

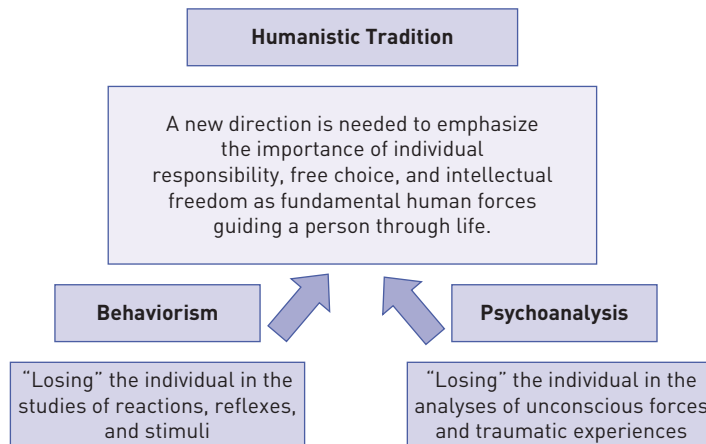




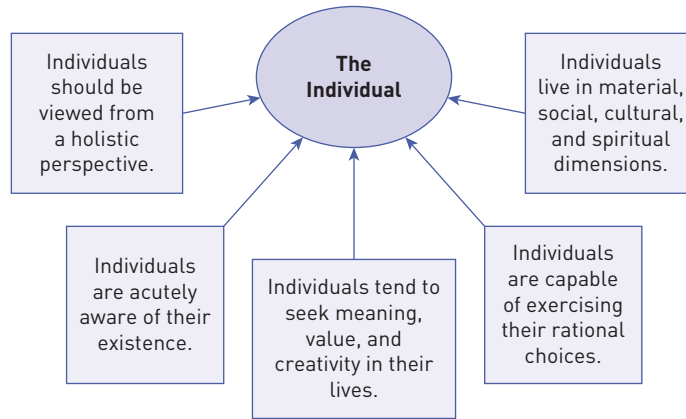
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**Photo 9.1** Humanistic psychologists believe that psychology should pursue an ambitious goal to make the society better. Suggest two or three social areas in which you think psychologists can help the most.

**FIGURE 9.1** ● The Critical Assumptions of the Humanistic Tradition



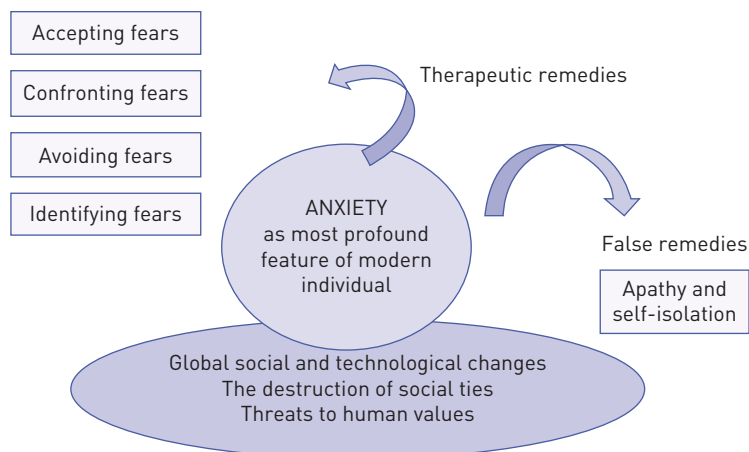
**FIGURE 9.2 ● The Principles of the Humanistic Tradition**



## CHECK AND APPLY YOUR KNOWLEDGE

1. What were the "first" and "second" forces in psychology?
2. What is humanistic psychology?
3. Explain humanistic psychology's five points.
4. Imagine that you have founded a new field of research in personality psychology. What would you do today to promote this theory (besides having your own website or blog)?

