



Humanistic theories

Personality Theories

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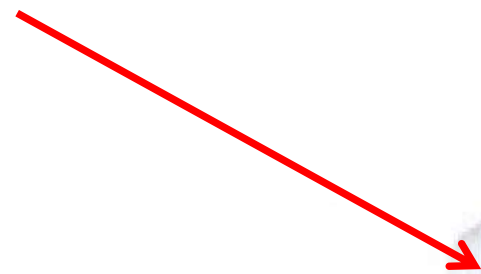
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As matures, finds ways of enhancing his self without hurting others



Humanistic Theories

1. In humanistic psychology it is emphasized people have **free will** and they play an active role in determining how they behave.
2. Humanistic psychologists try to see people's lives as those people would see them. They tend to have an optimistic perspective on human nature
3. Accordingly, humanistic psychology focuses on subjective experiences of persons as opposed to forced, definitive factors that determine behavior.
4. **Abraham Maslow** and **Carl Rogers** were proponents of humanistic view

Humanistic Theories

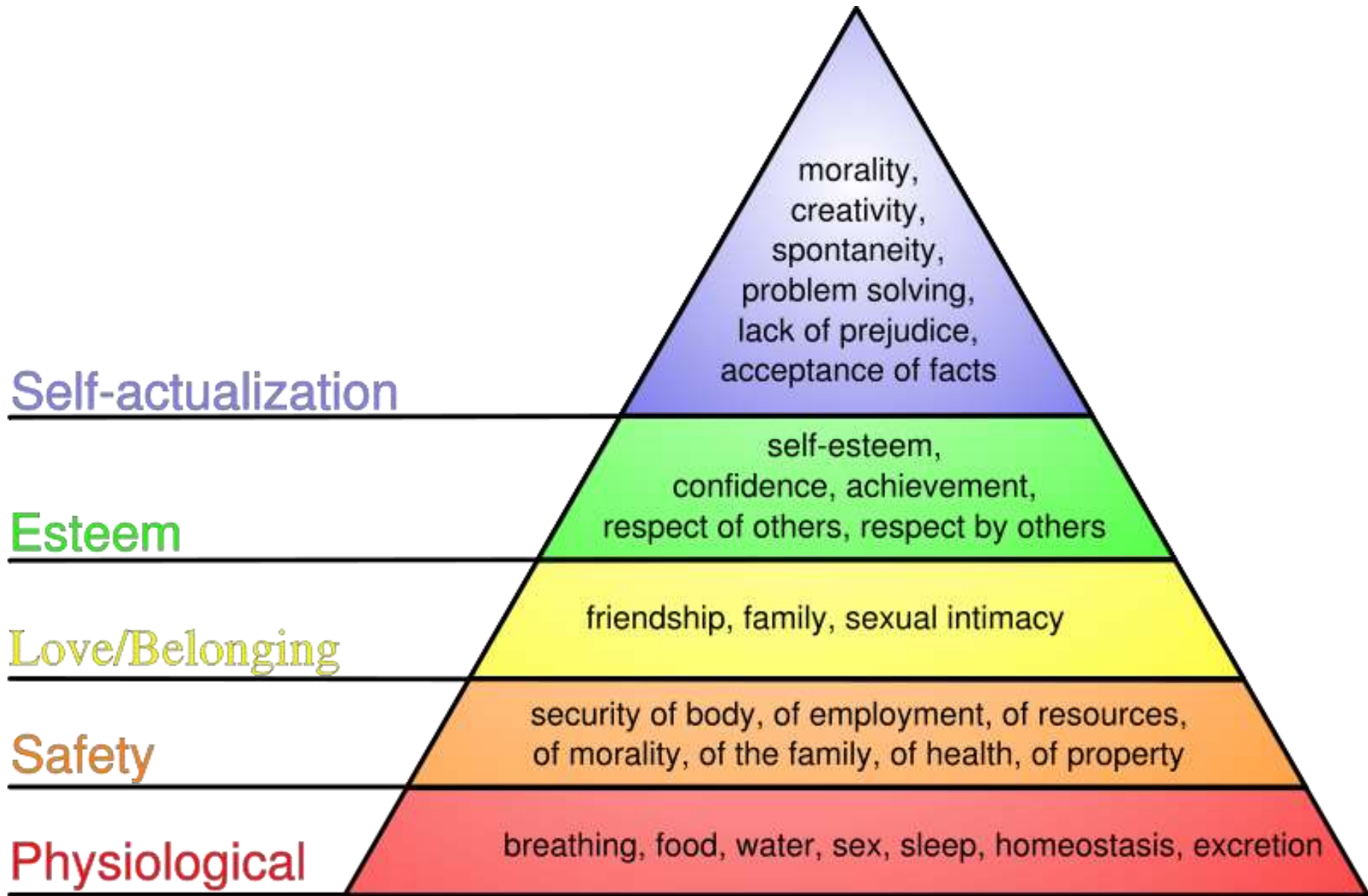
The humanistic approach states that the self is composed of concepts unique to ourselves. The self-concept includes three components:

