

The background features a stylized profile of a human head on the left side, rendered in a light, glowing yellow-green color. The rest of the image is filled with a complex, abstract pattern of overlapping, semi-transparent, colorful lines and shapes in shades of orange, yellow, purple, and blue, creating a sense of depth and movement. The overall effect is that of a digital or neural network visualization.

THEORIES OF PERSONALITY : HUMANISTIC APPROACH

OUTLINE

- Introduction
- History
- Tenets of humanistic psychology
- Gordon Allport
- Abraham Maslow
- Carl Rogers
- George Kelly
- Victor Frankl
- Dan McAdams
- Strengths and Limitations
- Summary
- References

INTRODUCTION

- Four major schools of theories of personality
- **Psychoanalytic**- psychic conflict between instincts and social structure
- **Behaviorist**- habits developed by reward and punishment
- **Humanistic**- essential goodness and potential
- **Trait**- derive from all three, emphasize on individual differences

WHAT IS HUMANISTIC PSYCHOLOGY ?

- Humanistic theories emphasize
 - human strengths
 - aspirations
 - conscious free will
 - fulfillment of human potential.
- They present a flattering and optimistic image of human nature
- They describe us as active, creative beings concerned with growth and self-actualization

HISTORY

- Humanistic movement flourished in 1960-70s

Objections to psychoanalytic and behaviorist approach:

- Psychoanalysis- focus on **emotionally disturbed** side of human nature
- Behaviorist- humans as robots with pre-determined **conditioned responses**

HISTORY

Contributions to gradual shift:

- Social learning theory- humanized behaviorism
- Carl Jung- spiritual needs
- Henry Murray- altruistic and rational super-ego
- Fromm and Horney- importance of culture
- Erikson- psychosocial development
- Martin Seligman- positive psychology movement

HISTORY

Development of Humanistic psychology (third force)

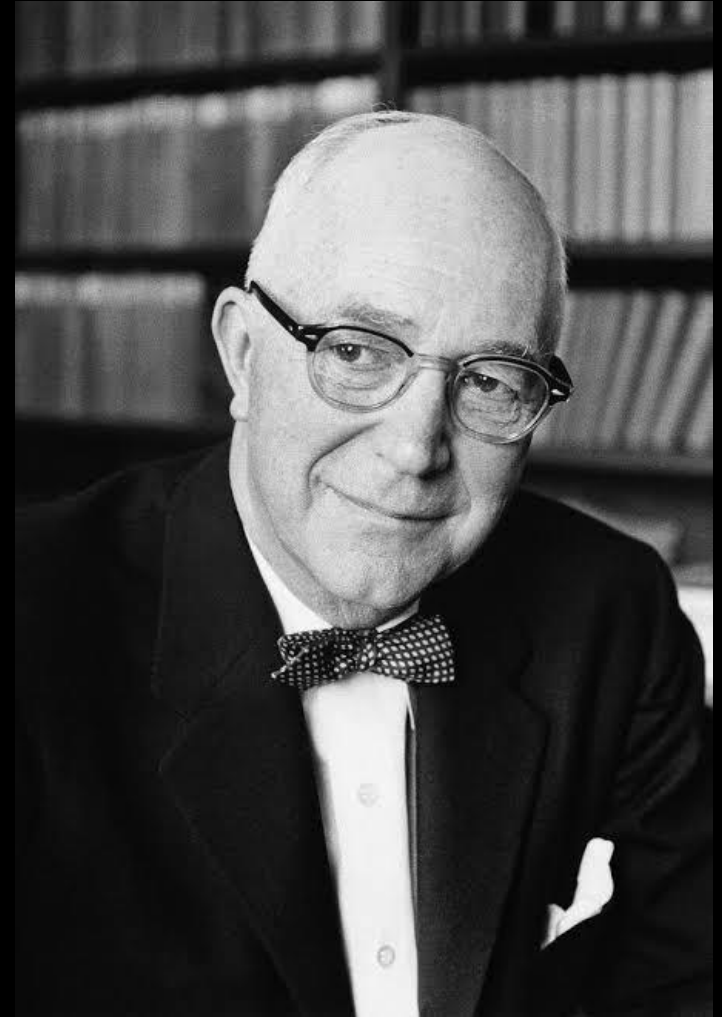
- Carl Rogers- self-actualization
- Abraham Maslow- hierarchy of needs
- 1961- American Association for Humanistic Psychology
- 1962- *'Toward a Psychology of a being'*
- 1971- distinct division in American Psychological Association

