using FIRO-B assessments of 58 individuals, patterns of archetypal integration and imbalance are illustrated, highlighting implications for identity, creativity, and relational competence. The Estrophrodite-Androphrodite framework provides a culturally inclusive, spiritually grounded, and psychologically flexible approach for contemporary practice.

Keywords: *Estrophrodite, Androphrodite, Jungian psychology, Anima-Animus, Archetypal integration, Shadow work*

1. Introduction

Foundational theories of the psyche—Freud, Adler, and Jung—emphasize unconscious drives, social striving, and archetypal patterns. Freud (1917/1963) focused on instinctual conflicts and early experiences; Adler (1933/1964) emphasized social interest and purposeful striving; Jung (1959/1969) introduced the collective unconscious and archetypes, including the anima and animus.

While influential, these models have limitations, particularly in gender assumptions and cultural specificity. The Estrophrodite-Androphrodite archetypes offer an inclusive framework: the Estrophrodite embodies universal feminine qualities—nurturance, empathy, intuition—while the Androphrodite reflects masculine traits—guidance, assertiveness, and transformative energy. Integration of these polarities fosters personal growth, relational competence, and ethical-spiritual development.

Polarity integration involves harmonizing complementary energies. Imbalance—overexpression or repression of one archetype—can produce inner conflict, relational difficulties, or psychosomatic issues. Tools like **FIRO-B** operationalize these dynamics. Expressed and Wanted scores in Inclusion, Control, and Affection reveal hidden polarity patterns, such as high Expressed Control/low Wanted Control (dominant Androphrodite) or low Expressed Affection/high Wanted Affection (underdeveloped Estrophrodite).

This paper situates these archetypes within classical and contemporary psychological theory, demonstrating conceptual and clinical relevance.

2. Historical Background of Archetypal Dualities

Archetypal dualities (masculine/feminine, active/receptive, yin/yang) appear across civilizations. Plato envisioned humans as unified beings later divided into halves (Symposium, c. 385-370 BCE). Hindu traditions depict Shakti as creative feminine energy and Shiva as stabilizing masculine consciousness (Shiva Purana; Devi Mahatmya). Vedanta (Shankaracharya, c. 788-820 CE) sees dualities arising from one reality, while Madhvacharya (c. 1238-1317 CE) emphasizes enduring distinction between soul and divine. Taoism balances yin (receptive) and yang (assertive) energies (Tao Te Ching, Laozi, c. 6th century BCE). Christian theology describes the “Adamic whole”

integrating masculine and feminine elements (Genesis 1-2).

These traditions frame duality as complementary forces essential for psychological, relational, and spiritual harmony, supporting the foundation of the Estrophrodite-Androphrodite model.

3. Jung's Anima and Animus

The **anima** represents inner femininity in men; the **animus** embodies inner masculinity in women (Jung, 1959/1969). They mediate between ego and unconscious, appearing in dreams, fantasies, and projections. The anima fosters emotional depth, intuition, and relational sensitivity, while the animus promotes rationality, decisiveness, and assertiveness. Integration is essential for individuation; failure leads to projection, distorted perception, and relational conflict.

Critiques (Woodman, 1985) note the contrasexual framing risks reinforcing stereotypes. The Estrophrodite-Androphrodite model universalizes these energies across genders and cultures, extending Jung's symbolic depth into practical and spiritual application.

4. The Estrophrodite-Androphrodite Archetypes

- **Estrophrodite:** Integrates intuition, empathy, nurturing, and relational depth.
- **Androphrodite:** Embodies assertiveness, guidance, decisiveness, and transformative capacity.

These archetypes function as complementary inner “other-selves,” guiding creativity, relational alignment, vocational direction, and ethical decision-making. Unlike Jungian archetypes, which emerge symbolically, Estrophrodite-Androphrodite energies are **practical and operational**, facilitating conscious psychological growth.

