

MODULE 57 HUMANISTIC THEORIES

HUMANISTIC THEORISTS

- **HUMANISTIC THEORISTS** view personality with a focus on the potential for healthy personal growth. Humanistic theorists study people through their own self-reported experiences and feelings.

ABRAHAM MASLOW'S SELF-ACTUALIZING PERSON

- Maslow proposed the Hierarchy of Needs, that when met, will eventually reach **SELF-ACTUALIZATION**. This is where the ultimate psychological needs that arises after basic physical and psychological needs are met and self-esteem is achieved; the motivation to fulfill one's potential.

CARL ROGERS' PERSON-CENTERED PERSPECTIVE

- Each of us are like an acorn, primed for growth and fulfillment.
- Person-Centered Perspective (client-centered perspective) held that growth-promoting climate required 3 conditions: Genuineness, Acceptance, Empathy
- Within Acceptance, **UNCONDITIONAL POSITIVE REGARD** is an attitude of total acceptance toward another person. **SELF-CONCEPT** is all our thoughts and feelings about ourselves, in answer to the questions, "Who am I?"

ASSESSING THE SELF

- Carl Rogers would ask people to describe themselves both as they would ideally like to be and as they actually are. Some humanistic psychologists believed that any standardized assessment of personality but instead interviews and intimate conversation would provide a better understanding of each person's unique experiences.

EVALUATING HUMANISTIC THEORIES

- Critics state that humanistic perspective concepts are vague and subjective.
- The individualism encouraged by humanistic psychology – trusting and acting on one's feelings, being true to oneself, fulfilling oneself – can, the critics have said, lead to self-indulgence, selfishness, and an erosion of moral restraints.

BE ABLE TO ANSWER: What does it mean to be "empathic"? to be "self-actualized"?

PRACTICE FRQ: Describe the three conditions that Carl Rogers believed were necessary for a growth-promoting climate.

MODULE 58 TRAIT THEORIES**TRAITS**

- Gordon Allport was interested not in explaining individual traits but rather describing them. **TRAITS** are a characteristic pattern of behavior or a disposition to feel and act, as assessed by self-report inventories and peer reports. Myers-Briggs Type Indicator (MBTI) is a test to see your personality. Used today to assess job prospects but has been shown not to predict very well someone's job performance.

EXPLORING TRAITS

- One technique is factor analysis, a statistical procedure used to identify clusters of test items that tap basic components of intelligence (such as spatial ability or verbal skill).
- Within the brain, extroverts seek stimulation because their normal brain arousal is relatively low. Dopamine levels tend to be higher in extraverts.

ASSESSING TRAITS

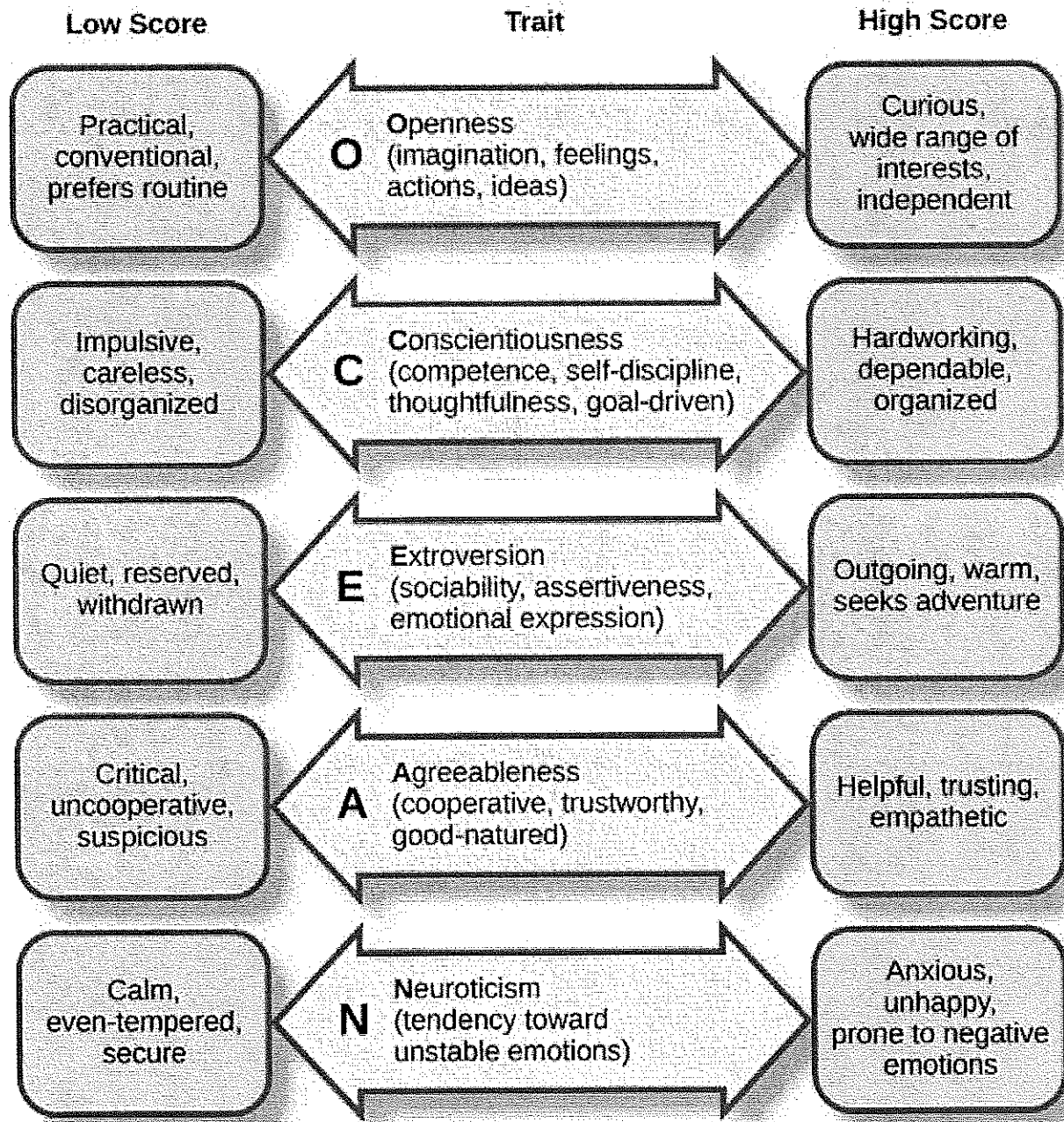
- The **PERSONALITY INVENTORY** is a questionnaire (often with true-false or agree-disagree) on which people respond to items designed to gauge a wide range of feelings and behaviors; used to assess selected personality traits. The classic personality inventory is the **MINNESOTA MULTIPHASIC PERSONALITY INVENTORY (MMPI)** which is the most widely researched and clinically used of all personality tests. Originally developed to identify emotional disorders, this test is now used for many other screening purposes.
- The MMPI is **EMPIRICALLY DERIVED** which is a test developed by testing a pool of items and then selecting those that discriminate between groups.

THE BIG FIVE FACTORS

- The five dimensions (conscientiousness, agreeableness, neuroticism, openness, and extraversion) reveals much of what there is to say about our personality.

EVALUATING TRAIT THEORIES

- Personality trait scores are positively correlated with scores obtained seven years later, and that as people grow older their personality stabilizes.
- The person-situation controversy is where we look for genuine personality traits that persist over time and across situations.



BE ABLE TO ANSWER: What is the person-situation controversy?

PRACTICE FRQ: Explain one weakness and one strength of the Minnesota Multiphasic Personality Inventory (MMPI).