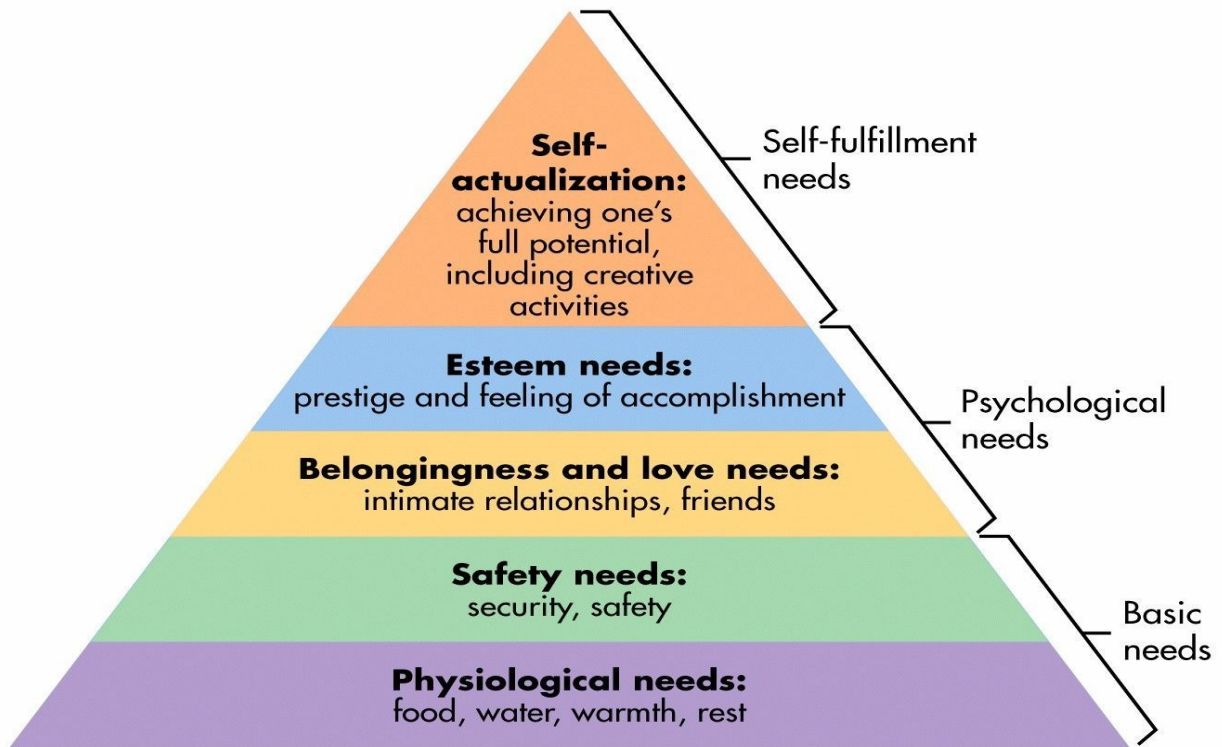


# Maslow's hierarchy of needs

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**Maslow's hierarchy of needs** is a theory in psychology proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation" in *Psychological Review*. There is little scientific basis to the theory: Maslow himself noted this criticism. Maslow subsequently extended the idea to include his observations of humans' innate curiosity. His theories parallel many other theories of human developmental psychology, some of which focus on describing the stages of growth in humans. He then created a classification system which reflected the universal needs of society as its base and then proceeded to more acquired emotions. Maslow's hierarchy of needs is used to study how humans intrinsically partake in behavioral motivation. Maslow used the terms "physiological", "safety", "belonging and love", "social needs" or "esteem", and "self-actualization" to describe the pattern through which human motivations generally move. This means that in order for motivation to arise at the next stage, each stage must be satisfied within the individual themselves. Additionally, this theory is a main base in knowing how effort and motivation are correlated when discussing human behavior. Each of these individual levels contains a certain amount of internal sensation that must be met in order for an individual to complete their hierarchy. The goal in Maslow's theory is to attain the fifth level or stage: self-actualization.



## Physiological needs

The physiological need is a concept that was derived to explain and cultivate the foundation for motivation. This concept is the main physical requirement for human survival. This means that physiological needs are universal human needs. Physiological needs are considered in internal motivation according to Maslow's hierarchy of needs. This theory states that humans are compelled to fulfill these physiological needs first to pursue intrinsic satisfaction on a higher level. If these needs are not achieved, it leads to an increase in displeasure within an individual. In return, when individuals feel this increase in displeasure, the motivation to decrease these discrepancies increases. Physiological needs can be defined as both traits and a state. Physiological needs as traits allude to long-term, unchanging demands that are required of basic human life. Physiological needs as a state allude to the unpleasant decrease in pleasure and the increase for an incentive to fulfill a necessity. To pursue intrinsic motivation higher up Maslow's hierarchy, Physiological needs must be met first. This means that if a human is struggling to meet their physiological needs, then they are unlikely to intrinsically pursue safety, belongingness, esteem, and self-actualization.