HUMANISTIC PSYCHOLOGY TENETS

- People are more than sum of their parts
- Understand people within human context and their place in universe
- Humans are conscious and aware of self
- Humans have free will, ability to choose and bear responsibilities
- Human beings are intentional, have goals and aspirations

GORDON ALLPORT

- 1897-1967
- American psychologist
- Professor of psychology at Harvard university
- Developed an original theory of personality
- Humanist in beliefs, pioneer of trait theory



GORDON ALLPORT

- Man's behavior is **proactive** instead of reactive
- Emotionally healthy people function rationally and consciously, aware of their motivations.
- Separation of drive from motive
- Thus primitive biological urges and reflexes drive infant behavior, whereas adult functioning is more conscious in nature.

GORDON ALLPORT

- Personality is not general or universal but is particular and **unique to the individual**.
- Understanding personal disposition can help anticipate future actions
- He emphasized the **conscious** rather than the unconscious, and the **present and future** rather than the past.

GORDON ALLPORT

- Functions of **Proprium** i.e. self:
 - *sense of body, self-identity, self-esteem, self-extension, rational coping, self-image, and propiate striving*
- The person attempts to fulfill his or her sense of self or proprium.

ABRAHAM MASLOW



ABRAHAM MASLOW

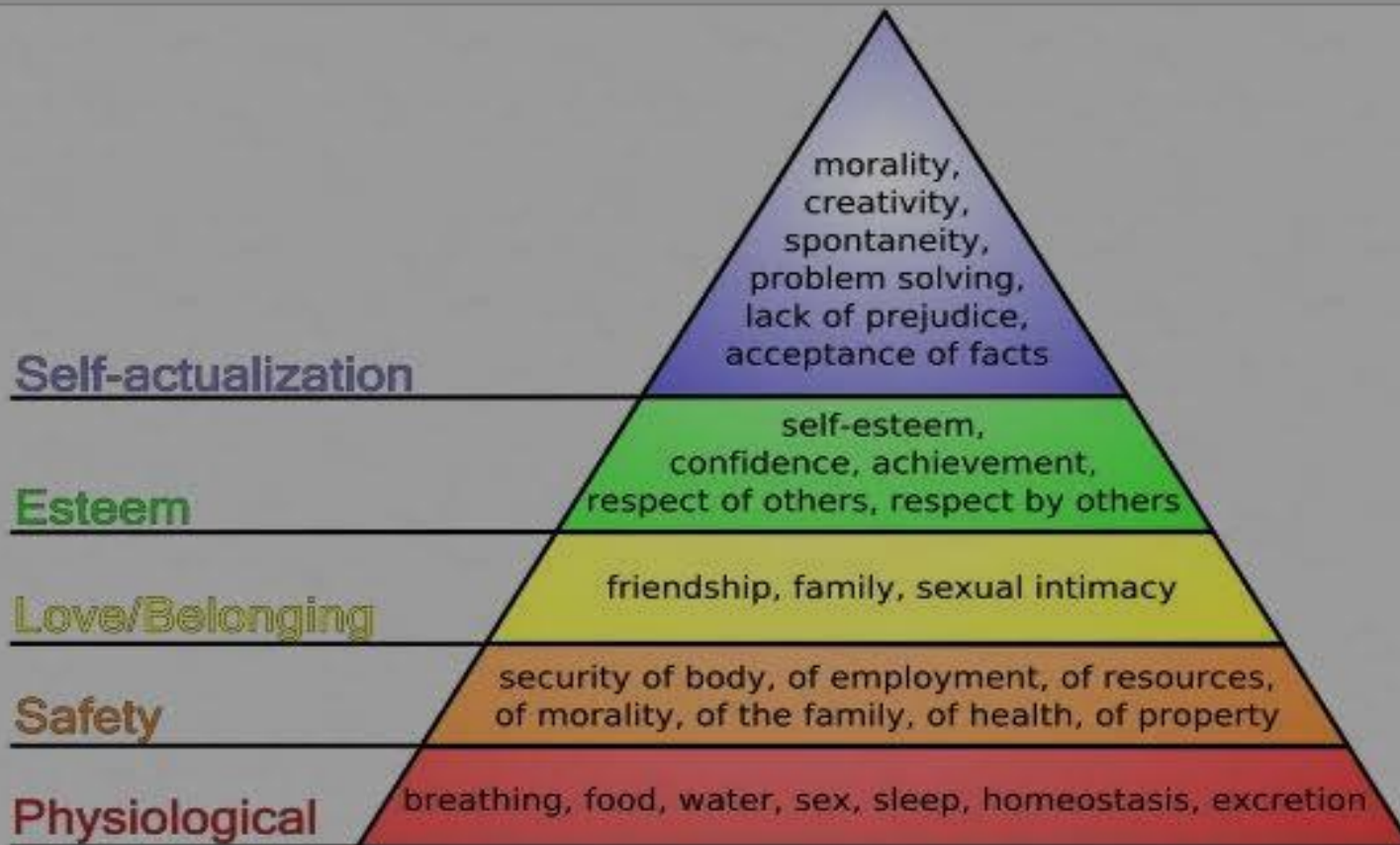
- 1908-1970
- American psychologist
- Mentored by Alfred Adler, Max Wertheimer
- Influences- troubled childhood, work in behaviorist experimental and WW2
- Self-actualization studies
- Founder and spiritual leader of the humanistic psychology movement.

