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Hierarchy of needs chart maslow pdf

Maslow's Hierarchy of Needs theory in psychology, represented as a pyramid with the most basic needs at the bottom[1] 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. [2] There is little scientific basis for the theory: Maslow himself noted this criticism. Maslow later extended the idea to include his observations of the innate curiosity of humans. 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 that reflected the universal needs of society as a basis and then proceeded to more acquired emotions. [3] Maslow's hierarchy of needs is used to study how humans inherently participate in behavioral motivation. Maslow used the terms physiological, security, belonging and love, social necessity or esteem and self-assessment to describe the model through which human motivations generally move. This means that for motivation to occur at the next stage, each stage must be satisfied within the individual himself. In addition, this theory is a main basis in knowing how effort and motivation are related when discussing human behavior. Each of these individual levels contains a certain amount of internal feeling that needs to be satisfied so that an individual completes their hierarchy. [3] The goal in Maslow's theory is to reach the fifth level or phase: self-actualization. [4] Maslow's theory was fully expressed in his 1954 book Motivation and Personality. [5] Hierarchy remains a very popular framework in sociology research, management training[6] and secondary and higher psychology education. Maslow's classification hierarchy has been revised over time. The original hierarchy states that a lower level must be fully satisfied and satisfied before moving to a higher task. However, today scholars prefer to think of these levels as continually overlapping with each other. This means that the lower levels can take precedence over the other levels at any time. [3] Maslow's theory emerged and she was informed by her work with Blackfeet Nation through conversations with the elders and inspired by the form and meaning of blackfoot types. However, Maslow's theory has been criticized for misrepresenting Blackfoot's worldview, which instead places self-actualization as the basis for the actualization of the community and the actualization of the community as the basis for cultural perpetuity, the latter of which exists at the top of blackfoot philosophy. [7] The illustration of the hierarchy as a dynamic hierarchy of needs with overlaps of different needs at the same time Maslow's hierarchy of needs is often depicted in the form of a pyramid with the greatest and most fundamental needs at the bottom and the need for self-actualization and transcendence at the top. In other words, the theory is the most common needs of individuals must be met before they are motivated to reach higher level needs. [1] However, it has been pointed out that, although the ideas behind the hierarchy are Maslow's, the pyramid itself does not exist anywhere in Maslow's original work. [10] The four fundamental layers of the pyramid contain what Maslow called the need for deficiency or necessity: esteem, friendship and love, security, and physical needs. If these deficiency needs are not met – except for the most fundamental (physiological) need – there can be no physical indication, but the individual will feel anxious and tense. Maslow's theory suggests that the most basic level of needs must be met before the individual strongly desires (or concentrates motivation) on secondary or higher needs. Maslow also typed the term metamotivation to describe the motivation of people who go beyond the reach of basic needs and strive to constantly improve. The human brain is a complex system and has parallel processes running at the same time, so many motivations other than various levels of the Maslow hierarchy can occur at the same time. Maslow spoke clearly about these levels and their satisfaction in terms such as relative, general and mainly. Instead of stating that the individual focuses on a certain need at any given time, Maslow stated that a certain need dominates the human organism. [5] Thus Maslow recognized the likelihood that different levels of motivation could occur at any time in the human mind, but focused on identifying the types of basic motivation and the order in which they would tend to be satisfied. [12] Physiological needs Physiological need is a concept that has been derived to explain and cultivate the basis 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 forced to meet these physiological needs before pursuing intrinsic satisfaction at a higher level. [3] If these needs are not met, this 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. [3] Physiological needs can be defined as both traits and a state. [3] Physiological needs such as traits allude to unchanged long-term demands that are required by basic human life. Physiological needs as a state allude to the unpleasant decrease in pleasure and the increase for an incentive to meet a [3] To pursue intrinsic motivation higher up in Maslow's hierarchy, physiological needs must be met first. This means that if a human being is struggling to meet their physiological needs, they are unlikely to intrinsically pursue safety, belonging, esteem, and self-assessment. Physiological physiological include: Clean Air and Oxygen Omeostasis Health Food and Water Sleep Clothes Shelter[13] Safety needs Once a person's physiological needs are relatively met, their safety must take precedence and dominate behavior. In the absence of physical security – due to wars, natural disasters, family violence, child abuse, etc. in the absence of economic security – (due to an economic crisis and lack of job opportunities) these security needs are manifested in ways such as preference for job security, grievance procedures to protect the individual from unilateral authorities, savings accounts, insurance policies, disability housing, etc. This level is more likely to predomi dominate in children as they generally have a greater need to feel safe. 