**FIGURE 9.3 ● Rollo May's Views on Individuals and Anxiety**



## CHECK AND APPLY YOUR KNOWLEDGE

1. What is existentialism? Explain an existential crisis in an individual.
2. What does the expression “the age of anxiety” mean?
3. How can the individual reduce anxiety, according to Rollo May?
4. How is today’s “age of anxiety” different from the period described by May?

**Photo 9.2** Maslow described the individual’s needs as arranged in a hierarchy in terms of their potency. Can you apply your own life experiences to this hierarchy?



**FIGURE 9.4** ● Maslow’s Hierarchy of Needs

<b>Level 5:</b>	<b><i>Self-Actualization Needs</i></b> Completion, sufficiency, morality, etc.
<b>Level 4:</b> ↑	<b><i>Esteem Needs</i></b> Achievement, self-esteem, respect by others, etc.
<b>Level 3:</b> ↑	<b><i>Belonging and Love Needs</i></b> Friendship, family, intimacy
<b>Level 2:</b> ↑	<b><i>Safety Needs</i></b> Security of the body, health, resources, the family, etc.
<b>Level 1:</b> ↑	<b><i>Physiological Needs</i></b> Homeostasis, breathing, water, food, sex, etc.

## SELF-REFLECTION

If somebody has had recurrent and powerful flow experiences, this does not necessarily mean this person has developed traits of an autotelic personality. Some people have flow experiences and have never been challenged in life. They are simply lucky: Good things just happen to them, and great friends find them. Most probably, the dichotomous division “autotelic–not autotelic” is rather inaccurate. It should be that every person has to have at least some measure—either significant or not—of features or traits of the autotelic personality (Kang, 2015).

### Questions

Read again the definition of the autotelic personality. Which features of an autotelic personality do you think you have? Have you found in your life find the right balance between serious activities (such as work and studying) and play? Is it possible and even necessary to make certain tedious activities in your life (such as studying for the test) more enjoyable?

## CHECK AND APPLY YOUR KNOWLEDGE

1. What is self-actualization? Are you a self-actualizer now? If not, do you want to be one? If you do, how soon?
2. What are B-values?
3. Give an example of peak experiences.
4. Explain the autotelic personality.
5. Consider a case: Alex did not like his high school and struggled academically. Maybe he was failing because of his chronic attention problems, or maybe he simply didn't have passion for studying. Few activities interested him, except just two—he loved skateboarding and video games. After finishing high school and changing several jobs, Alex finally found his niche: He now plays video games on an online gaming platform. People from all over the world—for a small subscription fee—log on and watch him play, read his comments, and leave their feedback. Alex has hundreds and sometimes thousands of observers, who are also his paying customers; they are watching Alex's moves, kicks, and other spectacular tricks. Alex is a virtual performer with a salary that is probably less than any minimum-wage job would bring him, so he needs more viewers. This is a challenging task. The viewers can leave as easily as they came to watch. Yet Alex is determined to stay in business, develop his skills, entertain, teach, and inspire others because he loves what he does. Sometimes he works (plays) for 12 hours consecutively or more. He says his performance is not about making money—at least, the material side is not his top priority. By playing video games professionally, he hopes, as he says, to win the battle against his past failures and childhood insecurities. Even though nobody believed he could succeed in anything, he says, he is finally doing something he truly loves and gets attention from others. Some people encourage him to stay in business; one comment said, "I hope this guy makes it." Others suggest getting a "real" tech job, mocking him and his work: "The only thing that is a bigger waste of time than constantly playing video games is watching someone else play" (Kang, 2015).
  - a) Does Alex, in your view, have features of an autotelic personality?
  - b) Does Alex's work help him to experience flow?
  - c) Do you think he is happy? His work is an emotional roller coaster: He is happy when he has new spectators and miserable when they leave. The work makes him anxious and often sleepless. He lives in a busy world with successes and failures, relationships and strategies. He loves what he does because his activity apparently makes him uniquely human, if you apply Maslow's theory. Yet from your personal standpoint, do you want to experience the same type of happiness that Alex has?

