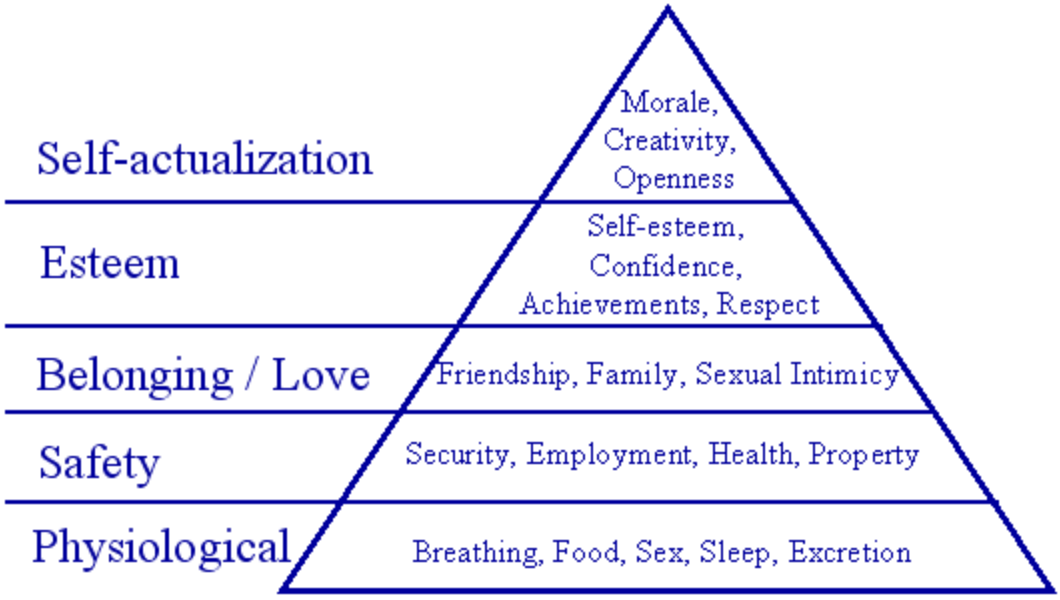
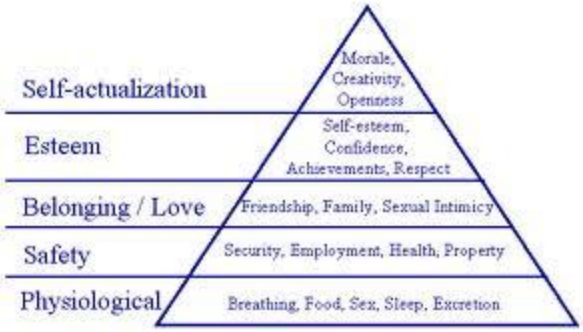
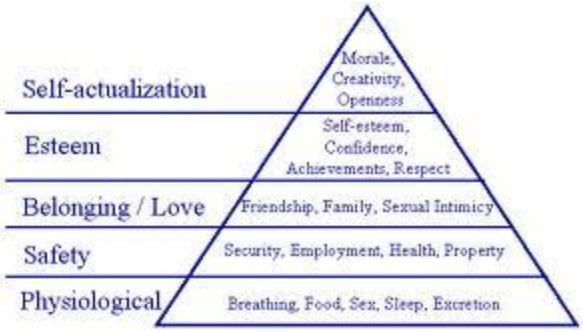
Maslow's Hierarchy of Needs







Abraham Maslow's book *Motivation and Personality* (1954), formally introduced the Hierarchy of Needs. The basis of Maslow's motivation theory is that human beings are motivated by unsatisfied needs, and needs must be satisfied before higher needs can be satisfied. Satisfying needs is healthy, while deprivation makes us sick or leads us to commit evil acts.

Below is an excerpt from John Heresy's novel <u>Hiroshima</u>. Knowing Maslow's hierarchy please create a plan of action to help Miss Sasaki.

"Altogether, Miss Sasaki was left two days and two nights under the piece of propped-up roofing with her crushed leg and her two unpleasant comrades. Her only diversion was when men came to the factory air-raid shelters, which she could see from under one corner of the shelter, and hauled corpses up out of them with ropes. Her leg became discolored, swollen, and putrid. All that time, she went without food and water. On the third day, August 8th, some friends who supposed she was dead came to look for her body and found her. They told her that her mother, father, ad baby brother, who at the time of the explosion were in the Tamura Pediatric Hospital, where the baby was a patient, had all been given up as certainly dead, since the hospital was totally destroyed. Her friends then left her to think that piece of news over (54)."

Outline your plan to help Miss Sasaki meet her needs. In what order should her needs be met?

Using Maslow's theories to explain human behavior. For each scenario decide which need the individual is fixated at or stuck on. In addition explain what needs the person is being deprived of.

1. Aunt Lucy is a workaholic. She gets home after 11 pm every night and barely sees her family.
2. A 17 year old girl gives in to all her boyfriend's demands.
3. Your older brother can not stop talking about his glory days when he was a star athlete at Calhoun. He graduated 20 years ago.

Reaching the Peaks of Your Life: Self-actualization

The summit of Maslow's motivation theory is about the quest of reaching one's full potential. Unlike lower level needs, this need is never fully satisfied; as one grows psychologically there are always new opportunities to continue to grow.

Self-actualized people tend to have motivators/needs such as: Truth, Justice, and wisdom. Self-actualized persons have frequent occurrences of ***peak experiences***, which are energized moments of profound happiness and harmony.

1. Reality-centered: you can differentiate between what is fake and dishonest from what is real and genuine.
2. Problem-centered: you do your best to find solutions to life's difficulties rather then surrender to them.
3. Believe that the ends do NOT justify the means but that the journey is more important than the final outcome.
4. Un-hostile sense of humor. You prefer to joke your own expense rather then use sarcasm towards others.
5. You show compassion to humanity and treasure ethnic and individual variety.
6. Not susceptible to social pressures. A non-conformist or resist enculturation- You are your own person, unique.
7. Creative and Inventive
8. Freshness of appreciation or have the ability to see things even ordinary things with wonder.

Self-Reflection:

1. From this list of qualities of a self-actualized person; What qualities do you struggle with? What qualities do you excel at?
2. Examine the entire hierarchy. For each level give a real life example of when you felt highly motivated to meet each need. For example I played basketball for two years in college but hardly got any playing time and practically got pretty beat up in practice, but I continued to play because the team was like a

family. Therefore I forfeited my self-esteem at times for a sense of belonging.

9. NOT perfect. Many self-actualized people are absent-minded at times, anxious, feel guilty, overly kind. Some even have moments of ruthlessness or coldness.