Physiological needs include:

- Homeostasis
- Health
- Food and water
- Sleep
- Clothes
- Shelter

## **Safety needs**

Once a person's physiological needs are relatively satisfied, their safety needs to take precedence and dominate behavior. In the absence of physical safety – due to war, natural disaster, family violence, childhood abuse, etc. in the absence of economic safety – (due to an economic crisis and lack of work opportunities) these safety needs manifest themselves in ways such as a preference for job security, grievance procedures for protecting the individual from unilateral authority, savings accounts, insurance policies, disability accommodations, etc. This level is more likely to predominate in children as they generally have a greater need to feel safe. It includes shelter, job security, health, and safe environments. If a person does not feel safe in an environment, they will seek safety before attempting to meet any higher level of survival.

Safety and Security needs include:

- Personal security
- Emotional security
- Financial security
- Health and well-being
- Against accidents/illness

## **Social belonging**

After physiological and safety needs are fulfilled, the third level of human needs is interpersonal and involves feelings of belongingness. According to Maslow, humans possess an effective need for a sense of belonging and acceptance among social groups, regardless of whether these groups are large or small. For example, some large social groups may include clubs, co-workers, religious groups, professional organizations, sports teams, gangs, and online communities. Some examples of small social connections include family members, intimate partners, mentors, colleagues, and

confidants. Humans need to love and be loved – both sexually and non-sexually – by others. Many people become susceptible to loneliness, social anxiety, and clinical depression in the absence of this love or belonging element. This need is especially strong in childhood and it can override the need for safety as witnessed in children who cling to abusive parents. Deficiencies due to hospitalism, neglect, shunning, ostracism, etc. can adversely affect the individual's ability to form and maintain emotionally significant relationships in general.

Social Belonging needs include:

- Friendships
- Intimacy
- Family

This need for belonging may overcome the physiological and security needs, depending on the strength of the peer pressure. In contrast, for some individuals, the need for self-esteem is more important than the need for belonging; and for others, the need for creative fulfillment may supersede even the most basic needs.

## **Self-esteem**

Esteem needs are ego needs or status needs. People develop a concern with getting recognition, status, importance, and respect from others. Most humans need to feel respected; this includes the need to have self-esteem and self-respect. Esteem presents the typical human desire to be accepted and valued by others. People often engage in a profession or hobby to gain recognition. These activities give the person a sense of contribution or value. Low self-esteem or an inferiority complex may result from imbalances during this level in the hierarchy. People with low self-esteem often need respect from others; they may feel the need to seek fame or glory. However, fame or glory will not help the person to build their self-esteem until they accept who they are internal. Psychological imbalances such as depression can distract the person from obtaining a higher level of self-esteem.

Most people have a need for stable self-respect and self-esteem. Maslow noted two versions of esteem needs: a "lower" version and a "higher" version. The "lower" version of esteem is the need for respect from others and may include a need for status, recognition, fame, prestige, and attention. The "higher" version manifests itself as the need for self-respect, and can include a need for strength, competence, mastery, self-confidence, independence, and freedom. This "higher" version

takes guidelines, the "hierarchies are interrelated rather than sharply separated". This means that esteem and the subsequent levels are not strictly separated; instead, the levels are closely related.

## **Self-actualization**

"What a man can be, he must be." This quotation forms the basis of the perceived need for self-actualization. This level of need refers to the realization of one's full potential. Maslow describes this as the desire to accomplish everything that one can, to become the most that one can be. People may have a strong, particular desire to become an ideal parent, succeed athletically, or create paintings, pictures, or inventions. To understand this level of need, a person must not only succeed in the previous needs but master them. Self-actualization can be described as a value-based system when discussing its role in motivation. Self-actualization is understood as the goal or explicit motive, and the previous stages in Maslow's Hierarchy fall in line to become the step-by-step process by which self-actualization is achievable; an explicit motive is the objective of a reward-based system that is used to intrinsically drive completion of certain values or goals. Individuals who are motivated to pursue this goal seek and understand how their needs, relationships, and sense of self are expressed through their behavior. Self-actualization can include.

- Partner Acquisition
- Parenting
- Utilizing & Developing Talents & Abilities
- Pursuing goals