

*An Experimental Study on the Self-Actualizing Effects of Psychosynthesis as Measured
by the Personal Orientation Inventory*

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Abstract

This qualitative experimental study tested the self-actualizing effects of psychosynthesis in a pre-test post-test control group design. The sample consisted of 36 subjects from the general population who were demographic variables and assigned to either the control or experimental groups. The pre-test to post-test scores for the psychosynthesis group showed significant increases in three of the 12 POI scales, Other-Direction, Self-Acceptance, and Capacity for Intimate Contact. The comparisons between post-test scores of the control and psychosynthesis groups yielded no significant differences.