*(Continued)*

(Continued)

6. Although these days most students suggest that a psychologist should combine the rigor of a researcher and the passion of an activist, they disagree about to what extent. What is your view on this? Choose one statement and explain your choice:

Psychologists should be researchers, not activists.

Psychologists should be researchers first and activists second.

Psychologists should be equally researchers and activists.

Psychologists should be activists first and researchers second.

Psychologists should be activists, not researchers.

TABLE 9.1 ● Views of Happiness

View	Brief Description	Practical Steps
Materialist	The individual's happiness is about material possessions, including money and social status, that lead to more possessions and power.	Pursue material values, money, and high social status.
Progressive	Happiness is not about wealth or status. It is about social welfare or guaranteed opportunities and basic necessities, such as health care, jobs, and education.	Make sure that there is a guaranteed level of social support and social services.
Situational	Individuals become happy or unhappy mainly because of favorable and unfavorable circumstances in their lives. Most of these conditions, yet not all, tend to be outside the individual's control.	Life outcomes are basically out of our control, yet we have some power to avoid unfavorable ones.
Comparison	Happiness is based on perceptions. It is relative to the results of comparisons made by the individual between self and other people.	Make sure the comparisons are favorable or avoid comparisons with other people.
Expectation	The individual feels happy or unhappy based on what she or he expected from self.	Make sure your expectations have been met or ignore such expectations.
Biological	Some people are biologically programmed to be either happy or unhappy.	If you believe that you have been "born" unhappy, adjust and work on yourself.
Spiritual	Passing emotions are too shallow to bring happiness. Happiness should be found within yourself.	Happiness is the state of your soul, which should be cultivated through detachment and meditation.
Humanistic	Happiness is a result of many factors. It requires self-growth, hard work on self-improvement, and social engagement.	Think critically, engage socially, practice peace, and provide a positive feedback.

## CHECK AND APPLY YOUR KNOWLEDGE

1. Explain positive regard.
2. What are the similarities and differences between Rogers's and Maslow's views on self-actualization?
3. Explain positive psychology.
4. Choose and explain at least two of the approaches to happiness presented earlier.
5. The English philosopher and writer Aldous Huxley (1894–1963) in *Brave New World* (1932) imagined a global society of the future in which people live in harmony and are conditioned to work hard and respect their government. They also take a hallucinogenic substance called *soma*. This hangover-free drug makes everyone who takes it happy. Stress and anxiety go away. So do envy and jealousy—after taking soma, people feel content and grateful for what they do and have. They do not experience existential crises. Soma helps everyone experience a high self-esteem. Soma also substitutes for religious feelings and interpersonal attachments; they are no longer needed because the only attachment that people have is to their work and their government. *Brave New World* is a satirical, fictional book full of sarcasm and exaggerations; however, one of Huxley's points is clear: People can be manipulated. Either powerful authorities or scientists can create a reality for them and make them happy while they remain slaves.
  - (a) Do humanistic psychologists propose another *Brave New World*?
  - (b) Instead of prescribing a drug like soma, psychologists suggest humanistic methods of self-growth. Do you agree or disagree that they simply teach individuals to change their views of life and ignore the problems that surround them? Explain why or why not.
6. Is bitter truth better and healthier than sweet lies? Explain your choice.
7. Studies show that people who are pessimistic tend to see reality more accurately than optimistic individuals, who tend to see things in rosy colors; however, similar studies show that optimists are happier than pessimists (Konnikova, 2014). What is your position in a difficult alternative: (A) to see the world as it is, with all its pains and tragedies, and be a bit unhappy or (B) to see it from a more optimistic view and remain a bit happy? Explain your choice.



**Photo 9.3** According to client-centered therapy, psychologists show their clients unconditional positive regard. Can you suggest situations when psychologists should criticize and even confront their clients?



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## CHECK AND APPLY YOUR KNOWLEDGE

1. Explain client-centered therapy.
2. Explain narrative medicine and narrative psychology.
3. What is peace psychology?

## Visual Review

