

# The Humanistic Perspective

## Objective

Part 1: Appraise the theories of Abraham Maslow and Carl Rogers, identifying the similarities and differences between them.

- pay special attention to 3 factors in Rogers' theory.

Part 2: Examine how humanist philosophies affect education via the "self-esteem movement"; identify the 4 main factors that lead to self-esteem in humans.

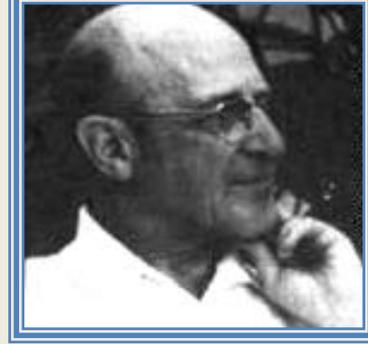
# The Humanistic Perspective

- In the 1960's people became sick of Freud's negativity and trait psychology's objectivity.



"Healthy" rather than "Sick"  
Individual as greater than the sum of test scores

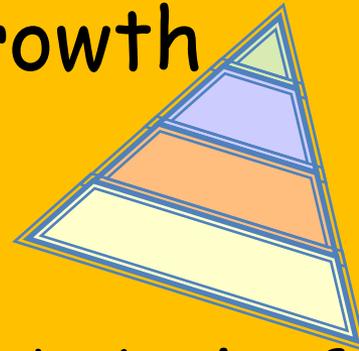
# Humanistic Theories



- Humanistic Theories:
  - Personality develops from internal experiences (feelings and thoughts) and individual feelings of **basic worth**.
  - Human nature is innately good (or, at worst, neutral) with a positive drive toward **self-fulfillment**
  - Usually measured with **self-report surveys**
- Key Figures: Rogers and Maslow

# Humanistic Theories: Maslow's Hierarchy of Needs

- **Hierarchy of needs** (Maslow's proposed basic physical necessities must be satisfied before higher-growth needs)
- **Self-Actualization** (Maslow's belief in an innate tendency toward inborn drive to develop all one's talents and capabilities)



# Self-Actualized People

- Problem centered rather than self-centered.



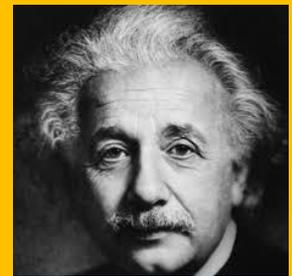
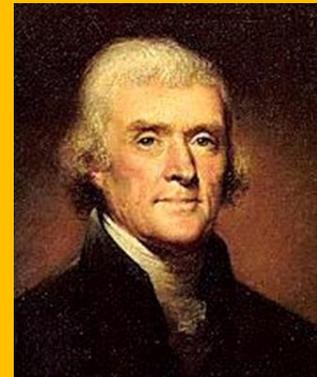
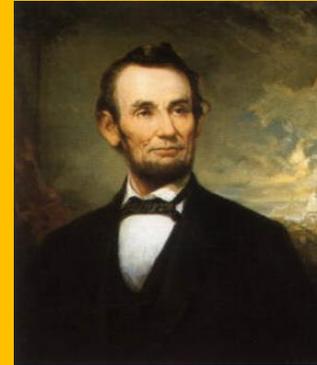
Focused their energies on a particular task.



Few deep relationships, rather than many superficial ones.

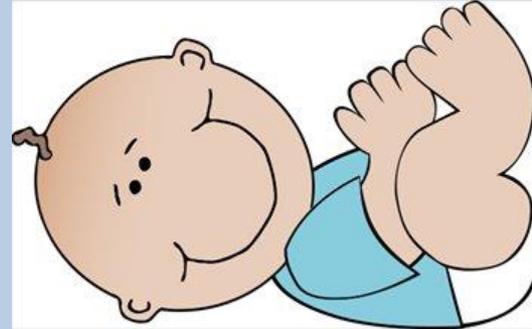


# Humanistic Theories: Maslow's Hierarchy of Needs

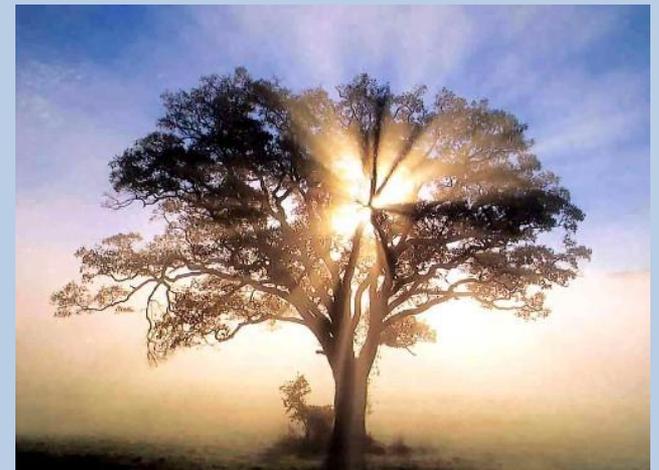


# CARL ROGERS

- People are born good - we naturally want to enhance ourselves



- People are like acorns
- We need genuineness, acceptance and empathy for us to grow



