

HUMANISTIC THEORY

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BY:-MRS.RINKI KUMARI
DEPTT. EDUCATION
MMHA&PU,PATNA

The History of Humanistic Psychology

- * Maslow (1943) developed a hierarchical theory of human motivation.
- * Carl Rogers (1946) publishes Significant aspects of client-centered therapy (also called person centered therapy).
- * In 1957 and 1958, at the invitation of Abraham Maslow and Clark Moustakas, two meetings were held in Detroit among psychologists who were interested in founding a professional association dedicated to a more meaningful, more humanistic vision.

- * In 1962, with the sponsorship of Brandeis University, this movement was formally launched as the Association for Humanistic Psychology.
- * The first issue of the Journal of Humanistic Psychology appeared in the Spring of 1961.
- * Humanistic Psychology is based on philosophies of *existentialism* and *humanism*

HUMANISM

- ▶ is a psychological approach that emphasizes the study of the whole person, and the uniqueness of each individual.

EXISTENTIALISM

- Emphasized the quest for personal meaning and determining personal values.

HUMANISTIC THEORIES OF PERSONALITY

- ▶ Humanistic theories of personality stress the basic goodness of human beings and the need to achieve one's full potential.
- ▶ Rejected the assumptions of behaviourism and psychoanalytic approach.
 - ▷ TWO WELL-KNOWN PSYCHOLOGISTS FOR THEIR HUMANISTIC THEORIES
 - Carl Rogers
 - Abraham Maslow

ABRAHAM MASLOW (1908-1970)



- ▶ Has been considered as the Father of Humanistic Psychology
- ▶ an American psychologist who was best known for creating Maslow's hierarchy of needs, a theory of self-actualization
- ▶ He was a psychology professor at Brandeis University, Brooklyn College, New School for Social Research and Columbia University

HIERARCHY OF NEEDS



▶ **Physiological needs**

- these are the basic needs for survival.

(food, water, oxygen, sex, sleep, removal of body waste)

▶ **Safety and security needs**

- employment (financial), family, body, health, resources, structures.

▶ **Love/belonging needs**

▷ Family, friendship, sexual intimacy

▶ **Esteem needs**

- confidence, achievements, respect of/by others

Two versions of Esteem Needs

▶ Lower-esteem

- the need for respect of others, need for status, recognition, fame, glory, dignity, reputation, attention and even dominance.

▶ Higher-esteem

- the need for self-respect, the need for strength, competence, mastery, confidence, independence, freedom

- ▶ Cognitive needs – knowledge and understanding needs
- ▶ Aesthetic needs – the needs for beauty, order and symmetry
- ▶ Transcendence needs- the needs for helping others

SELF ACTUALIZATION

- ▶ *"Self Actualization is the intrinsic growth of what is already in the organism, or more accurately, of what the organism is." Abraham Maslow*
- ▶ The quest for attaining the highest possible level of our potential.
- ▶ Emphasize our inner drive to grow and improve ourselves

Characteristics of Self-Actualized People

- ▶ Acceptance and Realism
- ▶ Problem-centering
- ▶ Openness and spontaneity
- ▶ Autonomy and Solitude
- ▶ Continued Freshness of Appreciation
- ▶ The tendency to have peak experiences that are spiritually or emotionally satisfying
- ▶ Critical thinking
- ▶ Social interest