Person-Situation Interactions

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 Some psychologists are against behaviorist and psychodynamic explanations as they are lack of qualities that make humans unique from other animals. These psychologists discard behaviorist and psychodynamic explanations and started working on a new school of psychology known as Humanism. The main concept of humanistic psychologists is to analyze the lives of the people through their perspective. Theories developed in this school of thought identifies the component and stages of life that contribute to personality development. The main purpose of the paper is to understand humanistic approaches to personality. It is crucial to know the humanistic view on the rational and conscious behavior of the people to spend their lives in a particular way.

 Carl Rogers and Abraham Maslow are the psychologists who are considered as the founder of humanistic psychology. Carl Rogers presented the person-centered theory in the 1940s, while Abraham Maslow proposed Maslow's hierarchy of needs in 1943. Both approaches made the foundation of Humanistic psychology; however, both have similarities along with differences. One of the similarities is that both approaches believed that to arrive at a particular stage in life, specific criteria must be achieved before they get self-actualization. The difference between the theories is that Abraham made five steps that presented the set of needs while Carl focused on the three parts of self-including ideal self, self-image, and self-worth. The person-centered theory believes that there is an ability in every individual that moves them in a positive direction while Maslow's hierarchy of needs believed that motivation is required for every individual to move towards the next stage (Jourard, 1974).

 Maslow’s hierarchy of needs is based on five hierarchical levels presented in the form of a pyramid. These stages are further divided into growth needs and deficiency needs. An individual pass through the first four levels from bottom to top and experience deficiency needs in search of acquiring all his needs. These are the stages when not all needs are fulfilled individual acquires the motivation to achieve his needs. The topmost level is referred to the growth needs where all needs are achieved by the individuals. At this stage, motivation increases with the fulfillment of needs. This stage is known as self-actualization, where the needs of an individual are acquired, and therefore, new needs come and shape personality. Stages in deficiency needs include physiological, safety, love/belonging, and esteem. Negative life experiences like divorce, unemployment, accident, or deaths can lead to fluctuation within the levels of the hierarchy. On the other hand, positive life experiences help an individual to achieve self-actualization faster (*CT2 Paper 1.pdf*, n.d.).

 The person-centered theory is based on self-concepts. The self-concepts are developed by two primary elements; congruence and incongruence. Congruence indicates an actual comparison between the individual he really is and the way he views himself, whereas incongruence covers individual making facades for himself and the real personality of the individual. For instance, when an individual believes that he is polite, but in reality, he loses temper in short things, then this individual would be showing an incongruence. In other words, person-centered theory's main components contributing to personality include self-esteem (thinking for ourselves), self-image (view of an individual for himself), and ideal self (the personality that an individual wants). Self-esteem is the element where an individual thinks about himself, his wishes, needs, and desires. Self-image is the element where an individual compliments himself as good or bad, while the ideal self is the component that an individual wants to be. Starting from what an individual is and what he wants to become, personality development occurs. In addition, conditional positive regard and unconditional positive regard also contribute to personality development (Cain, 2010).

I believe that Maslow's hierarchy of needs is the theory that is more related to my life and personality. This is because of positive and negative life experiences that change the thoughts and behavior of the person. In my life, my mother's advice, motivation, help me to grow and to achieve more in my academic life. She gives me such a motivation that not only helps to set my future goals but also shapes my behavior, self-esteem, love, and need to be a high achiever. I have not reached the self-actualization stage; however, my academic experiences and social life is making me unable to understand what exactly I am and how can I bring changes in my behavior to acquire an ideal personality. Currently, my needs are to get higher grades and better education, which will be helpful to get a perfect job for my future. I believe that after getting my ideal job, I will reach self-actualization, where I will demand more needs for my better future and personality.

Through the paper, it can be concluded that Maslow's hierarchy of needs and person-centered theory are the approaches that provide a detailed explanation regarding personality development. Maslow's hierarchy of needs was developed by Abraham Maslow in 1943. He developed a pyramid consist of five stages through which an individual reaches the point where he achieved all his needs and acquired new needs. On the other hand, Person-centered theory is a theory present by Carl Roger in the 1940s that focuses on self-concepts. There are three major components of the theory, including self-esteem, self-image, and self-ideal. Positive regards whether conditional or unconditional have an impact on personality development. In addition, I observed that Maslow's hierarchy of needs is related the most to my life and personality development.

**References**

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