

# Personality

What makes us who we are?

## **Psychology 305A: Lecture 8**

### **Motives and the Phenomenological Approach**

# Midterm 1 Results

- **MC Mean: 73%**
- **Essay mean: 63%**
- **Overall mean: 68%**
- **Scores posted online TONIGHT by ID number**
  - <http://ubc-emotionlab.ca/psyc305A-personality/>
- **If you have questions about the exam or want to see your essay, go to TA's office hours next week or make an appointment**

# The Thematic Apperception Test (TAT)



# Humanistic/Phenomenological Perspective

- Greater focus on conscious motives, awareness of needs
- Emphasis on individuals taking responsibility for their own life outcomes

# Humanistic Perspective: Basic Assumptions

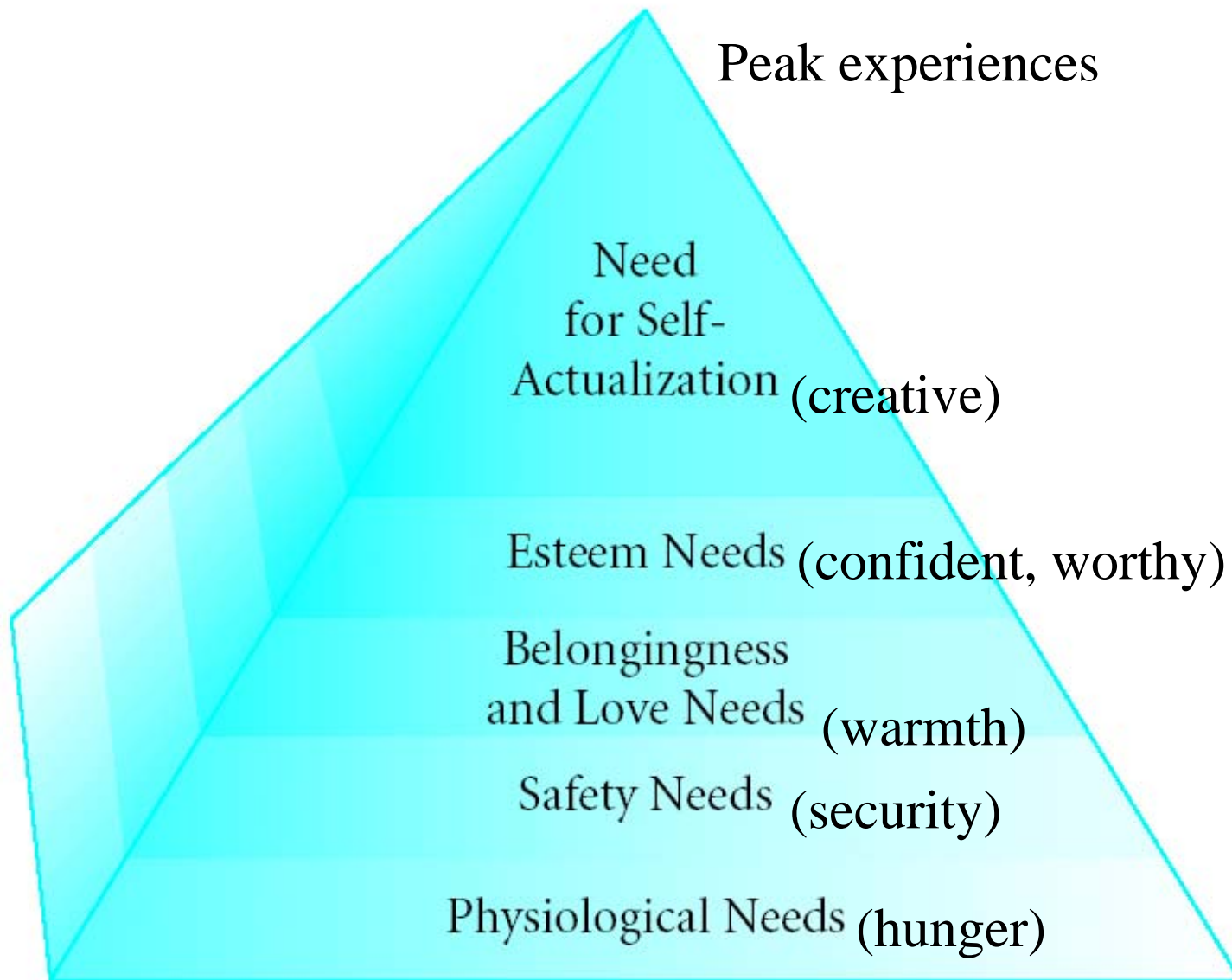
- **Emphasis on phenomenology**
  - Phenomenology = subjective experience
  - Individual differences in the perception of reality
  - *Subjective* reality is more important than *objective* reality
- **Self-Actualization**
  - People are intrinsically good and strive toward greater health, maturity, and autonomy
- **Emphasis on self/identity**
  - Universal need for positive self-regard

