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Essay Chapters 12&13

Abraham Maslow, who is considered the spiritual father of humanistic psychology, was one of the major movers and psychologists that helped drive the study of psychology. He developed various theories and concepts in regard to psychology, one of which was called, self actualization. Self-actualization is actually a similar concept to high self-efficacy, except self-actualization is a realization, development, or even an epiphany-like event. According to Maslow, self actualization refers to the full development of an individual's abilities to perform tasks and so on in which a human being is able to find realization in his or her full potential. Maslow states that every human has possession of this ability. In self actualization, the continual utilization of all our abilities, qualities, talents and so on are involved and that to reach this state one must first satisfy the lower needs in Maslow's concept of the hierarchy of needs. His hierarchy of needs are a list of human psychological and biological requirements that a human must have in order to reach self-actualization. These needs are listed as physiological, safety, belonging and love, esteem, and self-actualization and if these people are able to reach a state of self-actualization, then he or she is recognized as psychologically in good health. Maslow's theory states that in order for one to reach a state of self-actualization they must have a loving childhood experience as well as the fulfillment of physiological human needs within the individual's first two years of living. The theory implies that if children felt secure and reassured within the first few years of their life, this will thus carry on during their adult stages of life.