ABRAHAM MASLOW

- Personality in motivational terms.
- Our life i.e. Perceptions, values, strivings, and goals- satisfaction of a set of needs
- The needs themselves are arranged in a universal hierarchy.
- **5 innate needs**
- Highest- **self-actualization**- to achieve one's complete potential

ABRAHAM MASLOW

THE HIERARCHY OF NEEDS



ABRAHAM MASLOW

- The following conditions are necessary in order for us to satisfy the self-actualization need:
 1. We must be free of constraints imposed by society and by ourselves.
 2. We must not be distracted by the lower-order needs.
 3. We must be secure in our self-image and in our relationships with other people; we must be able to love and be loved in return.
 4. We must have a realistic knowledge of our strengths and weaknesses, virtues and vices.

ABRAHAM MASLOW

- Motivation in self-actualizers (**metamotivation**)- not to make up for deficits or reduce tension but to enrich life and increase tension.
- **Metaneeds** are states of growth toward which self-actualizers move.
- Frustration of metaneeds produces **metapathology**
- Self-actualizers constitute **less than 1 percent** of the population

Truth

Mistrust, cynicism, skepticism

Goodness

Hatred, repulsion, disgust, reliance only upon self and for self

Beauty

Vulgarity, restlessness, loss of taste, bleakness

Unity, wholeness

Disintegration

Dichotomy-transcendence

Black/white thinking, either/or thinking, simplistic view of life

Aliveness, process

Deadness, robotizing, feeling oneself to be totally determined, loss of emotion and zest in life, experiential emptiness

Uniqueness

Loss of feeling of self and individuality, feeling oneself to be interchangeable or anonymous

Perfection

Hopelessness, nothing to work for

Necessity

Chaos, unpredictability

Completion, finality

Incompleteness, hopelessness, cessation of striving and coping

Justice

Anger, cynicism, mistrust, lawlessness, total selfishness

Order

Insecurity, wariness, loss of safety and predictability, necessity for being on guard

Simplicity

Overcomplexity, confusion, bewilderment, loss of orientation

Richness, totality, comprehensiveness

Depression, uneasiness, loss of interest in the world

Effortlessness

Fatigue, strain, clumsiness, awkwardness, stiffness

Playfulness

Grimness, depression, paranoid humorlessness, loss of zest in life, cheerlessness

