

Contributions of Carl Rogers

कार्ल रोजर्स की देन

कार्ल रोजर्स के सिद्धांत और मानव-स्वभाव के बारे में उनके विचारों को निम्न शिर्षकों के अन्तर्गत समझा जा सकता है —

01. Self-Concept (आत्म-संप्रत्यय) → Our beliefs and Knowledge about ourselves.

⇒ Different people hold different ideas about themselves, these ideas represent the self of a person.

⇒ Self-concept is ~~the~~ an image of oneself.

⇒ Our interaction with other people, our experiences, and the meaning we give to them, serve as the basis of our self.

⇒ The structure of self is modifiable in the light of our own experiences and the experiences we have of other people.

⇒ The self-concept is based on what people are told by others and how the sense of self is reflected in the words and actions of important people in one's life, such as parents, siblings, coworkers, friends, and teacher.

⇒ रोजर्स का मानना है कि व्यक्ति अपने बारे में जो विचार रखता है, वो विचार ही उसका आत्म-संप्रत्यय है। आत्म-संप्रत्यय का निर्माण दूसरे लोगों के साथ हमारी अंतःक्रिया, हमारे अनुभवों, एवं उन अनुभवों को हमारे द्वारा प्रदान किया जाने वाला अर्थ, के आधार पर होता है।

⇒ आत्म-संप्रत्यय में हमारे अनुभवों में बदलाव हो जाने पर, बदलाव भी संभव है।

⇒ Rogers recognises the role of social influences in the development of self-concept.

⇒ When social conditions are positive, the self-concept and self-esteem are high. In contrast, when the conditions are negative, the self-concept and self-esteem are low.

⇒ People with high self-concept and self-esteem are generally flexible and open to new experiences, so that they can continue to grow and self-actualise.

⇒ This situation warrants that an atmosphere of unconditional positive regard must be created in order to ensure enhancement of people's self-concept.

⇒ The client-centred therapy that Rogers developed, basically attempts to create this condition.

⇒

02. REAL SELF AND IDEAL SELF. (वास्तविक आत्म एवं आदर्श आत्म)

Two important components of the self-concept are -

→ **The real self** (one's actual perception of characteristics, traits, and abilities that form the basis of the striving for self-actualization.)

→ **The ideal self** (the perception of what one should be or one would like to be).

→ The ideal self primarily comes from important, significant others in a person's life, especially our parents when we are children.

⇒ Rogers believed that when the real self and the ideal self are very close or similar to each other, people feel competent and capable, but when there is a mismatch between the real self and ideal self, anxiety and neurotic behaviour can be the result.

⇒ The two halves of the self are more likely to match if they aren't that far apart at the start. When a person has a realistic view of the real self, and the ideal self is something that is actually attainable, there usually isn't a problem of a mismatch.

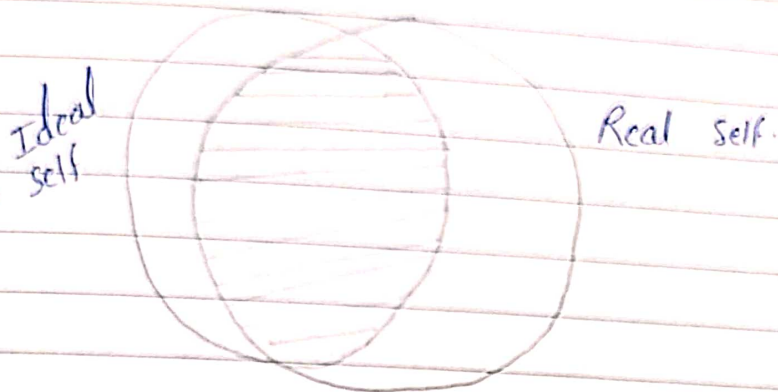
⇒ It is when a person's view of self is distorted or the ideal self is impossible to attain that problems arise.

⇒ Once again, how the important people (who can be either good or

bad influences) in a person's life react to the person can greatly impact the degree of agreement or congruence, between real and ideal selves.

