
Week 5: Humanistic Models of Personality

1. Describe the components of James Marcia's model of identity

Marcia's Identity Statuses

- James Marcia developed a four-part model of identity development
- Focused on late adolescence
- Centred on concepts of committing to an identity and experiencing crises as an impetus for exploring different forms of identity
- Criticised for lack of empirical support and stages not following a developmental sequence

Commitment and Crisis

- *Commitment*: Deciding on an identity as a framework for personality, roles, and values
- *Crisis*: Experiencing conflicts, setbacks, and threats to the self that lead you to question your identity and experiment by exploring other pathways in life

	Crisis: Involving active exploration of identity exploration		
		Present	Absent
	Present	Identity Achievement Adolescents explore different alternatives in the various identity areas before committing to a consistent identity. This in turn guides future choices such as vocational and relationship choices.	Identity foreclosure Individual commits to an identity without exploration. Identity is usually “imposed” by external authority. I.e. parents in collectivist societies Sense of self becomes very one-dimensional
Commitment: Psychological investment in a course of actions	Absent	Identity moratorium Adolescents have begun a process of actively exploring different roles, but are yet to make a commitment.	Identity diffusion Adolescents are confused or apathetic. They have not taken the first step in the identity formation process; thus the status lacks both crisis and commitment. They go with the flow.

2. Describe the key characteristics of humanistic psychology

Assumptions of Humanistic Theories

- Optimism rather than pessimism – emphasis on choice and creativity
- Free will rather than determinism
- Focus on present rather than the past
- Reaction against psychoanalysis