Self-sufficiency

Responsibility given to others

Meaningfulness

Meaninglessness, despair, senselessness of life

ABRAHAM MASLOW

- Studied exemplary personalities like Abraham Lincoln
- Distinctive characteristics of self-actualizers:
 - Accurate perception of reality
 - Creativity
 - A need for privacy
 - Frequent experience of mystical or *peak* experiences.
- Such individuals often skip the lower levels and proceed directly to self-actualization

ABRAHAM MASLOW

- Failure to self-actualize:
 - Inhibited by lack of fulfillment of lower needs- neglect, overprotectiveness in childhood, lower economic status, improper education, cultural roles
 - **Jonah Complex**- The fear that maximizing our potential will lead to a situation with which we will be unable to cope i.e. we doubt our own abilities.

ABRAHAM MASLOW

- He focused on psychological health rather than illness, growth rather than stagnation, potentials rather than weaknesses.
- Needs universal but ways of fulfilling differ.
- We have the free will to choose how best to satisfy our needs and actualize our potential.
- We are responsible for the level of personality development we reach.

CARL ROGERS



The curious paradox is that when I accept myself just as I am, then I can change.

Carl Rogers

CARL ROGERS

- 1902-1987
- American psychologist
- Awarded by APA for distinguishing contribution
- From religion to psychology
- Founder of humanistic approach
- Person centered approach to psychotherapy

CARL ROGERS

- Person-centered theory - we **are conscious**, rational beings
- Not controlled by **unconscious forces or past experiences**.
- Personality can only be **understood from an individual's own viewpoint**.
- One's attitude towards self and **percieved reality** more important than external factors

CARL ROGERS

- Ultimate goal- **self-actualization** (an innate tendency to growth and development).
- All organisms tend toward their own actualization
- Experiences- **positive/negative** based on value towards actualization
- Ideal conditions- actualization achieved

CARL ROGERS

- Characteristics of fully functioning person
 - Awareness of all **experiences**, open to +ve and –ve feelings
 - Trust in one's own behaviour and feelings
 - **Freedom of choice** without inhibitions
 - Creativity and spontaneity
 - Continual striving to grow

CARL ROGERS

- Real life- one person's needs and desires often conflict with others'
- Positive regard- conditional/unconditional
- Conditions of worth- worthy of approval only if desirable behavior and attitudes expressed
- Internalization
- Incongruence- discrepancy between self-concept and aspects of experiences
- Incongruence- anxiety

CARL ROGERS

- Psychopathology is a **defensive distortion** of this actualization process
- Psychotherapy- creating conditions in which defense is unnecessary.
- Given these conditions, patients (or *clients*) essentially cure themselves.
- **Person centered therapy**- person improves personality. Therapist facilitates change
- **Unconditional positive regard**

GEORGE KELLY



GEORGE KELLY

- 1905-1967
- American psychologist, personality theorist and educator
- Ahead of his times- predecessor of constructivism and CBT
- Personal construct theory