# Carl Rogers's Person-Centered Perspective

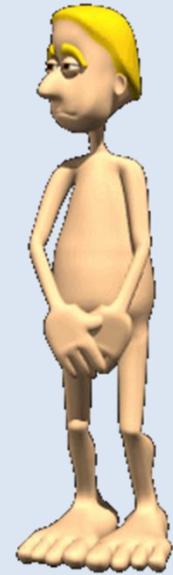


- People are basically **GOOD**.
  - We are like Acorns  
Need Water, Sun and  
Nutrients to Grow into  
a big Oak Tree.

We need **genuineness, acceptance**  
and **empathy** for us to grow.



Genuineness: Being open with your feelings  
dropping your façade  
being transparent, self-disclosing



Empathy: Listening, sharing,  
understanding and mirroring  
feelings and reflecting their  
meanings.

# Humanistic Theories: Rogers's Key Terms

- Acceptance -
- *Conditional* Positive Regard (positive behavior toward a person contingent on behaving in certain ways)
- *Unconditional* Positive Regard (positive behavior toward a person with *no* contingencies attached)

# Unconditional Positive Regard

# CONDITIONAL POSITIVE REGARD





P. BYRNES.

*"Just remember, son, it doesn't matter whether you win or lose—unless you want Daddy's love."*

# "The self" or... Self-Concept

- Both Rogers and Maslow believed that your self-concept is at the center of your personality.
- If our self concept is positive....  
We tend to act and perceive the world positively.
- If our self-concept is negative....  
We fall short of our "ideal self" and feel dissatisfied and unhappy

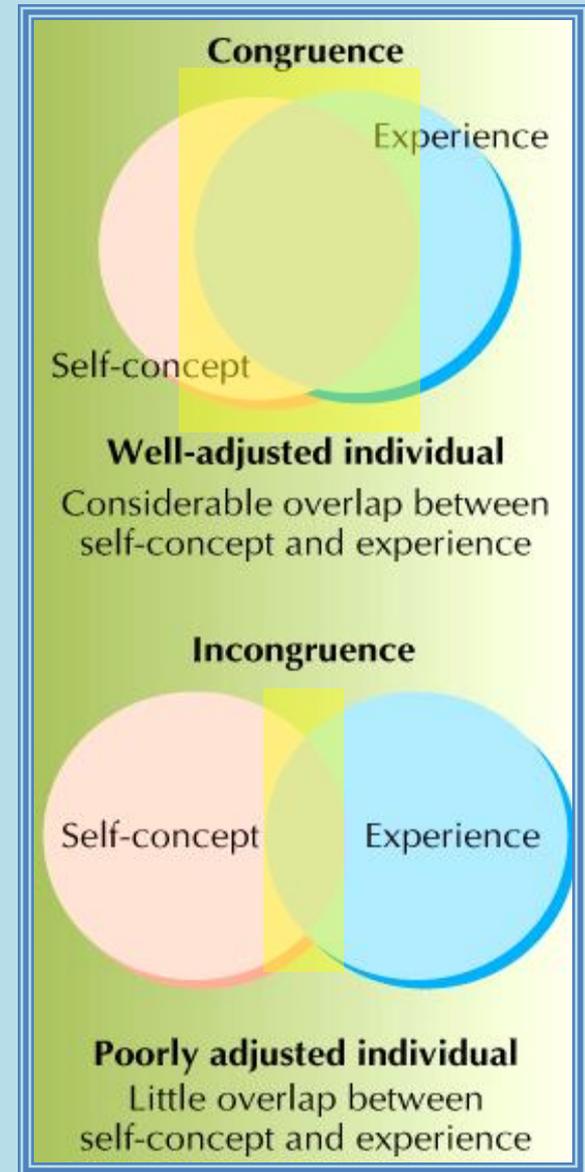


# Humanistic Theories: Rogers' Key Concepts

Rogers emphasized the importance of the self.

– Mental health is related to the degree of **congruence** between one's **self-concept** and **life experiences**.

\*\*If your ideal self and how you see yourself are alike, you are generally happy.



# Congruence

Life experiences v. self-concept



# 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. Criticized for merely describing personality, not explaining it.