

Autumn Nash

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PSY 441 Maslow Essays

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2. According to Maslow, the basic needs are physiological needs, safety and security, social, self-esteem and self-actualization needs, in that order of their potency (Ryckman, R., page 301). Maslow believed that these were necessary to control an individual's perception of the world in varying measures. First, physiological needs are the requirements to live as a human being. According to our biology, food, water, shelter, warmth and sleep are needed for survival (Ryckman, R., page 301). Maslow even includes clothing and sex as a requirement. We must first be physically capable to survive in order to then think about our behaviors. If we are hungry, thirsty, cold and deprived of sleep, we are in no condition to focus on our behaviors. So once our physiological needs are fulfilled, we can move on to what motivates us emotionally and mentally. This is why this need is at the highest priority, because then one focuses on safety and security. With safety needs, this includes one having control over their life through knowing what is coming and having sense and order to their routines (Ryckman, R., page 302). Typically, this is fulfilled by the society and family one is a part of. From having schools, police, medical care and businesses, one senses a safety in their community and knows where to go when they are sick or hurt, are in danger, need educational help or need to buy food or consult a business in order to bring their life more order. This also includes a career or welfare giving financial security. Once this need and physiological needs are satisfied, then the person thinks about love and where they belong. This third stage refers to the emotional need for relationships with others that make them

feel connected to a human or a part of a group. This can look like friendships, loving relationships, intimacy, trust, giving affection and love. This stage is seen most strongly for children as they are dependent on their parents (Ryckman, R., page 302). Children can often mix up the second and third stage, especially if the parents do not provide safety, the child will only seek love and belonging. The fourth stage is to fulfill esteem needs. After one has the physical needs to survive, they feel safe, and they feel they belong, they begin to strive for what they personally bring to the world. This is the need for accomplishment, respect and self-worth (Ryckman, R., page 303). Typically, one will look for esteem for themselves like what they love to do, what they are good at, their independence, and even growing to like themselves. And then an individual will look for esteem and respect from others meaning their status and reputation. Everyone wants to be accepted and valued and usually the direction of our lives and our career choices can be based on recognition and accomplishment. Certain activities can make individuals feel high or low esteem varying from academic achievement, athletic success, and career status. If one has a low self-esteem, this causes an imbalance in the hierarchy that Maslow made. Often, this is most important for youth and can be skewed with real dignity because of their desire to be liked. And finally, the last need in Maslow's hierarchy of needs is self-actualization needs. This is the highest level as it refers to an individual realizing their worth, their potential, and their desire to grow. Typically after all of the other needs are met, an individual strives for new experiences to grow them and learn more. This is where one realizes the strengths in themselves and acts on those (Ryckman, R., page 304).

5. Maslow describes self-actualizing people as accepting of themselves, including their strengths and weaknesses. They know they are not perfect but they desire to grow and learn more. When

one meets the final need of self-actualization, they are excited about life. They do not fret over the unknown but they look forward to the new ways and experiences they can grow into their full potential. Another characteristic of these individuals is that they prioritize their journey and do not wait for end results. They take life one day at a time, knowing that they have all they need and now they get to enjoy it (Ryckman, R., page 304). They do not strive for attention and to disturb others, they usually are in their own lane. Typically, they are most motivated by growth in themselves, not by their needs always being met. They have a purpose and they go after it. These are not individuals who walk around anxious about little things but they are humble to take the hits and know that every inconvenience is a chance to grow stronger (Ryckman, R., page 305). When it comes to relationships. They do not seek popularity but instead have a few deep relationships that they appreciate deeply. However, they are always kind and genuine with everyone. Another characteristic is that they do not go along with the pull of the culture (Ryckman, R., page 305). But in all this, they are not perfect and they know they are not.

7. In terms of self-actualization, I would describe myself as not fully arriving in the process. I definitely am self-aware and I know I am not perfect. I know my strengths and I know my weaknesses. However, sometimes I am not humble enough to admit them or admit that I am wrong. That is probably due to the fact that I still care what others think of me. I do not necessarily go along with all of the trends of the culture, but I am aware of them and interested in some aspects. However as a Christian, I more so go along with the culture of Christianity that I am a part of. I do only have a select group of friends that I cherish so much. I do not seek popularity because I do not have the capacity or desire to go out. My social tank is not very big. But I do like getting to know people of all ages and being known as a supportive and genuine

person to all. I do focus on the future too much. I am a fast-paced, anxiety filled personality. I have my laid back moments but I often live and strive in chaos. I think about the end results of things a lot instead of enjoying the process. For example, I am just trying to get to my graduation in May and not enjoying assignments and papers at all. But I do enjoy the content I am gaining because I feel it is growing me as an individual, an employee, a friend, a mentor, and just as a person in society. Where I do know my physiological needs are met, my safety needs are met, and my love needs are met, I struggle with where I belong sometimes as I am figuring out the future and life as an adult. This affects my esteem needs and my self-actualization needs as I find my purpose and my place.