**MASLOW'S SELF-ACTUALIZATION THEORY**

**Degree Course (Three Years)**

**Psychology Honours**

**B. A. Part– II Honours Paper IV: Systems of Psychology**

**Unit 3**

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Abraham Harold Maslow was born April 1, 1908 in Brooklyn, New York. Maslow was a psychologist who studied the lives and activities of individuals that he found considered them to be “successful and productive”. Motivate the people to utilize their all abilities to do something is called Self- Actualization.

Maslow took this idea and created his now famous **hierarchy of needs**. Beyond the details of air, water, food, and sex, he laid out five broader layers:  the physiological needs, the needs for safety and security, the needs for love and belonging, the needs for esteem, and the need to actualize the self, in that order.

This theory indicates that there are 5 levels of needs. All these needs are arranged in a hierarchy. The physiological and security needs are finite but the needs of higher order are infinite and are likely to be dominant in persons at higher levels in the organization. Maslow suggests that various levels are interdependent and overlapping.

 

1.  **The physiological needs**.  These include the needs we have for oxygen, water, protein, salt, sugar, calcium, and other minerals and vitamins.  They also include the need to maintain a pH balance (getting too acidic or base will kill you) and temperature (98.6 or near to it).  Also, there’s the needs to be active, to rest, to sleep, to get rid of wastes (CO2, sweat, urine, and feces), to avoid pain, and to have sex.  Quite a collection!

Maslow believed, and research supports him, that these are in fact individual needs, and that a lack of, say, vitamin C, will lead to a very specific hunger for things which have in the past provided that vitamin C -- e.g. orange juice.  I guess the cravings that some pregnant women have, and the way in which babies eat the most foul-tasting baby food, support the idea anecdotally.

2.  **The safety and security needs**.  When the physiological needs are largely taken care of, this second layer of needs comes into play.  You will become increasingly interested in finding safe circumstances, stability, protection.  You might develop a need for structure, for order, some limits.

Looking at it negatively, you become concerned, not with needs like hunger and thirst, but with your fears and anxieties.  In the ordinary American adult, this set of needs manifest themselves in the form of our urges to have a home in a safe neighborhood, a little job security and a nest egg, a good retirement plan and a bit of insurance, and so on.

3.  **The love and belonging needs**.  When physiological needs and safety needs are, by and large, taken care of, a third layer starts to show up.  You begin to feel the need for friends, a sweetheart, children, affectionate relationships in general, even a sense of community.  Looked at negatively, you become increasing susceptible to loneliness and social anxieties.

In our day-to-day life, we exhibit these needs in our desires to marry, have a family, be a part of a community, a member of a church, a brother in the fraternity, a part of a gang or a bowling club.  It is also a part of what we look for in a career.

4.  **The esteem needs**.  Next, we begin to look for a little self-esteem.  Maslow noted two versions of esteem needs, a lower one and a higher one.  The lower one is the need for the respect of others, the need for status, fame, glory, recognition, attention, reputation, appreciation, dignity, even dominance.  The higher form involves the need for self-respect, including such feelings as confidence, competence, achievement, mastery, independence, and freedom.  Note that this is the “higher” form because, unlike the respect of others, once you have self-respect, it’s a lot harder to lose!

**CRITICISM: -** Researchers have proved that there is lack of hierarchical structure of needs as suggested by Maslow. Some people may have deprived of lower level needs but strive for self-actualization. “starving artist “and “student”. here is evidence that contradicts the order of needs specified by the model. For example, some cultures appear to place social needs before any others. There is little evidence to suggest that people are motivated to satisfy only one need level at a time. • According to Maslow theory a person does not move on the next level until the previous need is fairly well satisfied. Measurement of satisfaction of needs is not possible.

**CONCLUSION: -** The basis of Maslow's motivation theory is that human beings are motivated by unsatisfied needs, and that certain lower factors need to be satisfied before higher needs can be satisfied. According to Maslow, there are general types of needs (physiological, survival, safety, love, and esteem) that must be satisfied before a person can act unselfishly. He called these needs "deficiency needs." As long as we are motivated to satisfy these cravings, we are moving towards growth, toward self-actualization. Satisfying needs is healthy, while preventing gratification makes us sick or act evilly.