


MOTIVATION & EMOTION

Growth motivation & positive psychology



Reading:
Reeve (2018)
Ch 15
(pp. 365-396)

James Neill
Discipline of Psychology
University of Canberra
2021

Image source

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Outline

- Humanistic psychology
- Holism
- Self-actualisation
- Actualising tendency
- Humanistic motivation
- Positive psychology
- Interventions
- Criticisms

Based on Reeve (2018, p. 365)

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Humanistic psychology

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Evolution of paradigms in psychology

1st force: Psychoanalytic
2nd force: Behaviourism
3rd force: Humanistic
4th force: Transpersonal

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Evolution of paradigms in psychology

1st force: Psychoanalytic
2nd force: Behaviourism
3rd force: Humanistic
Cognitive, social, neuro
4th force: Transpersonal

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Humanistic psychology

“argues that rejecting one’s nature in favour of social priorities puts personal growth and psychological well-being at risk.”

Reeve (2018, p. 366)

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Humanistic psychology

“If this essential core (inner nature) of the person is frustrated, denied, or suppressed, sickness results”

Maslow (1968)

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Closely related psychologies

- Existential
- Gestalt
- Growth
- Humanistic
- Indigenous
- Positive
- Spiritual
- Transpersonal

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Holism

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Holism

- Human motives are integrated wholes (rather than a sum of parts)
- Personal growth is the ultimate motivational force
- Stresses “top-down” master motives such as the self and its strivings toward fulfillment
- Focuses on discovering human potential and encouraging its development


Based on Reeve (2018, p. 368)

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Maslow on holism

"A damaged organism isn't satisfied just to be what is is, merely damaged. It strives, presses, and pushes; it fights and struggles with itself in order to make itself into a unit again"



Maslow (1971, p. 115)

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Self-actualisation

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Self-actualisation

- Full realisation and use of one's talents, capacities, and potentialities
- Leaves behind infantile heteronomy, defensiveness, cruelty, and timidity
- Moves toward autonomy, realistic appraisals, compassion toward others, and the courage to create and to explore

Based on Reeve (2018, p. 368) 13

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Hierarchy of human needs

Figure 15.1 Maslow's Need Hierarchy

Nature of human needs (Maslow, 1943, 1987):

- Lower needs are stronger and more urgent
- Lower needs appear earlier in development
- Needs are fulfilled sequentially, from lowest to highest

Based on Reeve (2018, p. 369)

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Self-actualisation

Directions that characterise self-actualisation as a process:

- **Autonomy** → Moving
 - away from heteronomy
 - towards capacity for self-regulated thoughts, feelings, and behaviours
- **Openness** → To
 - info including feelings without repressing, ignoring, filtering, or distorting

Based on Reeve (2018, p. 369) 15

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Maslow on self-actualisation

“Human beings seem to be far more autonomous and self-governed than modern psychological theory allows for.”

Maslow (1954, p. 123)

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Maslow on self-actualisation

“The study of crippled, stunted, immature, and unhealthy specimens can yield only a cripple psychology and a cripple philosophy. The study of self-actualizing people must be the basis for a more universal science of psychology.”

Maslow (1954, p. 234)

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The farther reaches of human nature

Maslow's final book (1971)
(he died from a heart attack whilst jogging in 1970, at the age of 62)

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Maslow's study of self-actualised people

"My investigations on self-actualization were not planned to be research and did not start out as research. They started out as the effort of a young intellectual to try to understand two of his teachers whom he loved, adored, and admired and who were very, very wonderful people ... I could not be content to simply adore, but sought to understand why these two people were so different from the run-of-the-mill people in the world."

