

Dissertation Title: Rollo May on the Concept of ‘Existence’ as a New Dimension of Psychology to Enrich Mental Health

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Abstract

Many existential therapists avoid pain and choice in the world rather than face them, and this avoidance suggests methodological questions about how existential therapy should proceed. American existential therapist Rollo May addressed such questions when he argued in his ‘concept of existence’ that we cope and eventually deal with loneliness and anxiety through our own choices and responsibilities. In ‘Rollo May on the concept of existence as a new dimension of psychology to enrich mental health’ of life challenging by anxiety, the researcher assesses and partially endorses May’s own terms through a critical analysis of May’s contribution by true religion. This analysis begins with a look at human essence being in their existence for understanding the ‘whole’ person. After defining May’s existence theory, the researcher focuses upon the purpose of his ‘true religion’, in that to enhance the ultimate meaning of individual purpose ‘as a whole’ is to enrich mental health. Finally, his new dimension is concluded by discussing how religion, offered in this dissertation, is essential for a healthy personality.