# Abraham Maslow



- **1908-1970**
- **Humans have innate desire for self-actualization, self-esteem, belongingness**
- **Hierarchy of needs**
  - Prepotency of needs: Needs at basic level met first

# Maslow's Hierarchy of Needs



# Physiological Needs

- **Needs for food, water, air, sleep, sex**
  - Most “prepotent”
- **Function of civilization, society is to satisfy these needs so we can focus on the higher ones**



# Safety Needs

- **Shelter, security, free from threat or danger**
- **Order, structure, predictability**
  - Having a place to live, ability to pay bills, etc.

# Belongingness & Love Needs

- Needs for affiliation, family, group identity, intimate relationships, *relatedness*
- Need to receive and to *give* love

# Esteem Needs

- **Need to be held in high regard by self and others (not just “self-esteem”)**
- **Comes from mastery, achievement, adequacy, feelings of *competence*, confidence, independence**

# Self-Actualization

- **Enriched life experiences**
- **Enhanced creativity**
- **In touch with feelings, not threatened by them**
- **Requires self-exploration and action**
- ***Fully Functioning Person***

# Self-Actualization

- "A musician must make music, an artist must paint, a poet must write, if he is to be at peace with himself. What a man can be, he must be. This is the need we may call self-actualization ... It refers to man's desire for fulfillment, namely to the tendency for him to become actually in what he is potentially: to become everything that one is capable of becoming ..."

– **Abraham Maslow**

# What is a Self-Actualized Person Like?

- **Self-acceptance**
- **Solitude**
- **Independence from culture**
- **Frequent *peak experiences***
- **Creativity**



# Hierarchy of Needs



- **Peak Experiences**
  - Time and place are transcended
  - Experience unity of self with universe
  - Feeling of power and wonder
  - Manifests differently for each person
  - Common in psychologically healthy people
  - Examples?
- **Is it possible to self-actualize while also meeting needs for esteem and belongingness?**
  - Example: Gauguin

