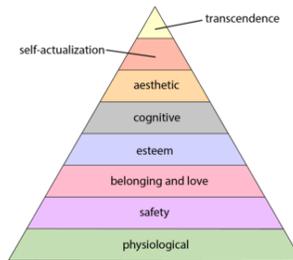


Maslow's Hierarchy of Needs



While the theory is usually shown as a pyramid in illustrations, Maslow himself never created a pyramid to represent the hierarchy of needs.

Physiological needs are the base of the hierarchy. These needs are the biological component for human survival. According to Maslow's hierarchy of needs, physiological needs are factored into internal motivation. According to Maslow's theory, humans are compelled to satisfy physiological needs first to pursue higher levels of intrinsic satisfaction.^[1] To advance higher-level needs in Maslow's hierarchy, physiological needs must be met first. This means that if a person is struggling to meet their physiological needs, they are unwilling to seek safety, belonging, esteem, and self-actualization on their own.

These physiological needs must be met for the human body to remain in [homeostasis](#). Air, for example, is a physiological need; a human being requires air more urgently than higher-level needs, such as a sense of social belonging. Physiological needs are critical to "...meet the very basic essentials of life ..."^[6] This allows for cravings such as hunger and thirst to be satisfied and not disrupt the regulation of the body.

SAFETY NEEDS: Once a person's physiological needs are satisfied, their safety needs take precedence and dominate behavior. In the absence of physical safety – due to war, natural disaster, [family violence](#), [childhood abuse](#), etc. and/or 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 - especially children that have disabilities.^[19] Adults are also impacted by this, typically in economic matters, "...

adults are not immune to the need of safety."^[6] 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. This is why the "... goal of consistently meeting the need for safety is to have stability in one's life,"^[6] stability brings back the concept of homeostasis for humans which our bodies need.

BELONGING NEEDS: 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; being a part of a group is crucial, regardless if it is work, sports, friends or family.^[2] The sense of belongingness is "being comfortable with and connection to others that results from receiving acceptance, respect, and love."^[19] 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.^[1] 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. Mental health can be a huge factor when it comes to an individual's needs and development. When an individual's needs are not met, it can cause depression during adolescence. When an individual grows up in a higher-income family, it is much more likely that they will have a lower rate of depression. This is because all of their basic needs are met. Studies have shown that when a family goes through financial stress for a prolonged time, depression rates are higher, not only because their basic needs are not being met, but because this stress strains the parent-child relationship. The parent(s) is stressed about providing for their children, and they are also likely to spend less time at home because they are working more to make more money and provide for their family.

ESTEEM NEEDS: Esteem is the respect, and admiration of a person, but also "... self-respect and respect from others."^[19] Most people need stable esteem, meaning which is soundly based on real capacity or achievement. Maslow noted two versions of esteem needs. 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 of esteem is the need for self-respect, and can include a need for strength, competence,^[3] mastery, self-confidence, independence, and freedom. This "higher" version takes guidelines, the "hierarchies are interrelated rather than sharply separated."^[17] This means that esteem and the subsequent levels are not strictly separated; instead, the levels are closely related.

Esteem comes from day-to-day experiences, that provide a learning opportunity that allows us to discover ourselves. This is incredibly important for children, which is why giving them "... the opportunity to discover they are competent and capable learners."^[19] To boost this, adults must provide opportunities for children to have successful and positive experiences to give children a greater "... sense of self."^[19] Adults, especially parents and educators must create and ensure an environment for children that is supportive and provides them with opportunities that "helps children see themselves as respectable, capable individuals." It can also be found that "Maslow indicated that the need for respect or reputation is most important for children ... and precedes real self-esteem or dignity,"^[2] which reflects the two aspects of esteem: for oneself and others.

COGNITIVE NEEDS: After esteem needs cognitive needs come next in the hierarchy of needs. People have cognitive needs such as creativity, foresight, curiosity, and meaning. Individuals who enjoy activities that require deliberation and brainstorming have a greater need for cognition. Individuals who are unmotivated to participate in the activity, on the other hand, have a low demand for cognitive abilities.^[22] It has been said that Maslow's hierarchy of needs can be extended after esteem needs into two more categories: cognitive needs and aesthetic needs. Cognitive needs crave meaning, information, comprehension and curiosity - this creates a will to learn and attain knowledge.^[2] From an educational viewpoint, Maslow wanted humans to have intrinsic motivation to become educated people.

AESTHETIC NEEDS: After reaching one's cognitive needs it would progress to aesthetic needs, to beautify one's life. This would consist of having the ability to

appreciate the beauty within the world around one's self, on a day-to-day basis.^[2] According to Maslow's theories, to progress toward Self-Actualization, humans require beautiful imagery or novel and aesthetically pleasing experiences. Humans must immerse themselves in nature's splendor while paying close attention to and observing their surroundings to extract the world's beauty. This higher level of need to connect with nature results in an endearing sense of intimacy with nature and all that is endearing.^[2] After reaching one's cognitive needs it would progress to aesthetic needs, to beautify oneself. This would consist of improving one's physical appearance to ensure its beauty to balance the rest of the body.

SELF-ACTUALIZATION: "What a man can be, he must be."^{[17]:91} 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.^{[17]:92} People may have a strong, particular desire to become an ideal parent, succeed athletically, or create paintings, pictures, or inventions.^{[17]:93} 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 the completion of certain values or goals.^[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-actualization needs include

TRANSCENDENCE: Maslow later subdivided the triangle's top to include self-transcendence, also known as spiritual needs. Spiritual needs differ from other types of needs in that they can be met on multiple levels. When this need is met, it produces feelings of integrity and raises things to a higher plane of existence.^[23] In his later years, Maslow explored a further dimension of motivation, while criticizing his original vision of self-actualization.^{[24][25][26][27]} By these later ideas, one finds the fullest realization in giving oneself to something beyond oneself—for example, in altruism or spirituality. He equated this with the desire to reach the infinite.^[28] "Transcendence refers to the very highest and most

inclusive or holistic levels of human consciousness, behaving and relating, as ends rather than means, to oneself, to significant others, to human beings in general, to other species, to nature, and to the [cosmos](#).