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 satisfy any higher level of survival. Safety and safety needs include: Personal safety Emotional security Financial security Health and well-being against accidents/illness Social belonging After physiological and safety needs are met, the third level of human needs is interpersonal and involves feelings of belonging. According to Maslow, humans possess an affective 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, colleagues, religious groups, professional organizations, sports teams, gangs, and online communities. Some examples of small social ties include family members, close partners, mentors, colleagues, and confidants. Humans need to love and be loved – both sexually and not sexually – by others. Many people become susceptible to loneliness, social anxiety and clinical depression in the absence of this element of love or belonging. This need is particularly strong in childhood and can prevail over the need for safety as witnessed in children clinging to abusive parents. Deficiencies due to hospitalization, neglect, avoidance, ostracism, etc. can adversely affect the ability of the individual to form and maintain emotionally significant relationships in general. Social belonging needs include: Friendships Intimacy Family This need for belonging can exceed physiological and safety needs, depending on the strength of peer pressure. On the contrary, for some individuals, the need for self-esteem is more important than the need for belonging; and for others, the need for creative fulfilment can only meet the most basic needs. [14] The needs of self-esteem are ego needs or status needs. People develop a concern for recognition, status, importance and respect from others. Most human beings 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 to get recognition. [quote required] These activities give the person a sense of contribution or value. Low self-esteem or inferiority complex can 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 build their self-esteem until they accept who they are internally. Psychological imbalances such as depression can distract the person from achieving a higher level of self-esteem. Most people need stable self-respect and self-esteem. Maslow noticed two versions of estimation requirements: a lower version and a higher version. The lower version of the estimate is the need for respect from others and may include the need for status, recognition, fame, prestige, and attention. The higher version manifests itself as the need for self-respect, and may include the need for strength, competence,[3] mastery, self-confidence, independence, and freedom. This higher version takes guidelines, hierarchies are interconnected rather than sharply separated. This means that the estimate and subsequent levels are not strictly separated; instead, levels are closely related. Self-actualization Main article: Self-actualization What a man can be, must be. [5]:91 This citation forms the basis of the perceived need for self-assessment. This level of need refers to the realisation of full potential. Maslow describes this as the desire to accomplish everything you can, to become as much as you can be. [5]:92 People may have a strong, particular desire to become an ideal parent, succeed athletically, or create paintings, images, or inventions. [5]:93 To understand this level of need, a person must not only succeed in previous needs, but master them. Self-actualization can be described as a value-based system when discussing its role in motivation. Self-realization is understood as the explicit goal or motive, and the previous phases of the Maslow Hierarchy align to become the step-by-step process through which self-realization is achievable; an explicit reason is the goal of a reward-based system that is used to intrinsically guide the completion of certain values or objectives. [3] 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-discounting can include:[3] Partner Acquisition Parenting Using & Developing Talents & Abilities Pursuing goals Transcendence Articles Transcendence (philosophy), Transcendence (religion) and Self-transcendence In his later years, Abraham Maslow explored a further dimension of motivation, criticizing his original vision of self-actualization. [15] [16] [17] [18] With this later theory, one finds the fullest realization in giving himself to something beyond oneself, for example, in altruism or spirituality. He equated this with the to reach infinity. [19] Transcendence refers to the highest and most inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than means, to themselves, significant others, humans in general, other species, nature, and the cosmos. [20] Critical Although recent research seems to validate the existence of universal human needs, maslow's proposed hierarchy is questioned. [21] Unlike most scientific theories, Maslow's hierarchy of needs has a widespread influence outside academia. As Uriel Abulof argues, The continuous resonance of Maslow's theory in the popular imagination, however unsophent it may seem, is perhaps the single most significant evidence of its meaning: it explains human nature as something that most humans immediately recognize in themselves and others. [23] However, from an academic point of view, Maslow's theory is strongly contested. The Maslow methodology studied what he called the main race of people like Albert Einstein, Jane Addams, Eleanor Roosevelt, and Frederick Douglass rather than mentally ill or neurotic people, writing that the study of crippled, disloyal, immature, and unhealthy specimens can produce only crippled psychology and crippling philosophy. [5] Maslow studied the healthiest 1% of the university student population. [24] Ranking Global ranking In their extensive review of research based on Maslow's theory, Wahba and Bridwell found little evidence for the classification of needs that Maslow described or for the existence of a hierarchy defined at all. [25] The order in which the hierarchy is organized has been criticized as etocentric by Geert Hofstede. [26] In