

## Chapter 14

### Section 4

- Humanistic Psychology - a school of psychology that emphasizes personal growth and the achievement of maximum potential by each unique individual
- Self-actualization - the humanist term for realizing one's unique potential. (They accept themselves as they are)
- Self - one's experience or image of one's self; developed through interactions with others.
- Positive Regard - viewing oneself in a positive light due to positive feedback received from interactions w/ others.
- Conditions of worth - the conditions a person must meet in order to regard himself or herself positive.
- Unconditional positive regard - the perception that individuals significant others value them for what they are, which leads to individuals to grant themselves the same regard.
- Fully functioning - an individual whose person & self coincide

### Humanistic Psychology

- Psychanalysts emphasize the struggle to control primitive, instinctual urges on the one hand

Abraham Maslow - one of the guiding spirits of the humanistic movement in psychology.

- based theory on studies of healthy, creative, & self-actualization.

~~Carl Rogers~~ Carl Rogers ~ was a therapist; primarily concerned with the part of self-actualization, which he called full functioning

George Kelly based his theory simply on analysis of our perception of ourselves & our environment.  
- Viewed that our personalities consist of our thoughts about ourselves.

## Chpt 14 Sec 5

Trait - a tendency to react to a situation in a way that remains stable over time.

Cardinal trait - a characteristic or feature that is so pervasive the person is almost identified with.

Factor Analysis - a complex statistical technique used to identify the underlying reasons variables are correlated.

Surface traits - a stable characteristic that can be observed in certain situations.

Source traits - a stable characteristic that can be considered to be at the core of personality.

Extrovert - an outgoing, active person who directs his or her energies and interest toward other people & things.

Introvert - a reserved, withdrawn person who is preoccupied with his or her inner thoughts & feelings.

Gordon W Allport - persons traits consisted in different situations.

Common traits  
- quantify in precise

Raymond Cattell - there are 46 traits - surface traits

Hans Eysenck



2 Dimensions



Stability

vs.

Instability

5 robust factors of big Five

1. Extraversion;
- 2.) Agreeableness;
- 3) Conscientiousness
4. Openness to experience;
- 5) Emotional Stability.