



OA 1

1. Describe your **Ideal Self**:
(how would you like to be?)
2. Describe your **Perceived self**:
(how you are actually like)
3. Pick one or two people in the classroom, and list a few positive traits (characteristics) about them you admire and adore.

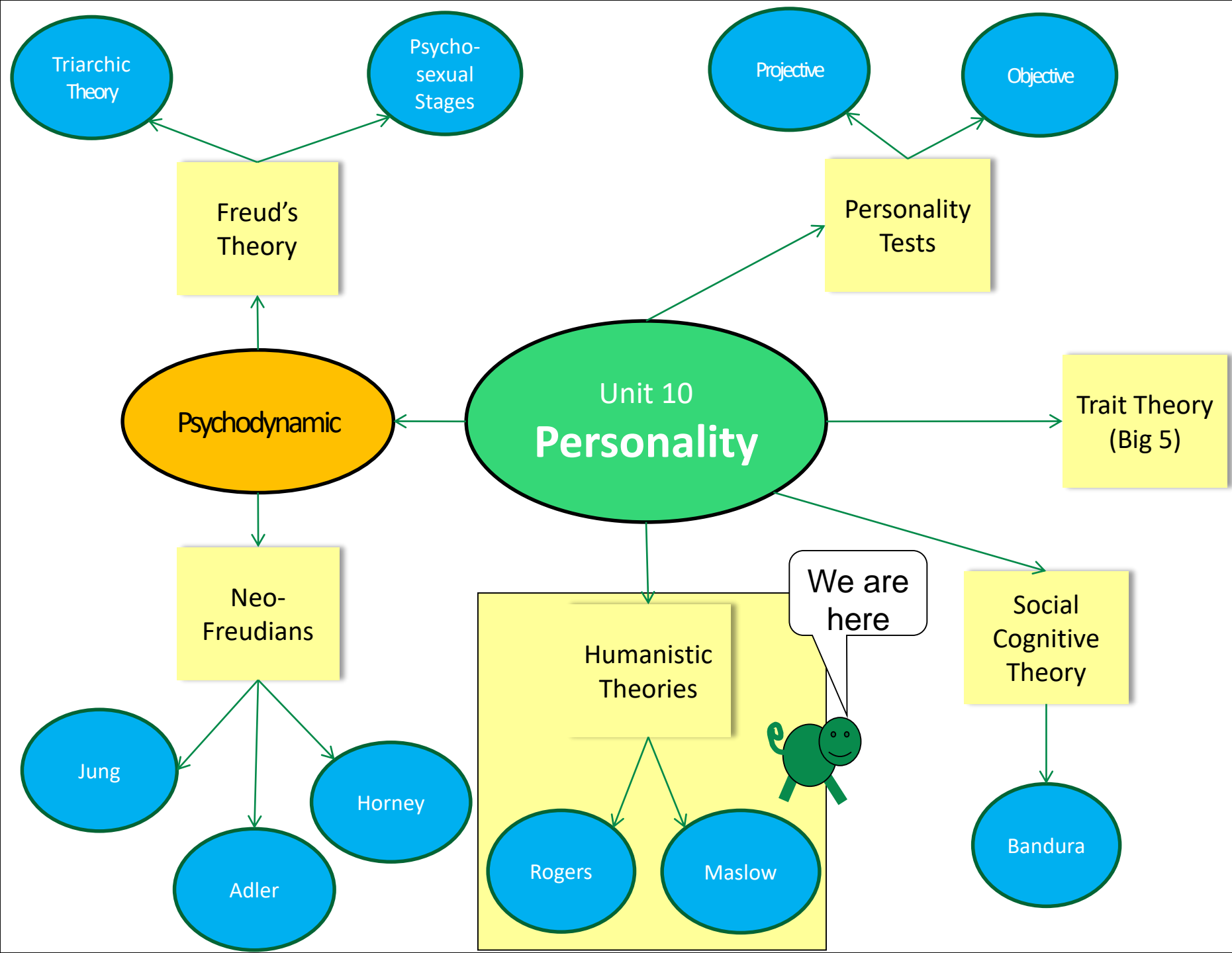


WHS AP Psychology



Unit 10: Personality

Essential Task 10-3: Compare and contrast the Humanistic personalities theories to those of the psychoanalytic theorists with specific attention to Roger's *self-actualizing tendency and unconditional positive regard* and Maslow's *self-actualization*.





Schools

Personality Theories

- **The psychoanalytic perspective** – emphasizes the importance of unconscious processes and the influence of early childhood experiences
- **The humanistic perspective** – emphasizing the self and the fulfillment of a person's unique potential
- **The social cognitive perspective** – emphasizing learning and conscious cognitive processes,
- **The trait perspective** – emphasizes the description and measurement of specific personality differences among individuals



The Humanistic Perspective



- 1960s
- Perspective that emphasizes **human potential**
- Assumes people are basically good
- Focuses on ways of the **healthy people strive for self-determination & self realization**
- **Emphasized the conscious-mind**
 - Study people through their own self reported experience and feelings



Humanistic Perspective

By the 1960s, psychologists became discontent with Freud's negativity and the mechanistic psychology of the behaviorists.



