

## Mark schemes

## Q1.

[AO1 = 1]

A Physiological, Safety, Love/belongingness, Esteem, Self-actualisation.

[1]

## Q2.

(a) [AO2 = 2]

**2 marks** for a clear explanation of why a humanistic psychologist would suggest that Karishma is not displaying congruence with some effective application.

**1 mark** for a limited and/or muddled explanation of why a humanistic psychologist would suggest that Karishma is not displaying congruence.

**Possible content:**

- there is a (big) gap between Karishma's concept of self and her ideal self
- she does not think she is clever but wants to go to university/to be a lawyer.

Credit other relevant points.

2

(b) [AO2 = 3]

**3 marks** for a clear and coherent explanation of how a humanistic psychologist might help Karishma to achieve congruence with some effective application.

**2 marks** for an explanation of how a humanistic psychologist might help Karishma to achieve congruence that lacks the requirements of the 3-mark answer.

**1 mark** for a limited and/or muddled explanation.

**0 marks** for no relevant content

**Possible content:**

- the psychologist would create a therapeutic atmosphere by offering unconditional positive regard, empathy and warmth to raise Karishma's self-esteem
- the psychologist would use counselling/client-centred therapy with Karishma by reflecting back in a way that enables Karishma to determine the changes she needs to make in order to feel she is worthy of a place at university/would cope with a law degree
- the psychologist should help Karishma to improve her feelings of self-worth, eg by asking her about the good GCSE grades she achieved
- the psychologist might ask Karishma to complete a Q-sort at intervals to demonstrate any change in

congruence; congruence will be achieved once Karishma develops a healthier view of herself/believes that she is worthy of a place at university/is good enough to study law.

Credit other relevant points.

3

[5]

**Q3.**

[AO1 = 3 AO3 = 5]

Level	Marks	Description
4	7-8	Knowledge of self-actualisation and/or conditions of worth is accurate with some detail. Discussion is thorough and effective. Minor detail and/or expansion of argument is sometimes lacking. The answer is clear, coherent, and focused. Specialist terminology is used effectively.
3	5-6	Knowledge of self-actualisation and/or conditions of worth is evident but there are occasional inaccuracies/omissions. Discussion is mostly effective. The answer is mostly clear and organised but occasionally lacks focus. Specialist terminology is used appropriately.
2	3-4	Limited knowledge of self-actualisation and/or conditions of worth is present. Focus is mainly on description. Any discussion is of limited effectiveness. The answer lacks clarity, accuracy, and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1-2	Knowledge of self-actualisation and/or conditions of worth is very limited. Discussion is limited, poorly focused or absent. The answer as a whole lacks clarity, has many inaccuracies and is poorly organised. Specialist terminology is either absent or inappropriately used.
	0	No relevant content.

**Possible content:**

- self-actualisation concerns psychological growth, fulfilment and satisfaction in life and is the final stage in Maslow's hierarchy of needs
- psychological issues are thought to arise as a direct result of conditions of worth, which are constraints an individual believes are put upon them by significant others that they deem necessary to gain positive regard
- Rogers believed that therapists should provide clients with unconditional positive regard to help resolve conditions of worth and guide clients towards self-actualisation, focusing on the authentic self.

**Possible discussion:**

- discussion of research evidence which supports the role of conditions of worth, eg Harter et al. (1996)
- comparison of conditions of worth with alternative explanations of psychological issues, eg genetics/neurochemistry/psychodynamic theories, etc
- discussion regarding methodology and lack of scientific evidence for self-actualisation/conditions of worth with most studies utilising qualitative methods and rejecting scientific methodology
- counterarguments about the strengths of rich qualitative data and validity/discussion of Q-sort
- discussion of the oversimplification of self-actualisation and conditions of worth, eg it does not explain self-destructive behaviours, pessimism, etc
- discussion of real world application – counselling
- discussion of ethics of providing unconditional positive regard
- discussion of cultural differences.

Credit other relevant material.