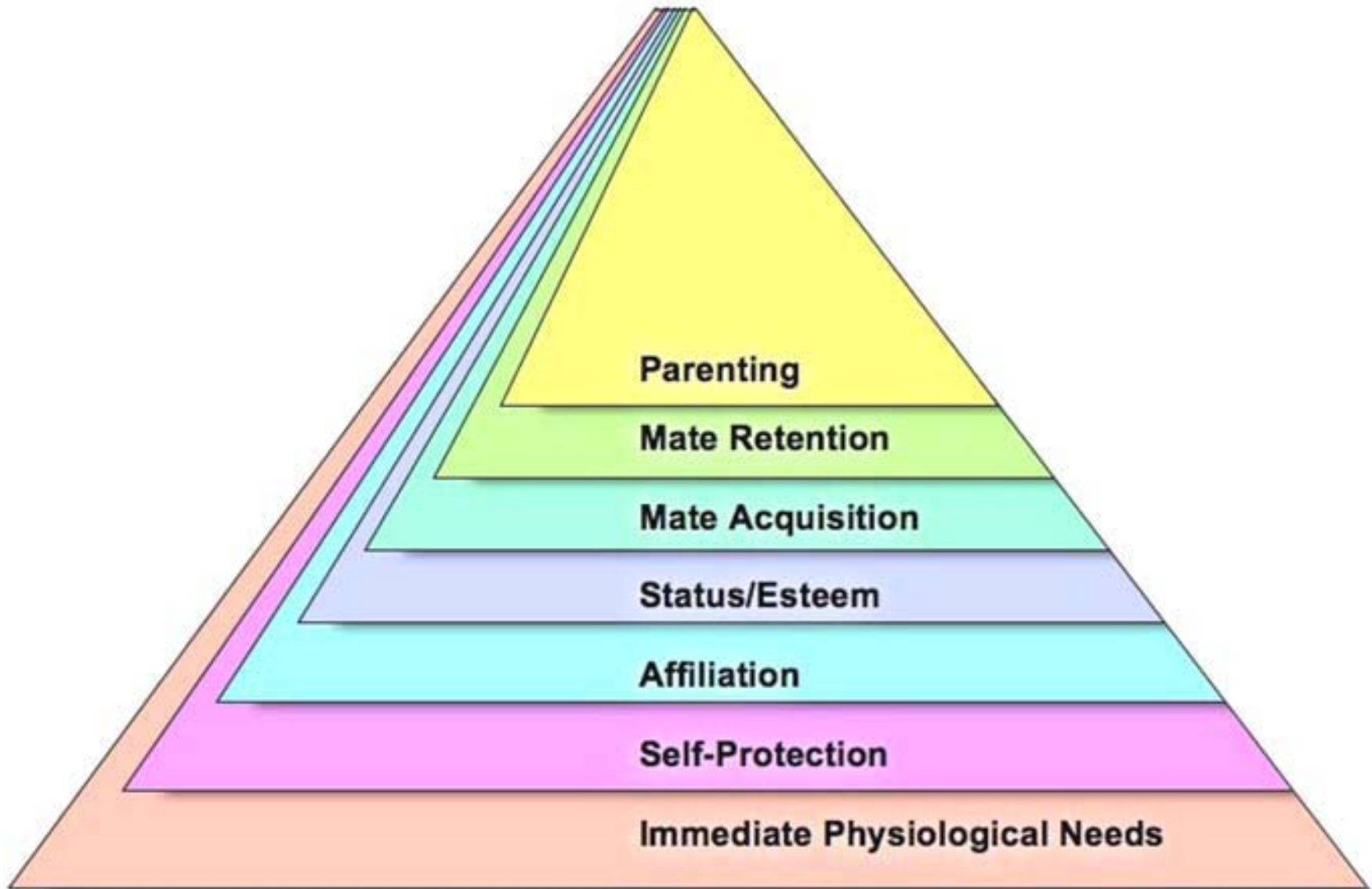
# **Modern Take on Maslow's Hierarchy**

- **Let's make a hierarchy based on evolutionarily derived needs**
- **Maslow was right to shed light on psychological (not just physical) needs**
- **But, no evidence for some aspects of Maslow's hierarchy**
  - Do people intrinsically/innately strive for self-actualization?



# Problems with Maslow

- **Aspirational but not normative**
  - What people ‘should’ do, not what they do do
- **Inconsistent with scientific understanding of human nature**
  - If the purpose of creativity is self-fulfillment, how does help the species survive?
  - Creativity should be seen as lower level means to more ultimate reproductive ends



Kenrick, Griskevicius, Neuberg, & Schaller, 2010

# Highly controversial

- **“Self-actualization has been dethroned”**
- **Anger from the childless**
  - Is parenting too glorified?
- **Anger from the humanities**
  - Why do evolutionary scientists always put mating above the arts?



