

# Psychology of Adjustment PSY 131

## Chapter 1 Invitation to Personal Learning and Growth

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### 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

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### 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

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## 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

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## 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?

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## 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

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## 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

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## 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

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## 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

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## Core Characteristics of Self-Actualizing People

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

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## What Kind of Learner Are You?

- ☐ Auditory learner
- ☐ Visual learner
- ☐ Kinesthetic learner
- ☐ Emotional learner
  
- ☐ Gardner's theory of Multiple Intelligences

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## 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

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