



Estetika Humanisme

Sesi 12 – Psikologi Humanistik

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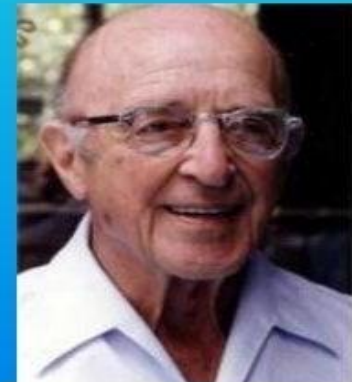


What is Humanistic Psychology?

- Developed in the 1950s from the work of Abraham Maslow and Carl Rogers.



Abraham Maslow (1908-1970)



Carl Rogers (1902-1987)

Cohen (1958), a British Psychologist originally coined the term '**The Third Force**', but it really took off in America during the 1950s. **Behaviourism** and the **Psychodynamic Approach** were the other two 'forces'.



- Humanistic psychology was popularised during the 50s and 60s following WW2 and the Cold War.
- It presents an optimistic view of people.
- Influence came from early Greek philosophers who believed human beings were 'unique'.
- Maslow and Rogers regarded Freud's views as the 'sick half' of Psychology, whilst Humanism was the 'healthy half'.



Assumptions

- People have the ability to shape their own destiny.
- We are not driven by biological, instinctive drives.
- It centres on a person's value, capacities, and worth.
- Every person is unique and psychology should focus on the **subjective feelings, subjective experience and interpretations** of the person.
- Learning is 'person-centered' and individual.
- We all have the capacity to grow.
- We have free will and can make choices.



- This approach believes that people need a safe environment to 'grow'.
- This environment is one of:
 - 'genuineness' (openness and self-disclosure)
 - acceptance
 - empathy (being heard and understood)



Specification

1. Free Will
2. Self-Actualisation
3. Maslow's Hierarchy of Needs
4. Focus on the self
5. Congruence
6. The role of Conditions of worth
7. The influence of counselling psychology



1. Free Will

- This Approach is very different to others in its view of free will.
- It claims that all humans are basically self-determining.
- We are '**active agents**' in determining our own development.
- We choose who we become.





2. Self-Actualisation

- Every person has an innate tendency to fulfil their own potential.
- Given the right environment we will become the best we possibly can be.





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

Maslow studied healthy people, most psychologists study sick people.

The characteristics listed here are the results of 20 years of study of people who had the "full use and exploitation of talents, capacities, potentialities, etc..."

Self-actualization implies the attainment of the basic needs of physiological, safety/security, love/belongingness, and self-esteem.

Maslow's Basic Principles:

1. The normal personality is characterized by unity, integration, consistency, and coherence. Organization is the natural state, and disorganization is pathological.
2. The organism can be analyzed by differentiating its parts, but no part can be studied in isolation. The whole functions according to laws that cannot be found in the parts.
3. The organism has one sovereign drive, that of self-actualization. People strive continuously to realize their inherent potential by whatever avenues are open to them.
4. The influence of the external environment on normal development is minimal. The organism's potential, if allowed to unfold by an appropriate environment, will produce a healthy, integrated personality.
5. The comprehensive study of one person is more useful than the extensive investigation, in many people, of an isolated psychological function.
6. The salvation of the human being is not to be found in either behaviorism or in psychoanalysis, (which deals with only the darker, meaner half of the individual). We must deal with the questions of value, individuality, consciousness, purpose, ethics and the higher reaches of human nature.
7. Man is basically good not evil.
8. Psychopathology generally results from the denial, frustration or twisting of our essential nature.
9. Therapy of any sort, is a means of restoring a person to the path of self-actualization and development along the lines dictated by their inner nature.
10. When the four basic needs have been satisfied, the growth need or self-actualization need arises: A new discontent and restlessness will develop unless the individual is doing what he individually is fitted for. A musician must make music, an artist must paint, a poet must write--in short, what people can be they must be.

Characteristics of Self Actualizing People

Realistic

Realistically oriented, SA persons have a more efficient perception of reality, they have comfortable relations with it. This is extended to all areas of life. SA persons are unthreatened, unfrightened by the unknown, they have a superior ability to reason, to see the truth. They are logical and efficient.

Acceptance

Accept themselves, others and the natural world the way they are. See human nature as is, have a lack of crippling guilt or shame, enjoy themselves without regret or apology, they have no unnecessary inhibitions.

Spontaneity, Simplicity, Naturalness

Spontaneous in their inner life, thoughts and impulses, they are unhampered by convention. Their ethics is autonomous, they are individuals, and are motivated to continual growth.



3. Maslow's Hierarchy of Needs

Growth depends on fulfillment of needs at every level.





- Maslow developed his Hierarchy of needs to describe the pattern that human motivations generally move through.
- He thought that a number of 'deficiency needs' have to be met at each level before one could be motivated by the next level.
- Maslow studied what he called exemplary people such as Albert Einstein, to build his theory, rather than mentally ill or neurotic people. In his view "the study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy."
- Maslow chose to study only the healthiest 1% of the college student population.



4. Focus on the self

- Carl Rogers argued that for *personal growth* to be achieved an individual's concept of SELF (the way they see themselves) must be *congruent* (match) with their IDEAL SELF.





5. Congruence

- If there is too big a gap between the two selves, an individual will experience 'incongruence' (discord/mismatch).
- This will give negative feelings of self-worth that will block self-actualisation.





The role of Conditions of Worth

- This is the notion that you are only acceptable if you meet certain conditions/behave in a certain way.
- E.g. 'You have to be hard working to be loved'.
- This means there is no 'unconditional positive regard' where you are safe to be yourself.





The influence of Counselling Psychology

- Rogers developed 'PERSON CENTRED THERAPY' to help people recover from childhood and later damage to our self worth and self esteem.
- Therapy is non-directive.
- The individual is the expert on their own condition
- The therapist's responsibility is to provide a safe encouraging environment for people to explore and grow. They provide: -
 - Empathy
 - Genuineness
 - Unconditional positive regard
- People are accompanied in their journey of self-discovery.



COUNSELING PSYCHOLOGY

- Clients grow in the following ways: -
- The self-worth increases
- Incongruence is reduced between their self-concept and ideal self.
- They become a more fully-functioning person.



Thank You . . .