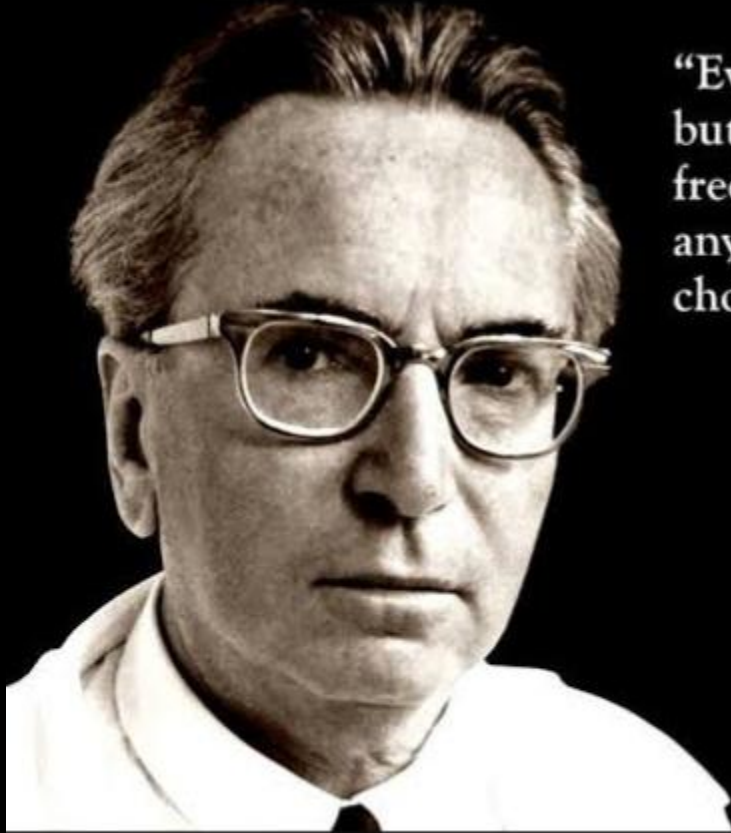
GEORGE KELLY

- Nearly purely **cognitive** approach
- Viewed humans as scientists trying to make sense of the world
- “Psychology of personal constructs”
- **Personal construct** – basic unit for understanding personality for classifying & interpreting experiences
- Reclassifying and developing new constructs

GEORGE KELLY

- **Anxiety** – awareness of inadequacy of one's construct system to construe important events
- **Guilt** – recognition that one's behavior is inconsistent with the ways in which one construes oneself
- **Hostility** – Attempt to force experiences to fit one's existing constructs

VICTOR FRANKL



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

VIKTOR FRANKL

- Austrian neurologist & philosopher (1905-1997)
 - Influenced by his experiences in Nazi concentration camps “Man’s Search for Meaning”
 - 3 dimensions:
 - Somatic
 - Psychological
 - **Spiritual**: Gives freedom & responsibility
- Shared with other animals

VIKTOR FRANKL

- Find meaning in lives through creative & productive work, by appreciating world & others & adopting **+ve attitude** in difficult situations
- **Failure** – alienation, despair, existential neuroses
- Search for meaning-
 - Traditional – religion & culture
 - modern – find own sources

VIKTOR FRANKL

- **Self-transcendence** – put other values above self-interest
- **Self-distancing** – take an external perspective
- Therapeutic interventions – k/a **Logotherapy**
- Logotherapy aids patients to reach meaning of life

DAN MCADAMS

- 1954- present
- PhD in social relations from Harvard university
- Professor and chair of psychology at northwestern university
- Significant work in thematic coherence and narrative psychology



DAN MCADAMS

- Personality understood on 3 levels:
- **Level 1: traits** – abstract & enduring tendencies seen in general styles of action & experience
- **Level 2: personal concern** – preoccupation with goals, plans & strategies (characteristic adaptations)

DAN MCADAMS

- **Level 3: life narrative** – story told by individuals to themselves & others for a sense of unity and purpose to life
- Understand narratives as stories, analyzed on terms of narrative tone, imagery, theme. Ideological setting and nuclear episodes
- Key life events – symbol of identity

STRENGTHS AND LIMITATIONS

Strengths

- **Shifted focus to individual and subjective experiences rather than unconscious mind and observed behavior**
- **Real life application: therapy**
- **Satisfies human ideal**
- **Holistic information due to qualitative data**
- **Highlights individualistic and idiographic methods of study**