Maslow (1971, p. 40)

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Maslow's study of self-actualised people

- Biographical analysis of 18 people Maslow considered to be self-actualised, including some famous, some not so famous, some who were alive, and some dead
- Identified some common characteristics that set these people apart from others

Based on Maslow (1971)

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Characteristics of self actualising people

- | | |
|---|---|
| 1. Acceptance of self, of others, of nature | Priority of values like truth, love, and happiness |
| 2. Identification with the human species | |
| 3. Emphasis on higher level values | |
| 4. Perception of reality | |
| 5. Discrimination between means and ends , between good and evil | |
| 6. Resolution of dichotomies (conflicts) that plague most people | |
| 7. Autonomy and resistance to enculturation | Internally controlled |
| 8. Detachment and desire for privacy | |
| 9. Spontaneity , simplicity, naturalness | |
| 10. Problem-centering | High involvement, productivity, and happiness |
| 11. Creativeness | |
| 12. Freshness of appreciation; rich emotions | |
| 13. High frequency of peak experiences | High quality interpersonal relationships |
| 14. (Intimate) interpersonal relations | |
| 15. Democratic character structure | |
| 16. Philosophical, unhostile sense of humour | |

Based on Maslow (1971) 21

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Peak experience

- A kind of transpersonal and ecstatic state, tinged with euphoria, harmonisation and interconnectedness.
- Transient moment of self-actualisation (Maslow, 1971, p. 48)
- Everyone is capable of:
 - peak experiences
 - learning how to cultivate conducive conditions.

Based on Maslow (1971)

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Maslow on peak experiences

YouTube
(4:02 mins)

<http://www.youtube.com/watch?v=TkqQX896WIA>



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Self-actualisation

According to Maslow, only



self-actualise.

Why?

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Behaviours that encourage self-actualisation

- **Growth choices** (progression vs. regression or growth vs. fear)
- **Defensiveness** (give it up)
- **Honesty** (when in doubt)
- **Self** (let it emerge by listening to impulse voices rather than introjected voices)
- **Openness to experience** (identify defenses and have the courage to give them up)
- **Peak experiences** (situationally position)

Based on Reeve (2018, Table 15.1, p. 371) and Maslow (1971, pp. 44–49) **25**

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Actualising tendency

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Actualising tendency

“The organism has one basic tendency and striving – to actualize, maintain, and enhance the experiencing self.”

Rogers (1951)

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Actualising tendency

- **Innate**; a continual presence that quietly guides the person toward genetically determined potentials
- **Motivates** the person to want to undertake new and challenging experiences

Based on Reeve (2018, pp. 371–372) **28**

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Organismic valuing process

- **Innate capacity** for judging for oneself whether a specific experience promotes or reverses one’s growth.
- **Provides** the interpretive information needed for deciding whether a new undertaking is growth-promoting or not.
- **If continued** over time a person will become more closely aligned with their natural values and thereby more relaxed and at ease with their life.

Based on Reeve (2018, pp. 372–373) **29**

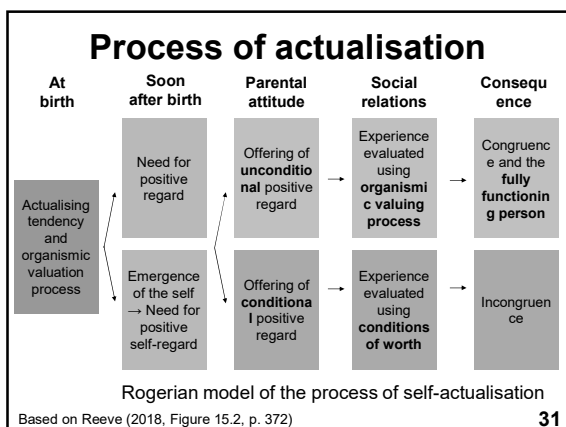
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Organismic valuing process

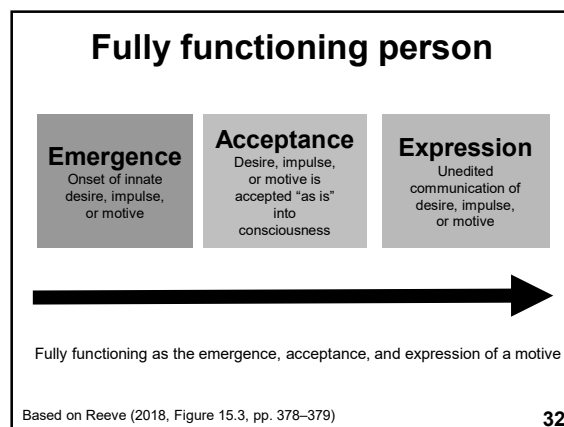
- **Authenticity**: Getting away from defensive superficiality; being oneself.
- **Autonomy**: Moving away from what you “should” do; making your own decisions.
- **Internal locus of evaluation**: Judgement based on one’s own view, rather than seeking the approval of others.
- **Unconditional positive self-regard**: Judging & accepting yourself as valuable & worthwhile, including all thoughts & emotional reactions.
- **Process living**: Recognising that we are in a constant state of becoming and never reach a final end point.
- **Relatedness**: Seeking close and deep relationships where you can truly appreciate and understand other people.
- **Openness to inner and outer experience**: Being able to perceive and accept how others and oneself behaves and feels.