1. Comparative Theoretical Overview

Theorist	Focus	Archetypal / Unconscious Dynamics	Gender & Spirituality
Freud	Instincts & drives	Id, ego, superego; repression	Gendered, limited spirituality
Adler	Social striving	Compensation, inferiority	Gendered, limited

Theorist	Focus	Archetypal / Unconscious Dynamics	Gender & Spirituality
			archetypal focus
Jung	Archetypes	Collective unconscious; Anima-Animus	Contrasexual archetypes, symbolic spirituality
George	Universal polarities	Estrophrodite-Androphrodite integration	Gender-neutral, spiritually grounded

This Neo-Jungian framework synthesizes classical theory, emphasizing universality, ethical-moral development, and transcultural relevance.

6. Integration and Imbalance

Integration of archetypes promotes psychological and physiological health. Imbalance produces:

1. **Projection & shadow conflicts:** Undeveloped qualities manifest destructively in relationships.
2. **Psychological disorientation:** Anxiety, depression, indecision.
3. **Physical consequences:** Psychosomatic symptoms, stress-related disorders.

Pathways for integration: shadow work, withdrawing projection, sublimation, therapeutic engagement, and spiritual practices (meditation, prayer, contemplation).

7. FIRO-B and Archetypal Polarity: Narrative Integration

The **FIRO-B (Fundamental Interpersonal Relations Orientation-Behavior)** tool (Schutz, 1984) provides a practical lens for observing archetypal polarities in everyday interpersonal behavior. It measures three core dimensions—**Inclusion, Control, and Affection**—in terms of both **Expressed** (how an individual behaves toward others) and **Wanted** (the degree to which they desire these behaviors from others).

These measures correspond closely with the Estrophrodite-Androphrodite framework. For example, high **Expressed Control** combined with low **Wanted Control** reflects an overdeveloped Androphrodite energy, characterized by assertiveness, dominance, and guiding tendencies, alongside a suppressed Estrophrodite dimension, which embodies receptivity and nurturing. Conversely, high **Wanted Affection** with low **Expressed Affection** indicates an underdeveloped Estrophrodite polarity, seeking integration and relational attunement. Balanced patterns in either dimension suggest integrated archetypal energies, relational competence, and internal harmony.

Inclusion: Overexpressed inclusion manifests as social dominance or constant need for attention, whereas underwanted inclusion indicates a feeling of social exclusion or invisibility. Balanced inclusion reflects comfortable social participation and reciprocal engagement.

Control: Overexpressed control can produce authoritarian or overly rigid behavior; underwanted control may result in passivity or reliance on others. Balanced control indicates assertive but flexible leadership, capable of collaborating while maintaining autonomy.

Affection: High expressed affection without reciprocal response can lead to enmeshment or emotional burnout. Low expressed affection paired with high wanted affection reflects unmet relational needs or loneliness. Integration occurs when giving and receiving warmth are balanced, supporting emotional attunement and relational depth.

Applied to the **Mannamthala church job applicants (N=58)**, dated from 2010- 2015, FIRO-B revealed clear archetypal patterns. Six individuals demonstrated strong Estrophrodite qualities—nurturing, compassionate, and relational—but lower decision-making capacity and tendencies toward procrastination. Seven exhibited dominant Androphrodite traits—assertive, guiding, and transformative—but displayed occasional aggression, over-expressed control, or imbalances between desired inclusion and actual social expression. These observations illustrate how FIRO-B can empirically reveal archetypal dynamics, highlighting both strengths and areas for developmental support.

In practice, FIRO-B operationalizes abstract archetypal theory, connecting inner psychological polarities to observable behaviors, relational patterns, and potential psychosomatic manifestations. By mapping Expressed and Wanted behaviors to Estrophrodite-Androphrodite

energies, practitioners can identify imbalances, guide integration, and support relational, ethical, and spiritual growth.

8. Conclusion

The **Estrophrodite-Androphrodite model** extends Jung's anima-animus, offering a universal, culturally inclusive, spiritually integrated framework. These archetypes embody complementary psychic energies, whose integration ensures psychological wholeness, ethical clarity, relational competence, and creative freedom. FIRO-B empirical analysis supports the model's clinical relevance, highlighting its application in counseling, education, leadership, and intercultural development. By reconceptualizing inner polarity in inclusive, non-gendered, and spiritually grounded terms, the framework bridges humanistic, psychodynamic, and transpersonal perspectives, offering a transformative lens for holistic human development.

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