

PSY 328 Module Four Journal Template

For your journal, complete this template by replacing the bracketed text with the relevant information. Your responses should each be about 2 to 5 sentences in length.

- **Analyzing Theory**
- **Describe how humanism differs from the personality theories you have studied so far.**

The humanistic tradition differs from other psychological traditions such as the psychoanalytic, behavioral learning, trait, and cognitive traditions. Humanistic traditions emphasize the experiences of each individual, believe that humanity is inherently good, values subjective experience and emotions, and employs a client-centered approach in therapy. Psychoanalytic traditions focus on the unconscious process and early childhood experiences, emphasizing unconscious conflicts and instincts. The behavioral learning tradition emphasizes observable behaviors and environmental influences, focusing on conditioning with reinforcement and punishment. The trait tradition categorizes individuals based on specific traits in personality and behavior. Lastly, the cognitive tradition examines mental processes such as perception, memory, and problem solving.

- **Explain the role of nature and nurture in the humanistic approach.**

The humanistic approach emphasizes the importance of both nature and nurture in shaping human development/behavior. Some individuals may have a genetic predisposition towards certain personality traits which can impact how they interact with others and navigate social situations. On the other hand, upbringing, family dynamics, cultural background, and social interactions can impact an individual's self-esteem, confidence and personal growth.

- **Describe the role of emotional intelligence in the humanistic approach.**

Emotional intelligence plays a significant role in the humanistic approach to psychology, as it is linked to self-awareness, empathy, and personal growth. Emotional intelligence is essential in this approach for fostering self-actualization, positive relationships, and overall well-being.

- **Applying Theory to Society**
- **Explain the role of systemic issues in society, such as a lack of equity, access, or opportunity in the hierarchy of needs.**

Systemic issues in society can create barriers that impede individuals progress through Maslow's hierarchy of needs. Addressing these issues is essential for creating a more equitable and inclusive society where all individuals have the opportunity to fulfill their potential. By promoting equity, access, and opportunity, we can support individuals with meeting their basic needs and advancing self-actualization and personal fulfillment.

- **The final course in your degree program will challenge you to think about your role as an agent of social change. Explain how the humanistic approach generally, or Maslow's hierarchy specifically, relates to your initial thoughts about being an agent of social change in your community. You can think about how humanism influences your approach to systemic issues or the role that being an agent of social change has on your views of self-actualization.**

In order to effectively advocate for social change, I'd ensure that basic needs such as shelter, food, and safety are met for myself and others in the community to allow us to focus on social justice and community empowerment. By fostering a sense of belonging and support, individuals can collaborate effectively and create impacts on the community. I would take on leadership roles and advocate for social change. I would lead with authenticity, passion, and purpose.

- **Locate and summarize one external article that investigates limitations of Maslow's hierarchy and systemic issues in society.**

Social neuroscience researcher Matthew Lieberman wrote a book called *Social: Why Our Brains Are Wired to Connect*. Basically disproving Maslow's hierarchy by proving how our need for social/emotional bonds are more important than food, water, and the other basics. After all, a baby can not gather the necessities they need without the bond of another. Likewise, a prisoner in isolation getting their basic needs met, can face psychological issues.

Murphy, B. (2015). *Social: Why Our Brains Are Wired To Connect*. *Heythrop Journal*, 56(3), 488–489.
https://doi-org.ezproxy.snhu.edu/10.1111/heyj.12249_32

- **Applying Theory to Self**
 - **Thinking about the top of Maslow's hierarchy, explain what self-actualization means for you. You can focus your answer as narrowly or holistically to your life experience as you would like. Consider what role school or your career has on your answer. Does success in those areas help you achieve self-actualization? Is it something else?**

In the concept of work or school, self actualization to me, is seen as achieving personal growth, pursuing passions, and finding meaning in life. Success plays a role because it provides a sense of accomplishment, validation, and fulfillment. However, success is not the only factor in my self-actualization.

References

- Murphy, B. (2015). Social: Why Our Brains Are Wired To Connect. *Heythrop Journal*, 56(3), 488–489.
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