

Alfred Adler (engleski)

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I would like to introduce Alfred Adler by talking about someone Adler never knew: Theodore Roosevelt. Born to Martha and Theodore Senior in Manhattan on October 27, 1858, he was said to be a particularly beautiful baby who needed no help entering his new world. His parents were strong, intelligent, handsome, and quite well-to-do. It should have been an idyllic childhood.

But "Teedie," as he was called, was not as healthy as he first appeared. He had severe asthma, and tended to catch colds easily, develop coughs and fevers, and suffer from nausea and diarrhea. He was small and thin. His voice was reedy, and remained so even in adulthood. He became malnourished and was often forced by his asthma to sleep sitting up in chairs. Several times, he came dangerously close to dying from lack of oxygen.

Not to paint too negative a picture, Teedie was an active boy -- some would say over-active -- and had a fantastic personality. He was full of curiosity about nature and would lead expeditions of cousins to find mice, squirrels, snakes, frogs, and anything else that could be dissected or pickled. His repeated confinement when his asthma flared up turned him to books, which he devoured throughout his life. He may have been sickly, but he certainly had a desire to live!

After traveling through Europe with his family, his health became worse. He had grown taller but no more muscular. Finally, with encouragement from the family doctor, Roosevelt Senior encouraged the boy, now twelve, to begin lifting weights. Like anything else he tackled, he did this enthusiastically. He got healthier, and for the first time in his life got through a whole month without an attack of asthma.

When he was thirteen, he became aware of another defect of his: When he found that he couldn't hit anything with the rifle his father had given him. When friends read a billboard to him -- he didn't realize it had writing on it -- it was discovered that he was terribly nearsighted!

In the same year, he was sent off to the country on his own after a bad attack of asthma. On the way, he was waylaid by a couple of other boys his own age. He found that not only couldn't he defend himself, he couldn't even lay a hand on them. He later announced to his father his intention to learn to box. By the time he went to Harvard, he was not only a healthier Teddy Roosevelt, but was a regular winner of a variety of athletic contests.

How is it that someone so sickly should become so healthy, vigorous, and successful? Why is it that some children, sickly or not, thrive, while others wither away? Is the drive that Roosevelt had peculiar to him, or is it something that lies in each of us? These kinds of questions intrigued a young Viennese physician named Alfred Adler, and led him to develop his theory, called Individual Psychology.

**----- OSTATAK TEKSTA NIJE PRIKAZAN. CEO RAD MOŽETE
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