Based on ChangingMinds - http://changingminds.org/explanations/values/organismic_valuing.htm **30**

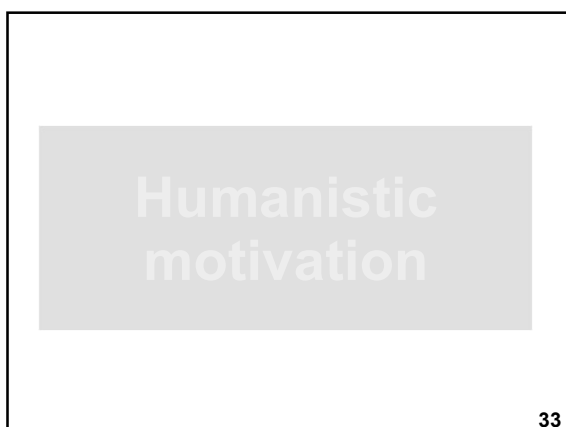
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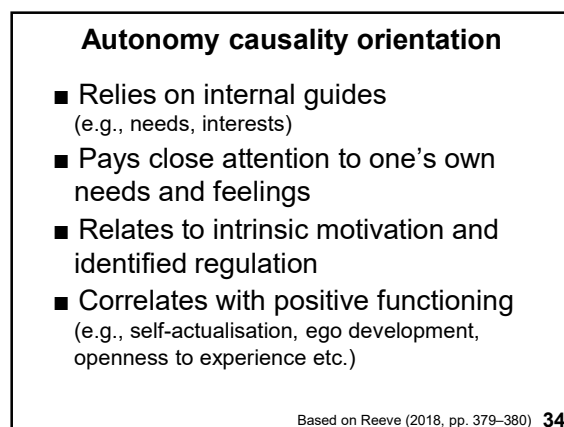
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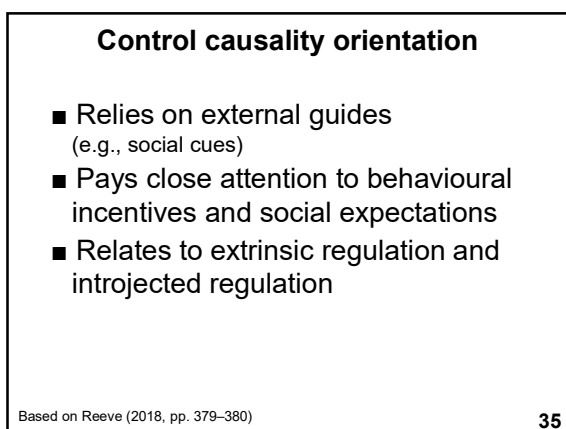
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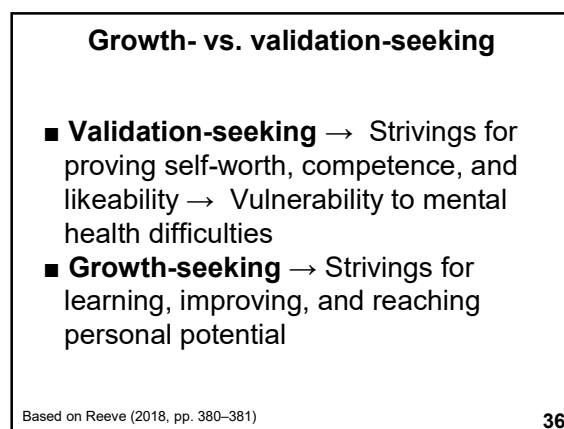
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How relationships support the actualising tendency

- “The extent to which individuals develop toward congruence and adjustment depends greatly on the quality of their interpersonal relationships.” (p. 436)
- Relationships can be:
 - **controlling**
(conditions of worth) or
 - **autonomy-promoting**
(unconditional positive regard).

