

## Humanistic Psychology – Mark Scheme

### Q1.

[AO3 = 4]

Up to two marks for two assumptions of the humanistic approach. One mark for each assumption which will probably be embedded in the explanation.

Up to two marks for explaining why each assumption is at odds with the scientific method. One mark for each explanation. Likely content:

Each person can exercise free will – explanation might focus on principle of determinism in science.

Each person is a rational and conscious being and not dominated by unconscious primitive instincts – explanation might focus on the principles of determinism and reductionism in science.

A person's subjective experience and understanding of the world is of greater importance to understanding the person than objective reality – explanation might focus on empiricism in science.

Humans should be viewed as a whole and not reduced to component parts – explanation might focus on reductionism in science.

Humans strive towards achieving self-actualisation- explanation might focus on the need for objectivity in science eg operational definition vs. subjectively defined; hypothetical construct; no objective measure.

Each person is unique – explanation might focus on general laws of behaviour / nomothetic approach.

Accept other valid answers such as unconditional positive regard / congruence / fully functioning person / client centre therapy / focus on the self.

### Q2.

[AO1 = 2 AO2 = 2]

Level	Marks	Description
2	3 – 4	Outline of congruence is clear and coherent with appropriate use of terminology. Application to Dominic is appropriate with description of need to reduce the gap and how to achieve this.
1	1 – 2	Outline is limited, ie shows some knowledge that congruence involves different aspects of the self. Application is vague. The answer as a whole is not very clearly expressed.
	0	No relevant content.

#### Content / Outline:

- congruence is the fit / match / comparability / consistency between the perceived self (how you see yourself) and the ideal self (the self you would like to be).

**Application:**

- Dominic needs to close the gap / discrepancy between his perceived and his ideal self
- gap can be reduced / closed if he develops a more healthy view of himself, or, has a more achievable and realistic ideal self – unconditional positive regard from the therapist is an example of a specific strategy here.

**Q3.**

[AO1 = 6 AO2 = 4 AO3 = 6]

Level	Marks	Description
4	13 – 16	Knowledge of the humanistic approach is accurate and generally well detailed. Application is effective. Evaluation of the humanistic approach is thorough and effective. Minor detail and/or expansion of the argument is sometimes lacking. The answer is clear, coherent and focused. Specialist terminology is used effectively.
3	9 – 12	Knowledge of the humanistic approach is evident but there are occasional inaccuracies/omissions. Application/evaluation of the humanistic approach is mostly effective. The answer is mostly clear and organised but occasionally lacks focus. Specialist terminology is used appropriately.
2	5 – 8	Limited knowledge of the humanistic approach is present. Focus is mainly on description. Any application is of limited effectiveness. Any evaluation is of limited effectiveness. The answer lacks clarity, accuracy and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1 – 4	Knowledge of the humanistic approach is very limited. Application is limited, poorly focused or absent. Evaluation 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:**

- Maslow's hierarchy of needs – motivation to achieve progression through the levels
- Rogers' focus on the concept of self and self-acceptance
- Incongruence between self-concept and ideal self leading to negative feelings of self-worth
- person-centred approach to therapy – client led
- self-actualisation – fulfilling one's potential
- unconditional positive regard rather than setting conditions of worth.

**Possible application:**

- hierarchy of needs: Tatiana requires her mobile phone to meet her safety needs, 'feel safe', love and belonging needs, 'socially isolated without her phone', 'feels good about herself when she receives messages or comments on social media', self-esteem needs, 'low self-esteem' / 'feels good about herself when she receives messages or comments'
- self-actualisation – 'achievement at school'
- conditions of worth linked to feeling the need to text friends and use social media for acceptance and friendship
- incongruence and negative feelings of self-worth applied to 'low self-esteem' / 'feels good about herself when she receives messages or comments' and/or anxiety.

**Possible evaluation:**

- limited application of the humanistic approach due to its abstract concepts
- the humanistic approach is not reductionist which may improve validity
- humanistic approach lacks empirical evidence to support its claims
- consideration of influence eg. counselling, theoretical influence etc.
- discussion regarding whether behaviour is due to free will or environmental factors
- credit use of evidence to discuss the different explanations when made relevant to the stem
- comparison with alternative approaches in terms of evaluation and/or application.

Credit other relevant material.

**Q4.**

Marks for this question: AO1 = 6, AO3 = 10

Level	Marks	Description
4	13 – 16	Knowledge is accurate and generally well detailed. Discussion / evaluation / application is thorough and effective. Other approach used effectively. The answer is clear, coherent and focused. Specialist terminology is used effectively. Minor detail and / or expansion of argument sometimes lacking.
3	9 – 12	Knowledge is evident. There are occasional inaccuracies. Discussion / evaluation / application is apparent and mostly effective. Some use of other approach. The answer is mostly clear and organised. Specialist terminology is mostly used effectively. Lacks focus in places.
2	5 – 8	Some knowledge is present. Focus is mainly on description. Any discussion / evaluation / application is only partly effective. The answer lacks clarity, accuracy and organisation in places. Specialist terminology is used inappropriately on occasions.
1	1 – 4	Knowledge is limited. Discussion / evaluation / application is limited, poorly focused or absent. The answer as a whole lacks clarity, has many inaccuracies and is poorly organised. Specialist terminology either

		absent or inappropriately used.
	0	No relevant content.

Please note that although the content for this mark scheme remains the same, on most mark schemes for the new AQA Specification (Sept 2015 onwards) content appears as a bulleted list.

### **A01**

Marks for relevant knowledge of assumptions of the humanistic approach and concepts. Most likely assumptions and concepts will focus on: concern with individual's subjective view and experience of the world and conscious experience; focus on person-centred approach and uniqueness of the individual; holistic approach; the individual has free will; the individual striving for self-actualisation; scientific methods are inappropriate for the study of human minds; aim of psychology is to help people reach their full potential; concept of self; conditions of worth; unconditional positive regard; client-centred therapy; Q-sort / POI.

### **A03**

Marks for analysis, comparisons with other approaches, evaluation of the approach including its contributions and application of knowledge.

Discussion may focus on comparison with one other approach, though students may well broaden their discussion to include more than one. All approaches are acceptable though the behaviourist approach, with its focus on objectivity, determinism, reductionism and scientific and mechanistic approach, is likely. Students may be stimulated to respond to the claim that the approach has little to offer psychology as part of their discussion. Strengths may cover: promotes a positive image of human beings; optimistic view – person can grow and change throughout life; focus on subjective experience makes a valuable contribution to understanding the individual – more sensitive than scientific methods; persons in control of their lives – largely ignored by other approaches; contributes to psychological theories eg mood disorders; effective in some treatments eg counselling for stressful events – insight and control, milieu therapy. Limitations may include: opposition to scientific approach and implications; use of qualitative techniques; focus on individual, and problem of formulating general laws of behaviour / idiographic approach; vagueness of terms – implications for testing; lack of comprehensiveness; culture-bound values.

Credit use of relevant evidence.