Psychology of Adjustment
PSY 131

Chapter 1
Invitation to Personal Learning and Growth

What is adjustment? Why important?
- Coping becoming harder
- Quality of life increased and problems of living
- Survival issues vs. existential issues
- Shift from industrial production to information and services
- World experience is richer, fuller, and more varied but also less stable
- More knowledge = greater expectations

Problems in Adjustment
- Relationships, work, leisure, family, physical, all have to be perfect
- Have to do better than our parents
- Anything is possible "if I just work hard enough"
- Striving for inherently contradictory goals
- Job pressure = stress
Problems in Adjustment (cont.)

- Increased mobility = decreases in available social support
- Freedom - increased range of opportunities and options
- More difficult decisions
- Often no cultural/societal norms
- Society of victims...
- Parents often feel need to protect children from negative consequences of their mistakes

Invitation to Personal Learning and Growth

- THE SERENITY PRAYER
  "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."
  - Rest of text: Living one day at a time, Enjoying one moment at a time, Accepting hardship as the pathway to peace.
  - Taking, as He did, this sinful world as it is, not as I would have it.
  - Trusting that He will make all things right if I surrender to His will.
  - That I may be reasonably happy in this life, And supremely happy with Him forever in the next. Amen.
  - What are your personal reactions to the Serenity Prayer?

Balancing Self-Esteem and Other-Esteem

- We are social beings and many of our relationships are affected by relationships with others
- Self-esteem and other-esteem should not be thought of as polar opposites
- Other-esteem involves respect, acceptance, caring, valuing, and promoting of others
- Strive to see the world anew by reexamining your present beliefs and values
Humanistic Approach to Human Growth

- Self-actualization is the core of a humanistic view of people
- Self-actualization is a process you work toward, rather than a final destination at which you arrive
- Striving for growth implies becoming all you are capable of becoming
- Abraham Maslow’s model of the self-actualizing person offers a foundation for understanding growth

Key Figures of the Humanistic Movement

- Alfred Adler’s theory stresses self-determination and sees people as creative, active, goal-oriented, and choice-making beings
- Carl Jung believed that humans are not merely shaped by past events, but strive for growth as well
- Carl Rogers stressed the importance of nonjudgmental listening and acceptance as a condition for people to feel free enough to change
- Abraham Maslow emphasized joy, creativity, and self-fulfillment

Maslow’s Hierarchy of Needs

- Once the lower need is satisfied, then the next higher need motivates us
  5) Need for self-actualization
  4) Esteem needs
  3) Love needs
  2) Safety needs
  1) Physical and survival needs
Core Characteristics of Self-Actualizing People

- Self-awareness
- Freedom
- Basic honesty and caring
- Trust and autonomy

What Kind of Learner Are You?

- Auditory learner
- Visual learner
- Kinesthetic learner
- Emotional learner

- Gardner’s theory of Multiple Intelligences

Suggestions for Getting the Most From the Course and Book

- Take the time to prepare for class by reading and reflecting
- Be willing to take risks necessary for change
- Use the class as a way to explore your beliefs about personal topics
- Practice new behavior outside of the class
- Keep a personal journal