Very few people achieve self-actualisation, the criteria in order to meet

it is set very

high

Colin lacks 2 criteria for ideal mental health, however Ingrid lacks 4 characteristics. Are they both considered abnormal?

***Individualistic:*** *Cultures that place their emphasis on personal achievement*

***Collectivist:*** *Cultures that strive for the greater good of the community.*

*Which culture would be seen as abnormal according to Jahoda’s criteria?*