Based on Reeve (2018, pp. 381–382) **37**

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How relationships support the actualising tendency

Qualities of supportive interpersonal relationships:

- Warmth
- Genuineness
- Empathy
- Interpersonal acceptance
- Confirmation of the other person’s capacity for self-determination

Based on Reeve (2018, pp. 381–382) **38**

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How relationships support the actualising tendency

Ways of supporting the actualising tendency:

- Helping others
- Relating to others in authentic ways
- Promoting the freedom to learn
- Defining the self

Based on Reeve (2018, pp. 381–382) **39**

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Positive
psychology

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Positive psychology

- Focuses on building personal strengths and competencies
- Seeks to make people stronger and more productive, and to actualise the human potential in all of us
- Uses scientific methods to identify evidence-based methods

Based on Reeve (2018, p. 368) **41**

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Positive psychology

- Asks “what could be?” for mental health and quality of life
- Seeks to build people’s strengths and competencies

Based on Reeve (2018, pp. 384–385) **42**

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Seligman on the science of positive psychology
YouTube
 (23:29 mins)
<http://www.youtube.com/watch?v=9FBx7DL3E>



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Personal strengths

- Altruism
- Empathy
- Flow
- Forgiveness
- Goal-setting
- Hope
- Meaning
- Mindfulness
- Optimism
- Personal control
- Resilience
- Self-determination
- Self-efficacy
- Spirituality
- Wisdom

Outcomes

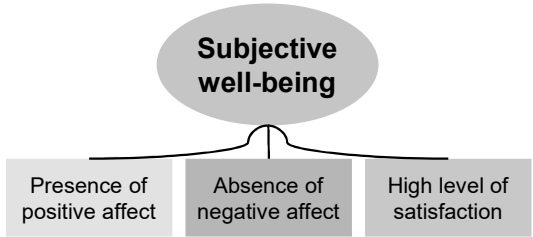
- Personal growth and well-being
- Preventing sickness taking root within the personality

Based on Reeve (2018, Table 15.2, p. 385)

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Subjective well-being

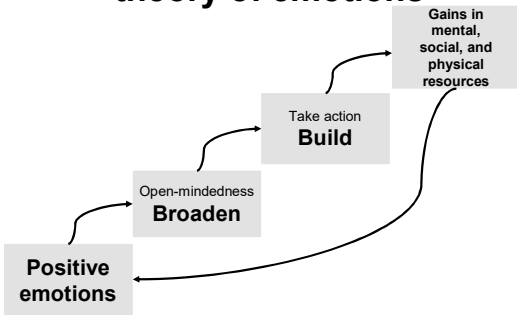


Based on Reeve (2015, Figure 15.5, p. 386)

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The broaden-and-build theory of emotions



Based on Reeve (2015, Figure 15.6, p. 387)

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Personal strength: Eudaimonic well-being

- Greek meaning “good spirit” or “human flourishing” (Aristotle)
- Self-realisation
- Relatedness satisfaction
- Pursuit of self-endorsed goals

Based on Reeve (2018, pp. 386–387)

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Personal strength: Optimism

- A positive attitude or a good mood associated with what one expects to unfold in his or her immediate and long-term future.
- Related to better psychological & physical health, more health-promoting behaviors, greater persistence, and more effective problem solving.

Based on Reeve (2015, p. 388)

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**Personal strength:
Meaning**

- A sense of purpose, internalised values, and high efficacy are the motivational ingredients for cultivating meaning in life.
- The act of creating meaning helps to prevent future sickness.

