Mixed Method Study of Individuals (N=45) on Self-Actualizing

by Kyana Perraglio

NORTHERN NEW MEXICO COLLEGE
DEPARTMENT OF B.A.S.I. PSYCHOLOGY

Abstract

Humans struggle. Struggles create anxieties that can either tear a person down or mold personalities of wholeness. Becoming self-actualized means developing a personality of wholeness. It is said to reach this wholeness we need to go through different anxieties.

Statement of the Problem

Self-actualization is one step in developing a “enlightened maturity” personality, which means being able to achieve goals, accept oneself, and self-assess in a positive realistic way. It appears going through struggles and feeling anxiety plays a large role in this process of personality. This is useful for people who have trouble living a fulfilling life or those who deal with any anxieties and struggles.

Theory

This type continual process of growth is more easily achieved when humans are put through stressful situations (Maslow) like raising children, dealing with old age, drug use and becoming sober or even experiencing death, loss, and grieving. This mixed methods study closely looks at how anxiety affects a person while in the process of climbing the personality ladder.

Hypotheses

• How anxiety effects individuals self-actualization
• What does it mean to be self actualized?
• Are there differences between genders, races, and relationship statuses and how this may affect the outcome
• How can anxiety affect someone? Is anxiety a bad thing for humans?
• Null: anxiety helps people reach self-actualization

Data Collection & Methods

Table 1a shows the sample: N=38, with 31.58% males and 68.42% females. 50% of the males were aged 18-20, 33.33% were 21-29, and 16.67 were ages 30-39.

Quantitative Table 1a:

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-20</td>
<td>15</td>
<td>19</td>
</tr>
<tr>
<td>21-29</td>
<td>13</td>
<td>18</td>
</tr>
<tr>
<td>30-39</td>
<td>5</td>
<td>15</td>
</tr>
</tbody>
</table>

Table 2 shows results of a qualitative sample in which seven face-to-face interviews were conducted. Of those interviews four were female and three were male. I had two females in their 50’s another in her 40s and lastly one in her 30s. I had a male in his 50’s one in his 30’s and another in his 20. These individuals had all very different occupations although that was not a main focus of this research.

Qualitative Table

The quantitative table below displays the responses to the independent variable which measures participant’s anxiety within the past few months. The instrument used to measure was a Likert scale ranging from one to five. One being not at all and five being very severely.

Quantitative Table

<table>
<thead>
<tr>
<th>Question</th>
<th>Participant 1</th>
<th>Participant 2</th>
<th>Participant 3</th>
<th>Participant 4</th>
<th>Participant 5</th>
<th>Participant 6</th>
<th>Participant 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Question 1: Understanding</td>
<td>3</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>Question 2: Anxiety</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Question 3: Individually</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Question 4: Personalities</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Question 5: Decisions</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

Data Analysis & Findings

The tables show what I felt like were the most important questions when it came to self-actualizing.

Conclusions

The quantitative and qualitative data gathered shows what participants mentioned during their surveys and their interviews when asked questions about Self-Actualizing. These tables were reviewed and analyzed to get results shown. All the participants answered every question openly and honestly. All participants were either filmed or audio recorded.

My data supports the theory of Maslow? Or suggests that his hierarchy isn’t determinative in steps, but rather participant’s responses seem to suggest the idea that going through struggles and feeling anxiety, helps an individual reach critical self-actualization stages and we are who we are because of the situations we go through. Also that these stresses are a good for us and they actually build us up in the end towards self-actualization. Last, it seemed to the researcher that age had an effect, which should be explored further in future research.

Acknowledgements

A special thanks to all who participated in this research, along with the help of Stephanie Ameno-Macquere, Pamela Laperev, Pam Piccolo and David Lindblom

References


Ethics

To ensure confidentiality several steps were taken to keep all information I attained private. Step included ensuring participants understood this was to be used for educational reasons, participants interviews and surveys were kept private, including all information provided. All participants signed or understood instructions on their participation in the research.

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