turn, Hofstede's work has been criticized by others. [27] Maslow's hierarchy of needs fails to illustrate and expand the difference between the social and intellectual needs of those raised in individualistic societies and those raised in collectivist societies. The needs and units of those in individualistic societies tend to be more egocentric than those of collectivist societies, focusing on self-improvement, with self-actualization being the pinnacle of self-improvement. In collectivist societies, the needs of acceptance and community will outwe meet the needs of freedom and individuality. [28] Sex ranking The position and value of sex on the pyramid has also been a source of criticism regarding Maslow's hierarchy. Maslow's hierarchy places sex in the category of physiological needs along with food and breathing; lists sex only from an individualistic perspective. For example, sex is placed with other physiological needs that need to be met before a person considers higher levels of motivation. Some believe that this positioning of sex overlooks the emotional, family and evolutionary implications of sex within the community, although others point out that this is true for all fundamental needs. [29] [30] Changes to hierarchy according to circumstances The higher order (self-esteem self-actualization) and lower order (physiological, security, and love) needs classification of Maslow's hierarchy of needs is not universal and may vary between cultures due to individual differences and the availability of resources in the region or geopolitical entity/country. In a study,[31] exploratory factor analysis (EFA) of a scale of thirteen elements showed that there were two particularly important levels of needs in the United States during the peace period from 1993 to 1994: survival (physiological and safety) and psychological (love, self-esteem, and self-actualization). In 1991, during the Persian Gulf War, a retrospective peacetime measure was instituted and collected, and US citizens were asked to remember the importance of the previous year's needs. Once again, only two levels of need have been identified; therefore, people have the ability and competence to remember and estimate the importance of needs. For citizens of the Middle East (Egypt and Saudi Arabia), three levels of need for importance and satisfaction emerged in the period 1990. These three levels were completely different from those of U.S. citizens. Changes in the importance and satisfaction of needs from retrospective peacetime to wartime due to stress varied significantly between cultures (the United States versus the Middle East). For U.S. citizens, there was only one level of need since all needs were considered equally important. As for meeting needs during the war, there were three levels in the United States: physiological needs, security needs, and psychological needs (social, self-esteem, and self-actualization). During the war, the satisfaction of physiological needs and security needs was divided into two independent needs, while during peacetime, they were combined as one. For the people of the Middle East, the satisfaction of needs changed from three levels to two during the war. [32] A 1981 study examined how Maslow's hierarchy could vary from one age group to another. [34] A survey asked participants of different ages to rate a number of some of the most important and least important statements. The researchers found that children had higher physical need scores than other groups, the need for love emerged from childhood to young adulthood, the need for esteem was higher among the adolescent group, young adults had the highest level of self-updating, and old age had the highest level of safety, it was necessary at all levels comparably. The authors argued that this suggests that the Maslow hierarchy may be limited as a theory for the sequence of development the sequence of the need for love and the need for self-esteem should be reversed according to age. Definition of the terms Self-actualization The term self-actualization cannot universally convey Maslow's observations; this motivation refers to focusing on becoming the best person who can eventually fight for the service of both the self and others. [5] [necessary non-primary origin] Maslow Maslow's term self-discount they do not adequately portray the full extent of this level; very often, when a person is at the level of self-actualization, much of what he achieves in general can benefit others, or the greater good. [Original search?] Human or non-human needs Abulof argue that while Maslow emphasizes that the theory of motivation must be anthropocentric rather than animalcentric, he a largely animalistic hierarchy, crowned by a human edge: The superior nature of man rests on the inferior nature of man, who needs it as the foundation and collapses without this foundation... Our divine qualities rest and need our animal qualities. Abulof notes that all animals seek survival and safety, and many animals, especially mammals, also invest efforts to belong and gain esteem... The first four of Maslow's five classic runes have nothing exceptionally human. [35] Even when it comes to self-actualization, Abulof argues, it is unclear how distinctly human the actualization of the self is. After all, the latter, according to Maslow, constitutes an inner nucleus, more biological, more instinctive than human nature, so the search for one's intrinsic and authentic values controls human freedom of choice: A musician must make music, so freedom is limited to the simple choice of instrument. [35] See also the ERG theory, which expands further and explains Maslow's theory The First World problem reflects on trivial concerns in the context of more pressing needs. Fundamental human needs, model by Manfred Max-Neef Functional prerequisites Human data, a theory in psychotherapy that offers descriptions of the nature, needs and innate attributes of humans Need theory, model by David McClelland Theory of positive self-determination, Edward L. Deci and Richard Ryan model

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