

University of Djilali Bounama Khemis Miliana 01/15/23

Stream : Counselling & Guidance

Level : 2nd year (L2)

Name :..... First name :..... Group :.....

English Exam

READING COMPREHENSION :

Humanistic psychology emerged in the United States in the 1950s largely as a result of the work of Carl Rogers and Abraham Maslow. It became known as the ‘third force’ in psychology – alongside **behaviourist** and **psychodynamic** approaches – and represented a challenge to both. Rogers felt that Freud had dealt with the ‘sick half’ of psychology, so the humanistic approach concerned itself with explanations of ‘healthy’ growth in individuals.

Humanistic psychology believes people are essentially self-determining and therefore have **free will**. They believe that, because everyone is unique, psychology should be concerned with **subjective** experiences, not general laws and they reject scientific models that attempt to establish general principles of human behaviour. This principle has led the approach to be called a **person-centred** approach.

Maslow, a humanistic psychologist, argued that we have a **hierarchy** of needs. The lowest level of these, those concerned with our basic biological needs, are known as **deficiency** needs. After that we need to satisfy safety and security needs followed by love and **belongingness** and then self-**esteem**.

Every person has an **innate** tendency to achieve his full potential – to become the best they can possibly be. **Self-actualisation** represents the uppermost level of Maslow’s **hierarchy of needs**. All four lower levels of the hierarchy (‘deficiency needs’) must be met before the individual can work towards self-actualisation (a ‘growth need’) and fulfil their potential.

Rogers, another humanistic psychologist, discussed the concept of personal growth which is concerned with moving towards becoming fulfilled, satisfied and **goal-oriented**. He argued that, in order to achieve personal growth there must be **congruence** between our self-concept (the way we see ourselves) and the **ideal-self** (what we want to be).

According to Rogers, one of the reasons why people have problems in later life is the lack of **unconditional positive regard** from our parents. A parent who sets boundaries or limits on their love for their child (**conditions of worth**) by claiming '*I will only love you if...*' is storing up psychological problems for that child in the future. Thus, Rogers saw one of his roles as an effective therapist as being able to provide his clients with the unconditional positive regard that they had failed to receive as children.

SECTION A: Comprehension

A. Mark the following statements as true (T) or false (F).

1.Self actualisation cannot be achieved unless other lower needs are met
- 2.....Conditional regard (I only love you if....) can lead to lower self esteem - incongruence
- 3.....Rogerian therapy is also known as client or person-centred.
- 4.....Congruence occurs when one's perceptions of their real and ideal selves are nearly identical
- 5 Humanistic psychology rejects the idea that every one has an innate tendency to achieve his full potential

B. Using the table below match the words or phrases (1-5) with their corresponding definitions (A-E).

- 1- free will
- 2- potential
- 3- belongingness
- 4- self-actualization
- 5- Conditions of worth

- A. a person's ability to control his or her actions without influence
- B. the process of reaching a person's highest level of development
- C. an ability that is possible but not yet developed
- D. the human emotional need to be an accepted member of a group
- E. When a parent places limits or boundaries on their love of their children;

1	2	3	4	5

SECTION B :ANSWER ALL QUESTIONS IN THIS SECTION. YOU SHOULD PUT THE LETTER OF THE CORRECT ANSWER IN THE BOX PROVIDED.

1. When there is a mismatch between the self concept and the ideal self, this is referred to as:

- (A) Self-actualisation.
- (B) Conditions of worth.
- (C) Congruence.
- (D) Incongruence.

Your answer ☐

2. Which of the following is a 'growth need' in Maslow's hierarchy?

- (A) Self-actualisation.
- (B) Love and belongingness.
- (C) Safety and security.
- (D) Physiological.

Your answer ☐

3. According to Rogers,the best way to understand personality is through

- (A) a person's subjective experiences.
- (B) the history of past experiences and how this affects a person in the present and future.
- (C) the study of unconscious attitudes and behaviors.
- (D) experimental studies of abnormal subjects.

4. According to Rogers, an effective therapist should provide the client with three things.Which of the following is not one of these?

- (A) Being empathic.
- (B) Being judgemental.
- (C) Being genuine.
- (D) Unconditional positive regard.

Your answer ☐

SECTION C :

1.Fill in each blank with the appropriate word or expression

psychoanalysis focused rejected response deterministic
approach

The humanistic1.....is thus often called the “third force” in psychology after.....2..... and behaviourism (Maslow, 1968).

Humanism rejected the assumptions of the behaviourist perspective which is characterized as deterministic,3.....on reinforcement of stimulus-behaviour and heavily dependent on animal research.

Humanistic psychology also the4.....psychodynamic approach because it is also,5.....with unconscious irrational and instinctive forces determining human thought and behaviour.

2.Translate the following paragraph into Arabic.

Rogers felt that Freud had dealt with the ‘sick half’ of psychology,so the humanistic approach concerned itself with explanations of ‘healthy’ growth in individuals.

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