

Case study on maslow's hierarchy of needs

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Communication

Abraham Maslow came up with a theory that dwelt on the critical aspects of psychology and development. The 1943 paper enacted a title that was synonymous of the theme, theory of human motivation (Maslow, 1943). The theory revolved around the empirical analyses of human innate curiosity. The hierarchy developed into a critical substance that denoted a trend of human development. The values and tenets established into a pyramidal presentation from the basal margin to the apex.

The physiological needs come at the bottom of the pyramid. It denotes human survival needs and everyone must fulfill them. They include air, water, as well as food. Meeting them ensures continued survival of the person to meet other needs in the hierarchy. Safety need come second. This level ensures perpetuation of the physical needs in the first level. It emerges in personal, financial, health, and insurance securities. The third level contains love, and belonging needs. After becoming physically fit and safe, the individual strives to get love and belonging. The child strives to belong to the parents and guardians while adults try to form meaningful friendships and intimacies. The next level becomes evident in issues of esteem.

Everyone establishes means, and ways of getting self-respect and esteem. This level determines the inferiority and superiority complexes of people. The last level denotes a zone of self-actualization. This establishes a creation of full potential realization. According to Maslow, this zone determines the ability of one to achieve and master their true potentials (Maslow, 1954).

In my case, the need for belonging and love is suitable in my life in many ways. I grew up in a happy family where my mother and father loved me

unconditionally. I had a good belonging at childhood. Today, I find it easy to form friendship and belong. I find it lonely to stay without people more than a day. I value sharing my joy and sadness with the people around me for protection. My self-esteem has encountered an array of challenges over my high school life. I have struggled to earn the respect of other people by doing my best in school. I also try to value other people around me so that they do the same to me. I have come to realize that not everyone will do the same things I do. Therefore, I have learnt to appreciate everyone as they are. My self-esteem is rarely affected because I have learnt to accept certain conditions as they are and I work to improve on what I can.

Reference

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