

Chapter-5

Conclusion

Both the fields of literature and psychology aim at understanding and interpreting human behavior and nature. Their ultimate aim is to understand human behavior in order to make the lives of humans better and worth living. Both the fields are same as far as their subject matter and objective is concerned, but they differ on the basis of approach and methodology. Both psychology and literature are concerned with the same subject matter (the human life), and with the same purpose, which is to understand, interpret, predict, and change the human life for the better. Literature looks at the events of human life artistically, whereas psychology looks at it scientifically. Literature is nothing but an artist's impression of human life wherein the writer enjoys all the artistic freedom while depicting human life. On the other hand, psychology analyses and interprets human life from a scientist's approach. It tries to understand and comprehend a human life in the same way a scientist tries to sense the physical world. A psychologist, while predicting and understanding human nature and its intricacies, doesn't enjoy the artistic freedom that an artist does. For a piece of writing to be considered a good literature, the writer must possess an extremely good understanding of human behavior and nature, a good eye for details, an amazing power of expression, and a strong insight into the complexities of a human life. It holds true even for a psychologist who formulates a theory of psychology which gives a profound and insightful understanding of human life and behavior.

Humanistic psychology, as the name suggests, is the psychological domain or the school of thought that entails each and every aspect of a human being and studies a human as a complete being or organism. As a rebellion to previous schools of

thoughts that considered or studied only a few aspects of humans, humanistic psychology has come out as a dignified domain that considers a human as a complete organism and not a sum of its parts. Humanistic psychology does not dissect the several processes of a human being, but works to explain the essence of being a human. The humanists lay down assumptions that show how innately good humans are and how our life circumstances influence or determine our personality. No previous schools of thoughts in psychology have been able to understand the processes of an organism in a humane way. Humanistic psychology understands the innate nature of a human being. It understands how complex the processes of a human can be and that each process cannot be scientifically dissected, but can be wholly understood.

The importance of humanistic psychology is laid in its principles. Firstly, it is the sole and the first domain that understands a human as a whole. Next is the principle of explaining how the behaviors of every individual come into play and change as the life matures. Another is the assumption of seeing humans in a good light by suggesting that innate nature of a human being is always good. Humanistic psychology included theories that understood the essence of being a human. This makes it one of the most important schools of Psychology. Finally, humanists did not treat humans as reactive organisms that react only when the stimulus is present. Instead, they were considered as minds that can think, feel, and act for themselves. Humanists also tried to explain how a particular thinking changes as the environment changes. The difference in environment, the upbringing, and the nurture and nature of a human being makes each individual on this planet a unique one. Humanistic psychology celebrated this uniqueness and laid down principles that will help each human to understand its own behaviors, actions, and personality.

Maslow's 'hierarchy of needs' theory and Rogers' 'theory of self' has been an important milestone in the journey of psychology. In today's world, it is of utter importance that we understand why humans behave the way they do. Every mind is not only different, but also reacts differently in the same situation. It is the task of psychologists to decode how each and every individual will act in a certain circumstance. Humanists have long before decoded the mechanism of a human mind. They have understood how the actions of a person are influenced by his personal needs, desires, and the environment. The needs are explained by Abraham Maslow in his theory of needs and the importance of environment is laid down by Carl Rogers in his theory of 'self.' Combining the two theories leads us to an understanding of a human mind and prediction of human's behavior in future. Both these psychologists have remained pioneers in the history of psychology, as they have successfully explained the needs, desires, emotions, feelings, and actions of a human being. It goes without saying that understanding a human being in today's world holds one of the topmost priorities in the field of science.

Humanistic psychology has created two pioneers who have laid down the foundation of how humans function. Maslow's 'hierarchy of needs' theory and Rogers' 'theory of self' has clearly explained and depicted how the motivations lie in a personality, how the emotions develop, and how a behavior is structured. Both these theories work in relation to one another. They are two entirely self-sufficient theories, but a combination of both can give us great insights into personalities and behaviors of a human being. These theories can also determine the life course of a person or predict radical and important behavioral patterns. The foundations laid by both the theories can explain why a human becomes the way he is. These two theories and

humanistic psychology in general is a paramount domain of psychology aimed at understanding human beings.

