

Maslow's Hierarchy of Needs

Maslow's hierarchy of needs is a motivational theory in psychology that explains the five different levels of human needs. The hierarchy goes from the most basic to the most advanced needs. The ultimate goal is to reach the highest level of the hierarchy, which is self-actualization.



The following are the five levels of hierarchy explained:

(1) Physiological Needs:

Physiological needs are the most basic of Maslow's hierarchy. These are the essentials people need for physical survival. Examples include air, food, drink, shelter, clothing, warmth, sleep, and health.

If a person fails to meet these needs, his body will not be able to function properly. Physiological needs are considered the most essential because other needs cannot be met until the physiological needs are fulfilled. The motivation at this level comes from a person's instinct to survive.

(2) Security and Safety Needs:

Once the physiological needs are met, the person needs a safe and secure environment. These needs also involve the desire for order, predictability, and control. Examples of safety needs include emotional security, financial security (social welfare and employment), law and order, social stability, freedom from fear, health, and well-being.

Finding a job, obtaining health insurance and health care, contributing money to a savings account, and moving to a safer neighborhood are all examples of actions motivated by security and safety needs.

(3) Love and Belonging Needs:

This is the third level in Maslow's hierarchy of needs. It involves the need to feel a sense of belonging and acceptance. It's motivated by the natural instinct of humans to interact. This hierarchy level involves romantic relationships and connections to family and friends. It also includes the need to feel that you belong to a social group. In addition,

this need includes feeling loved and feeling love toward others. If a person fails to meet these needs, they may feel lonely and depressed.

In order to avoid loneliness, depression, and anxiety, it is important for people to feel loved and accepted by others. Personal relationships with friends, family, and lovers play an important role, as does involvement in groups—such as religious groups, sports teams, book clubs, and other group activities.

(4) Esteem Needs:

At the fourth level in Maslow's hierarchy is the need for appreciation and respect. Once the needs at the bottom three levels have been satisfied, the esteem needs begin to play a more major role in motivating behavior.

At this level, it becomes increasingly important to gain the respect and appreciation of others. In addition to the need for feelings of accomplishment and prestige.

When individual's esteem needs are not met, he may feel unimportant, less confident, unprotected, and incompetent. People who are able to satisfy esteem needs by achieving good self-esteem and the recognition of others tend to feel confident in their abilities. Conversely, those who lack self-esteem and the respect of others can develop feelings of inferiority.

(5) Self-actualization needs:

At the very peak of Maslow's hierarchy are the self-actualization needs. Self-actualizing people are self-aware, concerned with personal growth, less concerned with the opinions of others, and interested in fulfilling their potential.

Self-actualization can be described as the full use of talents, capabilities, potentialities, etc. Such people seem to be fulfilling themselves and to be doing the best that they are capable of doing. They are people who have developed or are developing to the full stature of which they capable.

According to Maslow, this need can only be met once all of the other needs are satisfied. Thus, it comes after physiological needs, safety needs, the need for love and belonging, and esteem needs.

Maslow's hierarchy of needs is often displayed as a pyramid. The lowest levels of the pyramid of needs are made up of the most basic needs while the most complex needs are at the top.

Once lower-level needs have been met, people can move on to the next level of needs. As people progress up the pyramid, needs become increasingly psychological and social.

At the top of the pyramid, the need for personal esteem and feelings of accomplishment take priority. Maslow emphasized the importance of self-actualization, which is a process of growing and achieving individual potential.

Maslow's hierarchy of needs can be separated into two types of needs; deficiency needs and growth needs:

Deficiency needs: Physiological, security, social, and esteem needs are deficiency needs, which arise due to deprivation. Satisfying these lower-level needs is important to avoid unpleasant feelings or consequences.

Growth needs: Maslow called the needs at the top of the pyramid growth needs. These needs don't stem from a lack of something, but rather from a desire to grow as a person.

While the theory is generally portrayed as a fairly rigid hierarchy, Maslow noted that the order in which these needs are fulfilled does not always follow this standard progression.

For example, he noted that for some individuals, the need for self-esteem is more important than the need for love. For others, the need for creative fulfillment may supersede even the most basic needs.