<http://www.ship.edu>

Abraham Maslow
(1908-1970)



Carl Rogers
(1902-1987)



Abraham Maslow

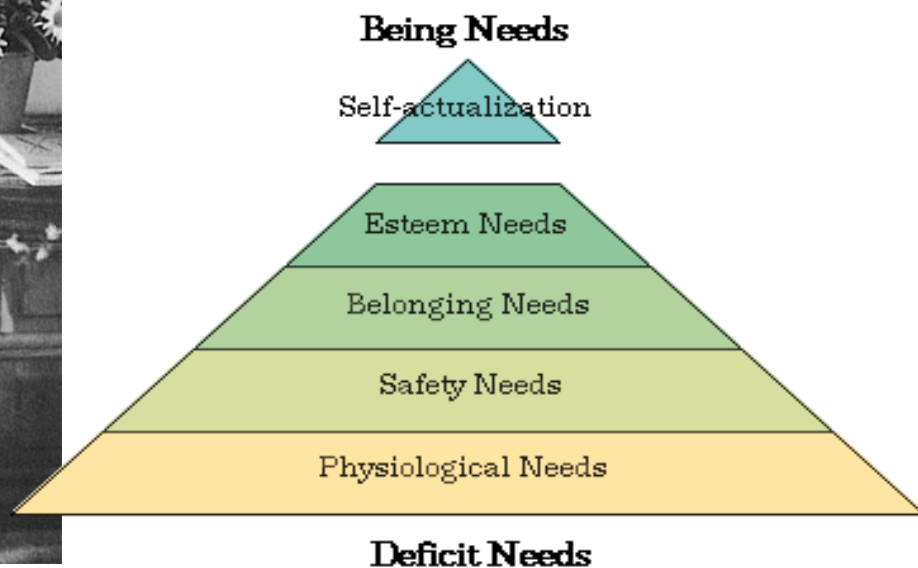


- Brooklyn, New York 1908
- Lived in poverty
- Family escaped Russia due to persecution
- "mentally unstable" by a psychologist
- experienced anti-Semitism from his teachers and from other children
- Studied law initially but decided to quit
- Chose to study psychology
- He was mentored by Alfred Adler



Self-Actualizing Person

Maslow proposed that we as individuals are motivated by a hierarchy of needs. Beginning with physiological needs, we try to reach the state of **self-actualization—fulfilling our potential.**





SA are self aware, self accepting, open and spontaneous, loving and caring, and not paralyzed by other's opinions.

"acquired enough courage to be unpopular, to be unashamed about being openly virtuous"

College students most likely to become self-actualized were "privately affectionate to those of their elders who deserve it." and "secretly uneasy about the cruelty, meanness and mob spirit so often found in young people."





Self Actualization

- Maslow estimated only 1% of the population reaches this
- The top of the motivational hierarchy. This makes it the weakest of all needs and the most easily impeded.
- “This inner nature is not strong and overpowering and unmistakable like the instincts of animals. It is weak and delicate and subtle and easily overcome by habit, cultural pressure, and wrong attitudes toward it.” Maslow
- Jonah Complex – must be willing to sacrifice safety for personal growth.
- Society?
- Childhood?



Perceived Self vs. Ideal Self

- Did you write the same thing for each prompt?
- From a humanistic perspective, a fully functioning, self-actualized person finds the perceived self as completely congruent with the ideal self.
- Rogers suggests that if our self-concept is negative, that is, if we fall far short of our ideal self, we feel dissatisfied and unhappy. It follows that parents, teachers, and friends should help others know, accept, and be true to themselves



Humanistic Personality Theories

- Humanistic view asserts the fundamental goodness of people and their constant striving toward higher levels of functioning
- Does not dwell on past occurrences, but rather focuses on the present and future



Carl Rogers

- Goal of every organism is to fulfill the capabilities of our genetic blueprint – actualizing tendency
- Human beings form images of themselves – called self concepts
- Drive to fulfill self-concepts – self actualizing tendency





Carl Rogers



- **Person's personality is developed by measuring the differences between the ideal self and the real self.**
- Three growth promoting climates:
 - **Genuine** : Being open with their own feelings
 - **Accepting**: accepting who we are even our short comings
 - **Empathetic** : by sharing and mirroring our feelings



Carl Rogers



- **Unconditioned Positive Regard**
 - An attitude of total acceptance toward another person
- **Empathic understanding**
 - Truly understanding and listening to the needs of others
- **Self Concept**
 - All our thoughts and feelings about ourselves
 - We feel dissatisfied when we do not meet the ideal self
- **Congruency**
 - when true self and the ideal self is aligned.



Perceived Self vs. Ideal Self

- Ideal Self
 - In a Stream of consciousness manner . . .
how would you like to be?
- Perceived Self
 - In a Stream of consciousness manner
Describe yourself



- <https://www.youtube.com/watch?v=XpaOjMXyJGk>



Pros and Cons of Humanism

- Pros
 - It illuminates the positivity and potential of the individual
 - Importance of positive self concept and self esteem
- Cons
 - Too simple & vague, difficult to measure
 - It is too egocentric ! Selfishness
 - Ignores the negative aspect of man. We are not all nice! We should not accept ugly parts of ourselves.



Assessing the Self

In an effort to assess personality, Rogers asked people to describe themselves as they would like to be (ideal) and as they actually are (real). If the two descriptions were close the individual is a fully functioning person

All of our thoughts and feelings about ourselves, in an answer to the question, “Who am I?” refers to **Self-Concept**.



How to become fully functioning? Early Childhood Matters

- Unconditional positive reward
 - Full acceptance and love of another regardless of our behavior
 - Genuineness
 - Accepting
 - Empathy
- Conditional positive reward
 - Acceptance and love contingent on certain behaviors and fulfilling certain conditions.



OA

1. How do Humanist psychologists assess the “self?” (492)
2. Tell me some criticisms/weaknesses for the Humanistic approach (492-493)



Evaluating the Humanistic Perspective

1. Humanistic psychology has a pervasive impact on counseling, education, child-rearing, and management.
2. Concepts in humanistic psychology are vague and subjective and lack scientific basis.
3. Some view these theories as overly optimistic and that they ignore the nature of human evil
4. Some argue that humanistic view lead to self-indulgence, narcissism and self-centeredness – Western view of hyper-individualism