Human Motivation and Emotion

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**Actualizing Tendency**
- Innate, continual process towards predetermined potentials
- Motivates towards new challenges

**Organismic Valuing Process**
- Innate capability for evaluating whether experience promotes or reverses growth
- Provides interpretive information about the nature of the experience
- Set by the inner world

**Conditions of Worth**
- Internalized from parents
- Set by the outer world

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**Self-Actualization - Rogers**

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**Self**

**Organismic Valuing Process**

**Unconditional positive regard**

Approach opportunities for actualizing

**Actualizing Tendency**

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**Actualizing Tendency**
Self-Actualization

- **Fully functioning individual**
  - Emergence, acceptance and expression of a motive
- **Causality orientation**
  - Recall self-determination theory
  - Autonomy vs. control orientation
  - Inner vs. outer guides for behavior
- **Growth seeking vs. Validation seeking**
- **Relationships and actualizing tendency**
  - Helping others
  - Relatedness to others
  - Freedom to learn

Validation

- “......Existence is treated as justifiable-person is responded to as relevant and meaningful, as compelling serious attention and acceptance.
- Carl Rogers (1959) unconditional positive regard....”

Effects of self-acceptance

Unconditional self acceptance has been found to correlate with:

- Lower levels of depression and anxiety
- Higher levels of self reported happiness and life satisfaction
- Lower levels of distress when faced with imagined and real exposure to negative events

(Chamberlain & Haaga 2001)
Perfectionism

There are different types of perfectionism

- Socially-Prescribed Perfectionism
  - E.g., Others expect perfection of me.

- Self-Oriented Perfectionism
  - E.g., I expect perfection of me.

Meaning Making

Meaning grows out of 3 needs:
1. Need to feel purpose
   - Connecting present activity to future goals
2. Need for values
3. Need for efficacy
   - Personal control, competence to take action

Antonovsky: Sense of Coherence

3 components:
- Meaningfulness: deep feeling that life makes sense emotionally; life's demands are seen as challenges that are worthy of investment and engagement
- Comprehensibility: life is structured, predictable and explicable rather than random, chaotic & unpredictable
- Manageability: resources are available to meet the demands posed; that one can cope
  - a pervasive, enduring though dynamic feeling of confidence that things in life are under control, not necessarily under your control or anyone else's
  - SOC linked to increased well-being, less distress, and even improved immune functioning in times of stress.

Criticisms of Positive Psychology

- One-sided view of human nature
- Vaguely defined constructs
- Distinguishing actualizing tendencies from learning, socialization, etc.
- Royal status of feelings