

PSYCHOLOGY
(8th Edition, in Modules)
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PowerPoint Slides
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1



**The Humanistic
Perspective**

Module 45

2

Personality

The Humanistic Perspective

- Abraham Maslow's Self-Actualizing Person
- Carl Roger's Person-Centered Perspective
- Assessing the Self
- Evaluating the Humanistic Perspective

3

Humanistic Perspective

By 1960s psychologists had become discontented with Freud's negativity and the mechanistic psychology of the behaviorists.



Abraham Maslow
(1908-1970)

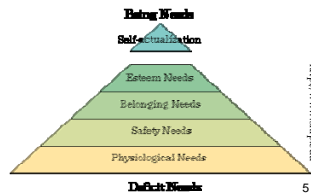


Carl Rogers
(1902-1987)

4

Self-Actualizing Person

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



5

OBJECTIVE 45-1 | Summarize Abraham Maslow's concept of self-actualization, and explain how his ideas illustrate the humanistic perspective.

Growth and Fulfillment

Carl Rogers also believed in individual's self-actualization tendencies. **Unconditional Positive Regard**, he said, was an attitude of acceptance of others amidst their failings.



6

OBJECTIVE 45-2 | Discuss Carl Roger's person-centered perspective, and explain the importance of unconditional positive regard.

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 had a positive self-concept.

All our thoughts and feelings about ourselves, in an answer to the question, "Who am I?" refers to [Self-Concept](#).

7

OBJECTIVE 45-3| Explain how humanistic psychologists assessed personality.

Evaluating the Humanistic Perspective

1. Humanistic psychology had pervasive impact on counseling, education, child-rearing and management.
2. Concepts in humanistic psychology are vague and subjective and lacked scientific basis.
3. Gender identity may develop before 5-6 years of age.

8

OBJECTIVE 45-4| State the major criticism of the humanistic perspective on personality.
