

# Existentialism



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Existentialism Viktor Emil Frankl (1905-1997) One of the proponents of Existentialism is Viktor Emil Frankl who established a form of Existential Analysis known as the logotherapy or the “ Third Viennese School of Psychotherapy.” He majored in the field of neurology and psychiatry which can be considered as the main inspiration for the academic and career path that he chose to explore. The accumulation of data and information was published in his book *Man’s Search for Meaning* in 1946 (Pytell 281-282; Frankl and Allport 101).

Based on the results of the study that he had undertaken, man is in a constant quest for the meaning of existence. For that matter, he explored the said journey of every man focusing on the lives of his acquaintance. According to Frankl, people exist due to different factors regardless of the nature of the said factors. Some people live based on negative or positive reasons yet they still exist and survive. The said view then is referred to as the “ will to meaning.” He followed the inspirations of Freud who proposed the view “ will to pleasure” and Adler’s “ will to power” in his objective to give meaning to human existence (Pytell 285-306; Frankl and Allport 101). The most notable applications of the view of Frankl had been about the experiences in concentrations camps which occurred during the time of Holocaust. During the period of high stress wherein the main objective that consumes a person’s life is survival, thus, even simple things and events can give a person’s life an important meaning. Based on his observations, such situations can be considered as the time wherein the simplest principles of existentialism applies, an event wherein luxuries are deprived and even basic needs are in shortage. He then summarized that even in worst situations, existence will still have meaning. For that matter the will to

meaning is an important reason for existence (Frankl and Allport 15-20).

## 2. Soren Kierkegaard (1813-1855)

Soren Kierkegaard is a Danish proponent of Existentialism and is a theologian. He is against the formalities undertaken by the Danish church. For that matter, he often discussed issues that are related to Christianity, ethics, and the emotions of the people in different situations and decision-making events in life. Basically, Kierkegaard can be considered as a relatively opinionated person who explored challenging issues of his time such as existentialism, philosophy, psychology, literature and a number of other fields. For that matter, his critics can be classified in both the fields of science, literature and even religion. Although this is the case, his recognition that he explored a number of fields, he is known as an influential figure of his time (Hannay and Marino 25; Kierkegaard 15; Lippitt 10).

The aphorisms of Kierkegaard can be considered as the main basis of Existentialism discussion that the recognized truth of every person is the main objective and reason for his own existence. For that matter a person can give his existence for a philosophy, a career path, a person such as a loved one or a religion (Hannay and Marino 25; Kierkegaard 15; Lippitt 10).

### Works Cited

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