

What did Abraham Maslow mean by self-actualization?

Abraham Maslow is the father of Humanistic Psychology, which understands how people can achieve their maximum potential. He introduced a hierarchy of needs to achieve self-actualization, which includes understanding one's psychological needs, taking responsibility for one's life and decisions, feeling comfortable asking for help, and being motivated to seek new experiences. His idea of self-actualization has been commonly interpreted as "the full realization of one's potential" and of one's "true self." His definition emphasizes that self-actualization cannot normally be reached until other lower-order necessities of Maslow's hierarchy of needs are satisfied. Maslow's term usage is now popular in modern psychology when discussing personality from the humanistic approach. He assumed that people are naturally good or neutral and that healthy development occurs when society encourages us to develop into our unique selves. Societies that do not provide adequate resources or restrict our creativity lead to neurosis. Self-actualization becomes important once our basic needs are met, and two factors that inhibit growth needs are the Jonah complex and desacralizing attitude.