

Self-actualization  
point for rogers. he  
closely examined



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Self-actualization promotes the enhancement of self. It is part of our nature that helps us to become better people, by expanding our creativity, and making our experiences much more intense. How effective it is depends on the organismic valuing function, which is the result of actualizing in human nature. Rogers studied humanistic psychology and focused on the nature of personality. He believed in congruence within a person due to self-actualization. The nature of personality was the gist of his research. He found that positive, healthy growth occurs naturally, as long as nothing obstructs its path.

This growth tendency itself is considered actualization. The fully functioning person was much of a focal point for Rogers. He closely examined the needs of people, i. e. love, affection, and friendship. Within this growth, he proposed there were different types. He found there was conditional positive regard, conditional self-regard, and conditions of worth.

Then, on the other hand, there was Abraham Maslow. He was a motivational theorist who developed a hierarchy of motives. He was only interested in people who seemed completely satisfied and adjusted in life. He found people who were so complete, with everything on their side, and then he wanted to evaluate their motivation.

He found needs vary in power and immediacy. He developed a pyramid with all of the needs humans value. Bibliography: Perspectives on Personality ; Charles S. Carver 2000