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POSITIVE PSYCHOLOGY RESEARCH CENTRE

The Rogerian Fully Functioning Person: A Positive Psychology Perspective

Dr Carmel Proctor, PhD

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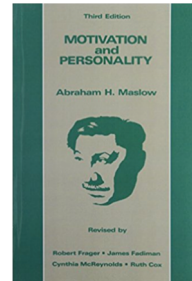
Vancouver, Canada

carmel@pprc.gq

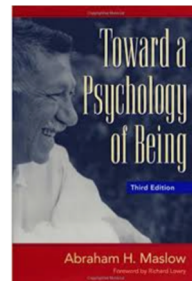
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Positive Psychology: Links with Humanistic Psychology

- The links between positive psychology and humanistic psychology cannot be overstated
 - ➔ Positive psychology research extends the aims of humanistic theory
 - ➔ Investigations of positive experiences, traits and institutions
- **Maslow** – Discontent with a psychology that unequally concerned itself with disorder and human potential
 - ➔ Called for a **positive psychology**



Positive psychology first coined by Maslow in *Motivation and Personality* (1954)



(1962)



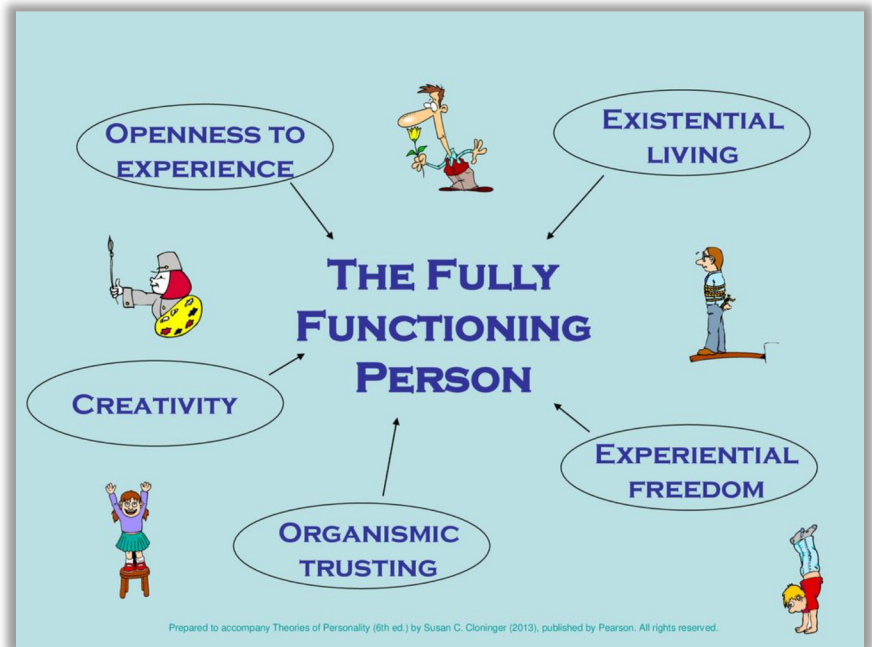
Positive Psychology: Contributions to Humanistic Psychology

- Humanistic concepts brought to the mainstream:
 - ➔ Flow, self-actualization
- Reinvigorated investigations into what it means:
 - ➔ Flourish, become, self-actualize, and function fully
- Increased theory and research into previously neglected areas of human experience:
 - ➔ Happiness, hope, character, wisdom, dark side of existence
- Shared interest in healthy individuals:
 - ➔ Fully functioning people
 - ➔ Self-actualization



Fully Functioning Person

- **Fully Functioning Person (FFP)**
 - ➔ Ultimate theoretical person
 - ➔ Psychological functioning when self-actualization is organismically congruent
 - ➔ Concept of the self congruent with experience
- **Key characteristics:**
 1. Openness to experience
 2. Absence of defensiveness
 3. Congruent self-structure and experience
 4. Organismic valuing process
 5. No conditions of worth
 6. Experience of unconditional self-regard
 7. Experience of positive regard



Study Aims

Focus on the ways in which humanistic psychology and positive psychology are connected and may be mutually beneficial

Two studies were conducted to examine the characteristics of the Rogerian fully functioning person from a positive psychology perspective

Indicators were selected to represent characteristics constituting the fully functioning person as described in person-centered theory



Study Purpose

- **Study 1** – CFA to assess single factor structure of the FFP among young adults aged 16 to 19
- **Measures**
 - ➔ Life Satisfaction
 - ➔ Depression
 - ➔ Anxiety
 - ➔ Authenticity
 - ➔ Organismic Valuing
 - ➔ Aspirations
 - ➔ Basic Psychological Needs
- **Study 1** – also completed a measure of character strengths endorsement
 - ➔ Strengths Use Scale



Predictor Variables & Hypotheses

- Variables were selected based on the model supporting the Rogerian *fully functioning person*
- Variables:
 - ➔ Emotional Self-Assessments
 - ◇ Depression (SDHS), anxiety (SAS)
 - ➔ Positive Psychology Constructs
 - ◇ Authenticity (AS), life satisfaction (SWLS), aspirations (AI), strengths use (SUS)
 - ➔ Humanistic Constructs
 - ◇ Organismic valuing (OVS), psychological needs (BPNS)
- Hypotheses:
 1. Organismic valuing, authentic living, autonomy, competence, relatedness and strengths use will load positively on a single FFP factor
 2. Accepting external influence and self-alienation will load negatively on a single FFP factor
 3. The FFP will have high LS, low anxiety, positive thoughts/feelings
 4. The FFP will have strengths of character associated with consequences outlined by Rogers: creativity, wisdom, self-control, social intelligence, and open-mindedness



Discussion

Study 1: Support for a single FFP indicator variable

- The FFP is high in life satisfaction, has increase positive thoughts and feelings, decreased negative thoughts and feelings and low anxiety.

Study 2: Extension of the findings of Study 1 – Demonstrated that the FFP is associated with character strengths and intrinsic motivation

- FFP component positively correlated with self-acceptance, affiliation, and community feeling
- FFP positively correlated with zest, bravery, honesty, leadership, and spirituality



Discussion

- **Results suggest that the fully functioning person does not consider financial success important, but believes they will obtain it**



Thank you!

➤ **Reference:**

- **Proctor, C., Tweed, R., & Morris, D. (2015).
The Rogerian fully functioning person: A
positive psychology perspective. *Journal of
Humanistic Psychology*, 56(5), 503-529.
doi.101177/0022167815605936.**