This research work is based on three different characters that had different lifestyles and upbringing, and a correlation is formed between the three, explaining how humanistic psychology is universal and a parameter for depicting and predicting personality.

Rusty's character gives the readers a strong understanding of how healthy conditioning and environment during childhood can pave the way for a healthy adulthood and consciousness. Rusty had a beautiful childhood, but a very hard adulthood. He lost people and friends, his own self-esteem and consciousness, but all his life actions and experiences stemmed from what he learned during his childhood days. His grandparents gave him stability right from the very beginning, which helped him throughout his life. Also, Rusty's character simplifies Rogers' 'theory of self' where Rogers focuses a lot on positive healthy regard in childhood. From Rusty, one can learn the importance of a healthy childhood and how that paves the way for a mature adulthood.

The second character, Amir, had a slightly different lifestyle from that of Rusty. He was well-off and led a luxurious life, but lacked unconditional positive regard from his father. That lack created a void in his life and everything that followed later in his life was a direct result of his conditioning in childhood. Each and every motivation, in the order laid down by Maslow, arises from within him because of his childhood. His actions against Hassan, his need for approval from his father, and his ignorance towards the suffering of Hassan, are all because of poor positive regard in his childhood. Also, for the rest of Amir's life, he tries to fight off the guilt that stemmed from his actions in his childhood. He grew up to be an individual who

changed his ways and stood up for Hassan's child and all this happened because he felt the need and motivation to do something right in life. And as humanists always say, the basic nature of a person is good and he will always walk in the direction of being the best version of himself. So, even if Amir's actions were contradictory to his conscious nature, they were in alignment to his innate nature as a human being.

The third character is Stephen Dedalus. Stephen's character and personality is very different from the first two characters, as he didn't have a healthy childhood. His childhood did not fulfill his most basic needs. His life story is a journey to self-actualization. He goes through series of experiences and those experiences affect him directly and change him till the point where he feels mature enough to take decisions for himself. Stephen's account of his life has been dealt in detail. It has been observed that every step he took, or every psychological thought or emotion that emerged in him, was a direct result of his environment. Sometimes, he reacted actively and sometimes passively unlike the other two characters. Ultimately, Stephen manages to find his route, his path that leads him straight towards self-actualization.

Everything that has been discussed and researched till now points in the direction of proving how accurate humanists have been in their works. They have beautifully laid down the functioning of a human being and explained how those fundamentals rule and direct one's life. By critically analyzing the works of humanists, one can very easily understand the nature of a human being, the reasons behind his actions, predict the nature of his motivations, and help him steer in the direction of fulfillment. The concepts of humanism guide the individuals to live an organized life. It not only provides guidelines for therapists and practitioners, but also for people of all walks of life who can use this knowledge to understand their own self and their own functioning.

After having analyzed the three characters on the basis of two major theories of humanistic psychology, the importance of humanistic psychology cannot be denied. In the field of science, one needs to keep almost all the variables same so as to get the desired results, but the humanists have devised theories that stay true for all kinds of individuals irrespective of the different variables that pertain to their lives. The combination of the two theories shows how these theories are true for varied kinds of personalities. These theories stand true in different environmental and physical conditions. These theories together have explained the emergence of personality of each individual on this planet. No matter how different each individual is, the humanistic psychology stands relevant.

The characters chosen for this research come from varied backgrounds and have astonishing differences in their thought processes and upbringing. By applying the theories of humanistic psychology, it is easy to understand their actions, behaviors, and their personality types. Adequate reasons were given for their ongoing dispositions and their future actions. Having a theory that is proved right in different circumstances is an achievement in itself. After having analyzed the three different characters, one can deduce that every human mind is governed by a set of principles and the personality traits stem out of the combination of these theories. Every mind can be understood by applying these theories. It serves as a powerful tool in today's world. Once a person is able to understand this on a massive scale, he can use this knowledge to steer humanity in a positive direction and help more and more individuals reach their highest potential or help them self-actualize.