

# PSYCHOLOGY CLASS

CHAPTER- PERSONALITY

TOPICS: CARL ROGER'S HUMANISTIC  
THEORY

CLASS: XII

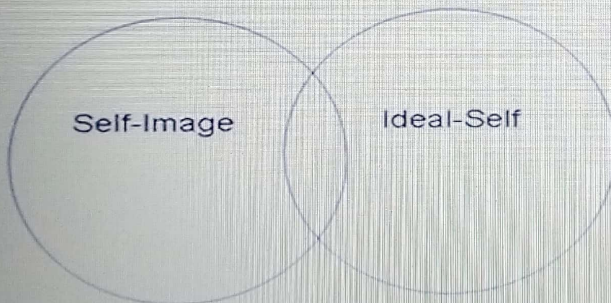
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# CARL ROGER'S HUMANISTIC THEORY

- Carl Roger was a humanistic psychologist who agreed with the main assumptions of Abraham Maslow.
- Roger added that a person to 'grow' needs an environment that provides them with acceptance, genuineness and empathy.
- Roger believed that humans have one basic motive, that is the tendency to self actualize, i.e., to fulfil one's potential and achieve the highest level of human - beingness.

- Carl Roger believed that for a person to achieve self- actualization they must be in a state of congruence.
- This means that the person's ideal self should be congruent to his actual behaviour (self-image).

**Incongruent**

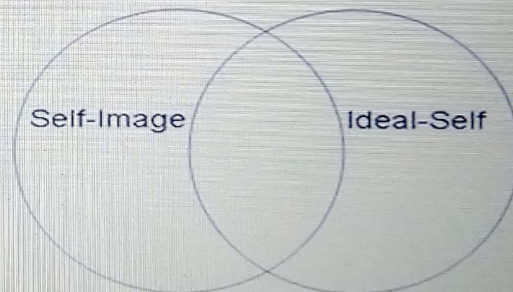


The self-image is different to the ideal self.

There is only a little overlap.

Here self-actualisation will be difficult.

**Congruent**

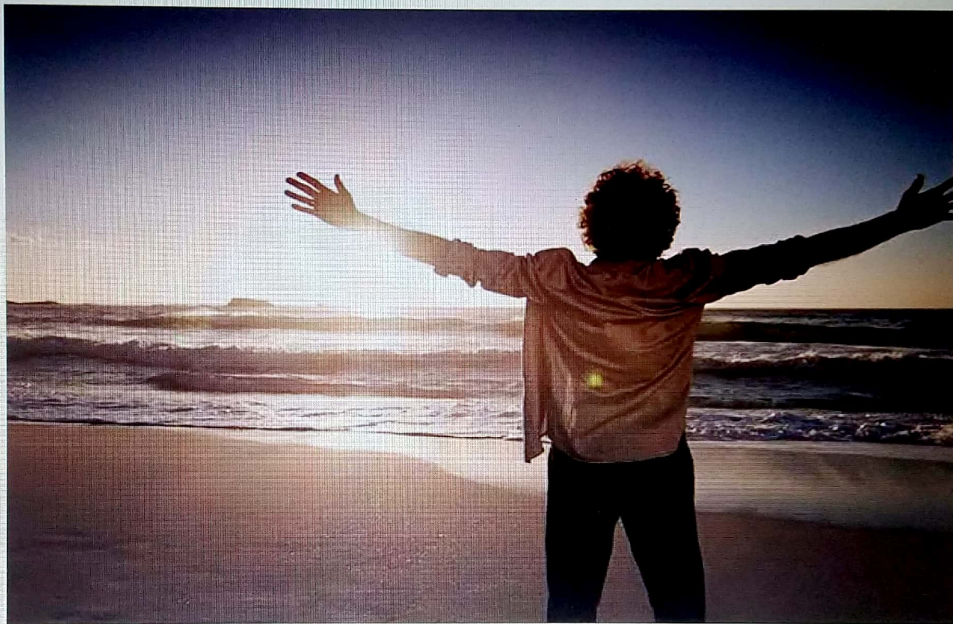


The self-image is similar to the ideal self.

There is a more overlap.

This person can self-actualise.

Roger introduced the concept of fully functioning person;



A person who is aware of his/her deepest and innermost feelings and desires. He identified the characteristics of a fully functioning person as:

- ◉ Openness to experience (both positive and negative)
- ◉ Existential Living (in touch with different experiences as they occur in life, avoiding prejudging and preconceptions)
- ◉ Trust feelings
- ◉ Creativity
- ◉ Fulfilled life (a person who is happy and satisfied with life).

# HOMEWORKS

1. Discuss the role of home and school in the formation of personality.
2. Explain the characteristics of Type A, B and C personalities.
3. What is superego? Discuss the role of superego in personality development.
4. Explain:
  - (i) Oral Stage
  - (ii) Id
  - (iii) Trait theory