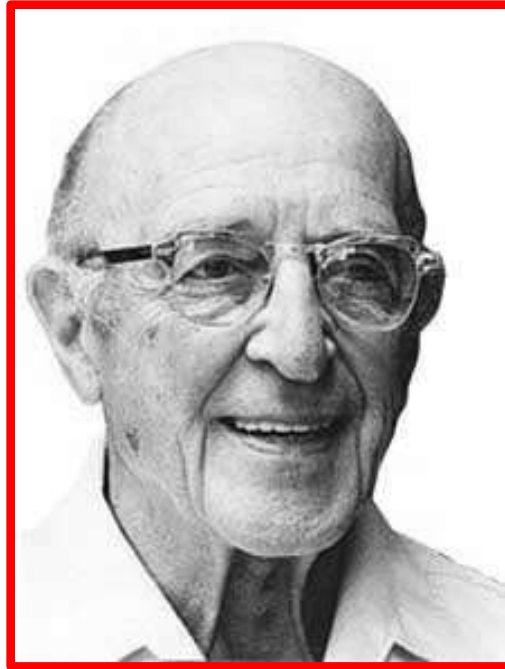
- **Self worth** – what we think about ourselves. Rogers believed feelings of self-worth developed in early childhood and were formed from the interaction of the child with the mother and father.
- **Self-image** – How we see ourselves, which is important to good psychological health. Self-image includes the influence of our body image on inner personality.
- **Ideal self** – This is the person who we would like to be. It consists of our goals and ambitions in life, and is dynamic – i.e. forever changing. The ideal self in childhood is not the ideal self in our teens or late twenties etc.



Hierarchy of needs

Psychologist **Abraham Maslow** first introduced his concept of a hierarchy of needs in his 1943 paper "A Theory of Human Motivation" and his subsequent book Motivation and Personality. This hierarchy suggests that people are motivated to fulfil basic needs before moving on to other, more advanced needs.





Person centered theory

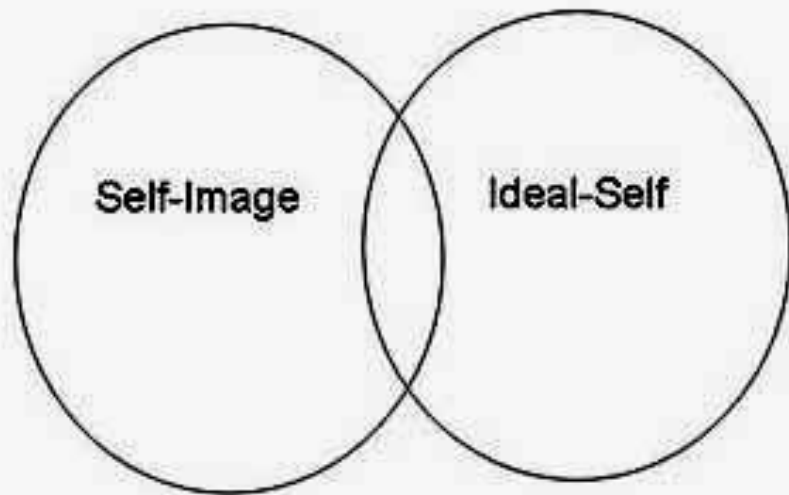
Carl Rogers (1902-1987) was a humanistic psychologist agreed with most of what Maslow believed, but added that for a person to "grow", they need an environment that provides them with genuineness (openness and self-disclosure), acceptance (being seen with unconditional positive regard), and empathy (being listened to and understood).

Person centered theory

Rogers identified five characteristics of the fully functioning person:

- **Open to experience:** both positive and negative emotions accepted. Negative feelings are not denied, but worked through
- **Existential living:** in touch with different experiences as they occur in life, avoiding prejudging and preconceptions. Being able to live and fully appreciate the present, not always looking back to the past or forward to the future
- **Trust feelings:** feeling, instincts and gut-reactions are paid attention to and trusted. People's own decisions are the right ones and we should trust ourselves to make the right choices.
- **Creativity:** creative thinking and risk taking are features of a person's life. Person does not play safe all the time. This involves the ability to adjust and change and seek new experiences.
- **Fulfilled life:** person is happy and satisfied with life, and always looking for new challenges and experiences.

Incongruent

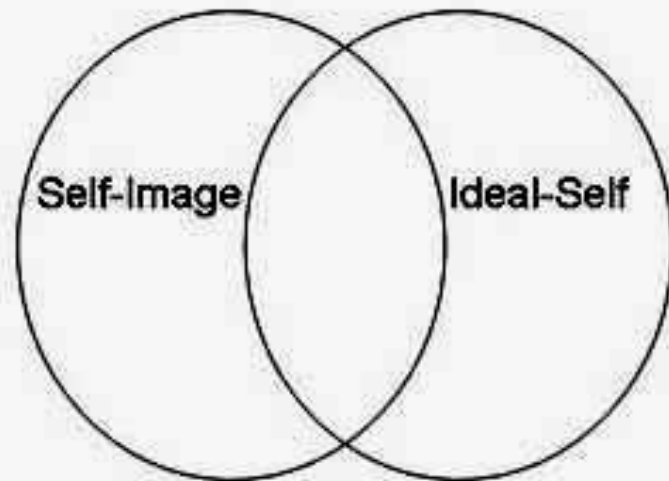


The self-image is different to the ideal self.

There is only a little overlap.

Here self-actualisation will be difficult.

Congruent



The self-image is similar to the ideal self.

There is a more overlap.

This person can self-actualise.

THANK YOU



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