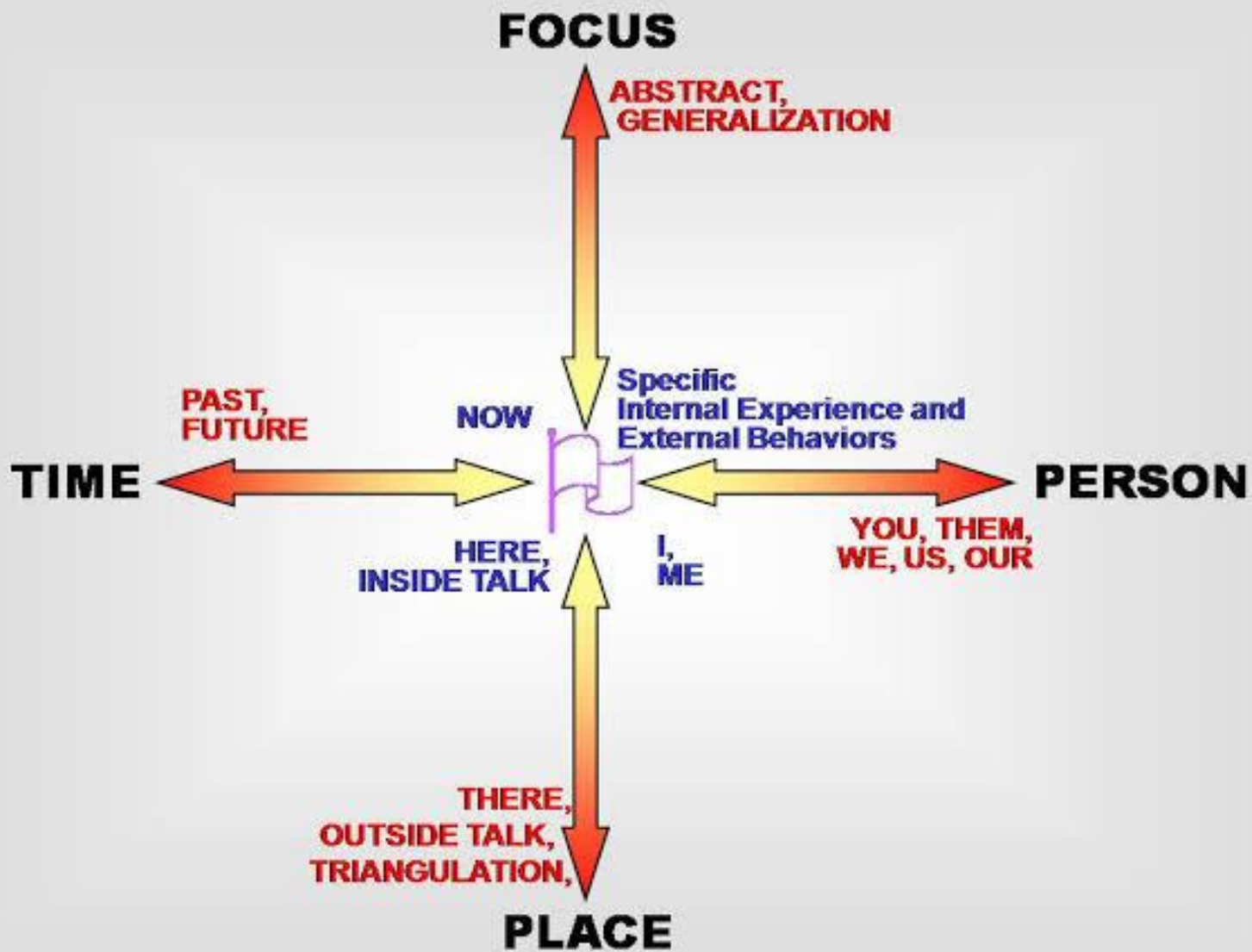
STRENGTHS AND LIMITATIONS

Limitations:

- Nonscientific methodology
- Lack of impact on academic psychology
- Few applications beyond personality and therapy
- Lack of empirical evidence

SUMMARY

- Rebellion against psychoanalytic and behaviorist approaches
- Focus on positive mental health
- Humans- conscious beings who strive towards self-development
- Emphasis on individual rather than generalization
- Emphasis on subjective and qualitative rather than scientific generalization
- Application- personality and psychotherapy



SUMMARY

- Abraham Maslow- Hierarchy of needs
- Carl Rogers- Person centered approach, self-actualization
- George Kelly- Personal Construct theory
- Victor Frankl- Logotherapy
- Dan McAdams- Narrative Psychology

REFERENCES

- Sadock, Benjamin J.; Sadock, Virginia A.; Ruiz, Pedro Kaplan & Sadock's Comprehensive Textbook of Psychiatry, 10th Edition 2017 Wolters Kluwer
- Schultz DP, Schultz SE. Theories of personality. Cengage Learning; 2016.
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THANK YOU