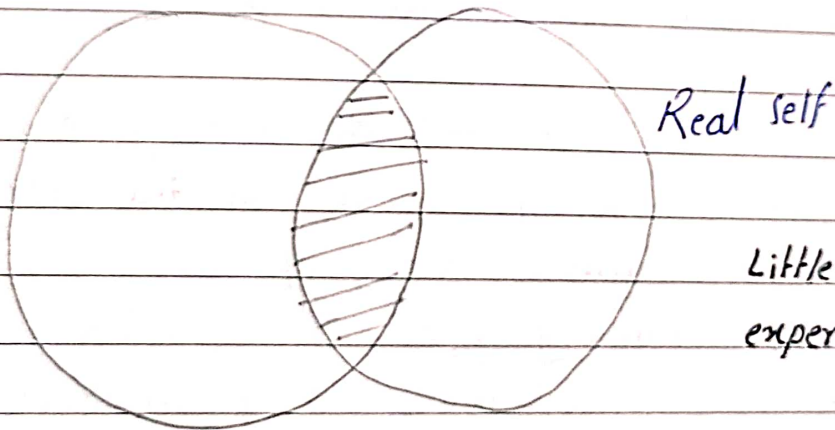
⇒ However, as an individual develops, they look less to others for approval and disapproval, and more within themselves to decide if they are living in a way that is satisfying to them. (Rogers, 1951, 1961)

Much overlap between experience (reality) and self-concept.



Congruence = Match = Harmony (Well-adjusted individual)

Ideal self



Little overlap between experience and self-concept.

Incongruence = Mismatch = Anxiety (poorly adjusted)

03. Psychological defenses

⇒ If all human beings possess the capacity to become fully functioning persons, why ~~didn't~~ don't they all succeed?

⇒ The answer, Rogers contends, lies in the anxiety generated when life experiences are inconsistent with our ideas about ourselves - in short, when a gap develops between our self-concept (all the information and beliefs individuals have about their own characteristics and themselves) and reality or our perceptions of it.

⇒ For example imagine a young girl who is quite independent and self-reliant, and who thinks of herself in this way. After her older sibling dies in an accident, however, her parents begin to baby her and to convey the message, over and over again, that she is vulnerable and must be sheltered from the outside world.

⇒ This treatment is highly inconsistent with her self-concept.

⇒ As a result, she experiences anxiety and adopts one or more psychological defenses to reduce it.

Distortion: This is the most common defense. Here, we change our perceptions of reality so that they are consistent with our self-concept.

For example, the girl may come to believe that her parents aren't being overprotective; they are just showing normal concern for her safety.

Denial: She may refuse to admit to herself that as a result of being babyed, she is indeed losing her independence.

In short term, such tactics can be successful; they help reduce anxiety.

Ultimately, however, they produce sizable gaps between an individual's self concept and reality.

For instance, the girl may cling to the belief that she is independent when in fact, as a result of her parents' treatment she is becoming increasingly helpless.

The larger such gaps, Rogers contends, the greater an individual's maladjustment - and personal unhappiness.

Self-Actualization

⇒ Rogers makes two basic assumptions about human behaviour—
One is that behaviour is goal-directed and worthwhile.
The second is that people (who are innately good) will almost always choose adaptive self-actualising behaviour.

⇒ Rogers' theory grew out of his experiences of listening to patients in his clinic.

⇒ His theory is structured around the concept of self.

→ The theory assumes that people are constantly engaged in the process of actualising their true self.

⇒ Rogers' basic principle is that people have a tendency to maximise self-concept through self-actualisation. In this process, the self grows, expands and becomes more social.

⇒ Rogers views personality development as a continuous process. It involves learning to evaluate oneself and mastering the process of self-actualisation.

⇒ ⇒ He proposed that the major motivating force in personality is the drive to actualize the self (Rogers, 1961).

⇒ Although this urge toward self-actualisation is innate, it can be helped or hindered by childhood experiences and learning.

⇒ He emphasized the importance of the mother-child relationship as it affects the child's growing sense of self.

⇒ If she provides unconditional positive regard - infant will tend to become a healthy personality.