Based on Reeve (2018, pp. 388–390) 49

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**Viktor Frankl (1946):
Man's Search for Meaning**

- **Part 1:** Experience as a Jew in Auschwitz, a World War II Nazi concentration camp. Observed that those who had hope for the future (a reason to live) were more likely to survive.
"He who has a Why to live for can bear almost any How"
- Nietzsche
- **Part 2:** Describes logotherapy (logos = Greek for meaning). Understands psychopathology as a function of a lack of meaning. When connected with meaning, dysfunction tends to resolve.
- Thus, life is not primarily a quest for pleasure or power, but a quest for meaning.
"Why do you **not** commit suicide?"

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**Viktor Frankl (1946):
Man's Search for Meaning**
YouTube
(4:22 mins)
https://www.youtube.com/watch?v=fD1512_XJEw



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**Personal strength:
Mindfulness**

- Open receptive awareness of consciousness
- Not defensive against what is taking place in one's mind
- Accepts or allows an experience to occur within oneself without resisting
- Relaxed attention that is mixed with heightened observation and awareness of what is happening

Based on Reeve (2018, p. 391) 52

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Interventions

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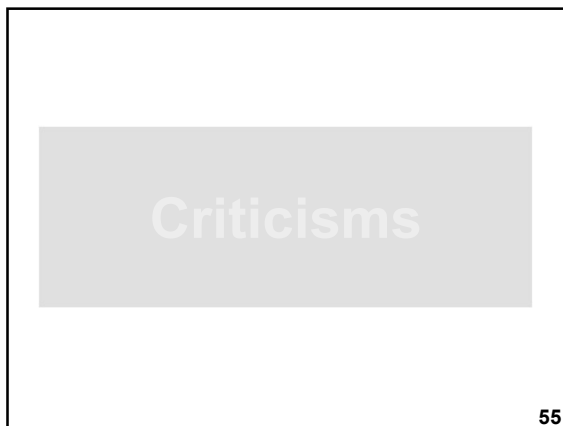
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**Happiness exercises from
positive psychology therapy**

1. **Gratitude visit.** Write a letter or visit and share about your gratitude to someone who has been especially kind to you but never really thanked.
2. **Three good things in life.** Each day, write down three things that go well and identify the cause of each.
3. **You at your best.** Write about a time when you functioned at your best. Reflect on the personal resources that made that functioning possible.
4. **Identify signature strengths.** Identify up to five personal signature strengths and find a way to use each in a new way.

Based on Reeve (2018, pp. 391–392) **54**

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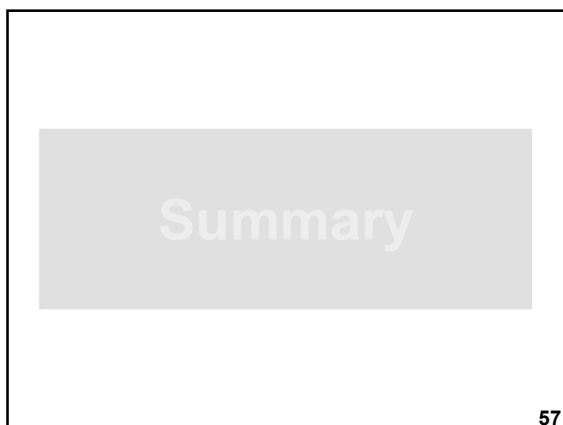
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Criticisms

- **People possess potentials to harm themselves and others:** Humanistic view emphasises only one part of human nature.
- **Unscientific concepts:** Humanistic theorists use a number of vague and ill-defined constructs.
- **Unknown origins of inner guides:** How is one to know what is really wanted or what is really needed by the actualising tendency?

Based on Reeve (2018, pp. 393–395)

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Summary

- Humanistic psych = follow inner self
- Holism = growth is primary motivation
- Self-actualisation = realisation of potential
- Actualising tendency = striving to actualise
- Humanistic motiv = autonomy & growth seeking
- Positive psych = build strengths scientifically
- Interventions = happiness can be cultivated
- Criticisms = one-sided, unscientific

Based on Reeve (2018, pp. 393–395)

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References

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- Maslow, A. H. (1971/1976). *Farther reaches of human nature*. Penguin.
- Reeve, J. (2015). *Understanding motivation and emotion* (6th ed.). Wiley.
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