

Week 12 and 13 Essay History of Psychology

What did Abraham Maslow mean by self-actualization?

Abraham Maslow was a Psychologist who proposed a hierarchy of human needs in his 1943 paper "A Theory of Human Motivation." Maslow believed that human beings have a natural inclination to strive for growth, fulfillment, and a sense of purpose. At the top of Maslow's hierarchy of needs is self-actualization, which refers to the process of achieving one's full potential and becoming the best version of oneself.

According to Maslow, self-actualization involves developing a deep sense of awareness and understanding of oneself and the world around them. It requires a strong sense of personal values and a commitment to living a meaningful life in line with those values. Maslow believed that self-actualization is a continuous process that is never fully achieved, as there is always more room for personal growth and development.

He also believed that self-actualization is only possible once a person has met their basic physiological, safety, love and belonging, and esteem needs. Once these needs are met, a person can focus on fulfilling their higher-level needs, including self-actualization.