# JEZEBEL

CELEBRITY, SEX, FASHION FOR WOMEN



# THE AWL



# Carl Rogers

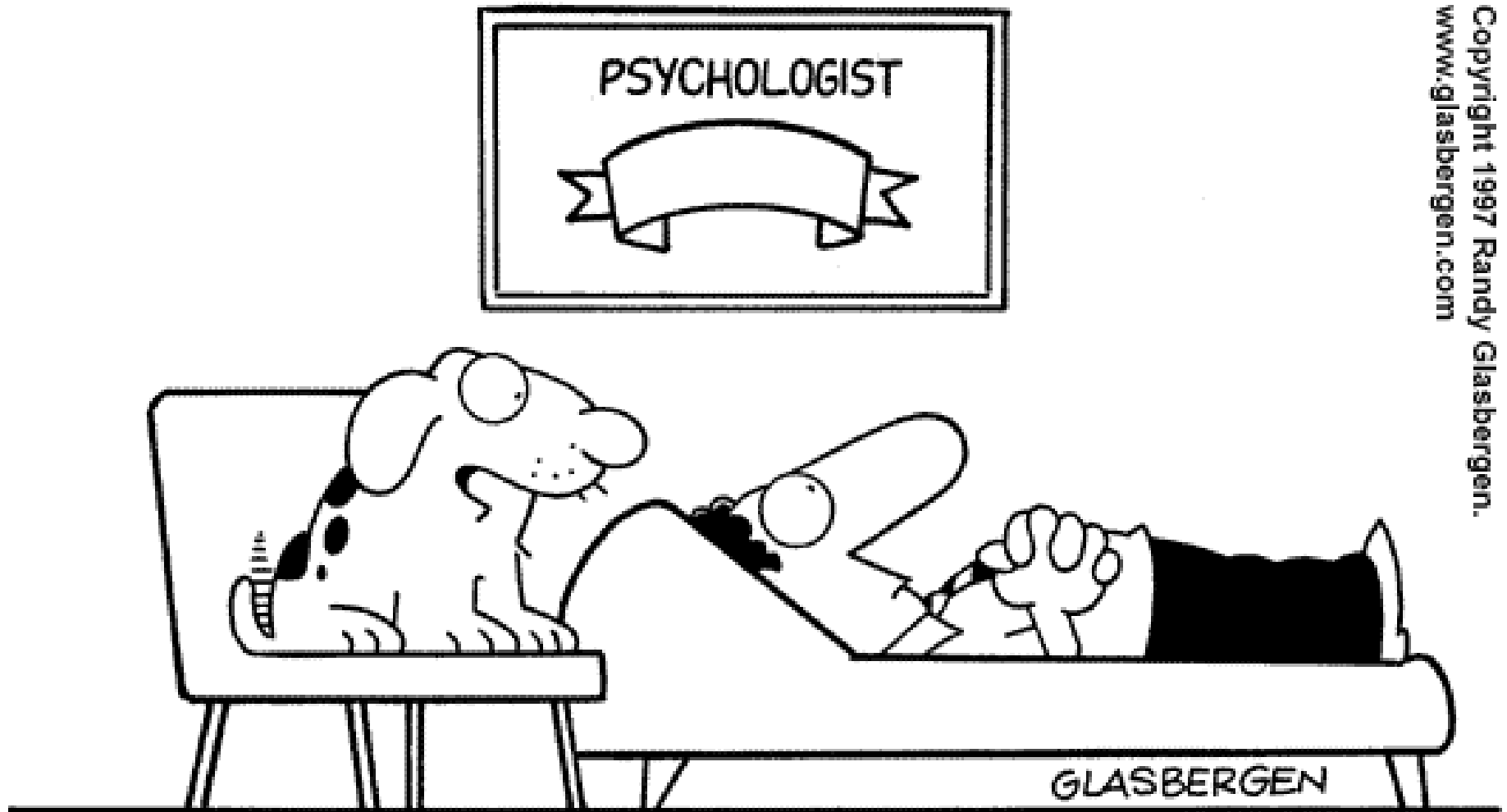


- **People are intrinsically good and striving toward self-understanding, self-acceptance, maturity, and autonomy**
- **People can develop innate goodness if society acts in helpful, encouraging, and affirming ways**
- **Emphasis on self/identity**

# Carl Rogers: How to Be Self-Actualized



- **Become “fully functioning”**
- **“Client-centered therapy”**
  - Therapist is trusting, accepting, empathetic
  - Therapist shows unconditional positive regard for client
    - Love and acceptance, regardless of what the person does
  - Client able to express and accept his/her authentic self (self-acceptance)



**“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”**



# Next Class

- **Film: The Social Network**