

PERSONALITY

1

Psychology

Learning Outcomes

2

- ▣ *Review of previous session*
- ▣ *Carl Roger*
- ▣ *Cognitive-Social Learning Theory*

Carl Roger

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- ✓ *Every organism is born with innate capacities, capabilities and potential which make it push towards fulfillment called as **actualizing tendency**.*
- ✓ ***Self concept + inborn capacities = fully functional person.***

Cont...

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- *People have a need for positive regard that reflects a universal requirement to be loved and respected.*
- *We begin to judge ourselves through eyes of other people, relying on their values.*
- *Discrepancy between people's judgment and self-concepts.*

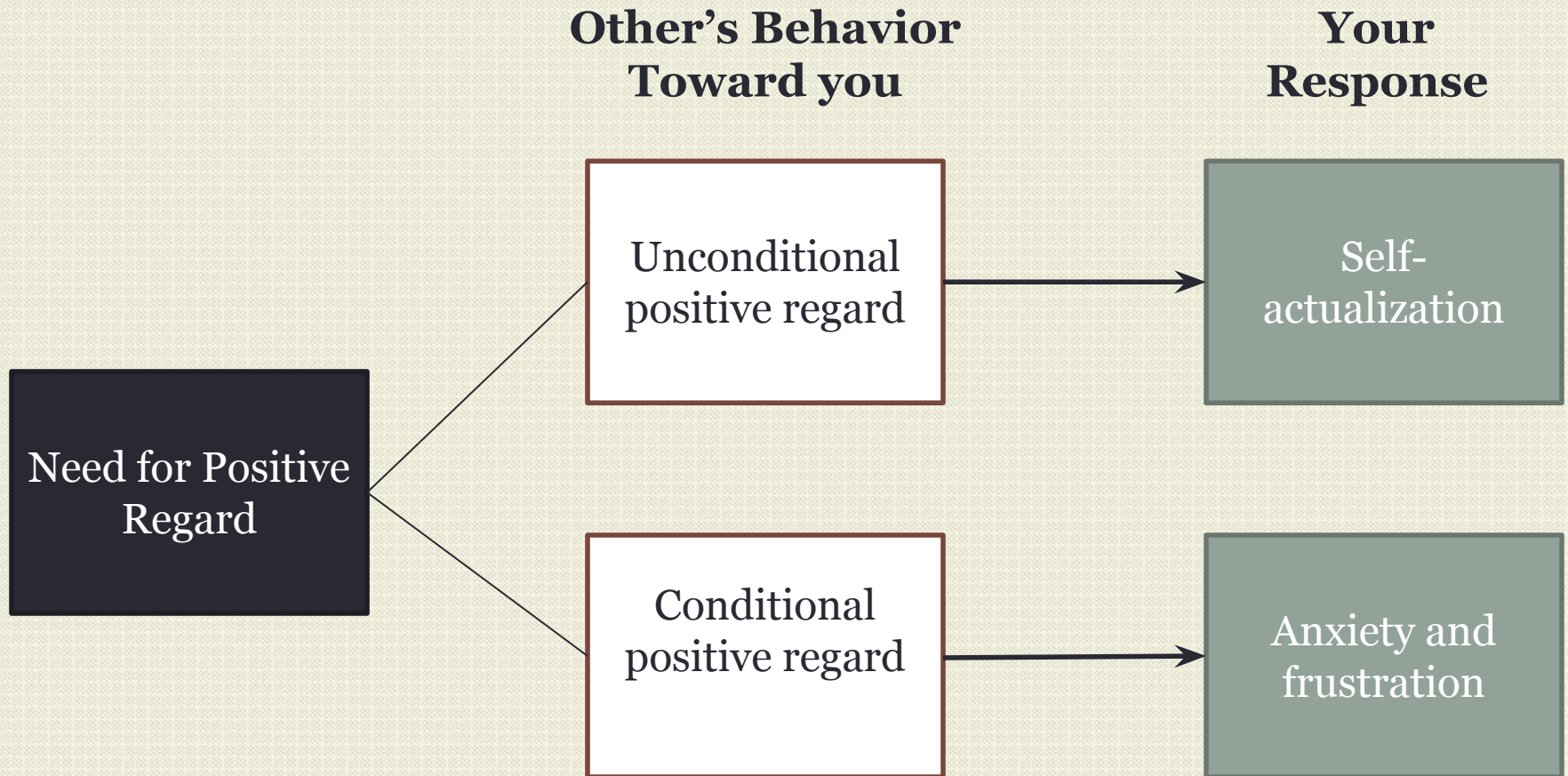
Unconditional Positive Regard

- *An attitude of acceptance and respect on the part of an observer, no matter what the other person says or does. (Parents, friends etc.)*

Conditional Positive Regard

- *Other's view of you is dependent on your behavior.*

Self-actualization.....*state of self-fulfillment in which people realize their highest potential.*



Cognitive-Social Learning Theory

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- **The theory that emphasizes the influence of a person's cognitions...thoughts, feelings, expectations, and values in determining personality”.**

Albert Bandura....observational learning.

- **Self efficacy**

“The belief in one’s own personal capabilities, leads to higher aspirations and greater persistence (and ultimately achieve greater success than those with lower self-efficacy).”

- **Self-esteem**

“It is the component of the personality that encompasses our positive and negative self-evaluations.”

***THANK YOU
HAPPY LEARNING STUDENTS!***