

Assignment:

**Maslow's Hierarchy of Needs and My
Life Experience**

Akshith Kalvakota - 2023002536

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Faculty: Rubina Fakhr

GITAM University

Maslow's Hierarchical Theory:

Maslow's Hierarchy of Needs is a psychological theory proposed by Abraham Maslow in 1943. It explains human motivation, behaviour, and personal development through a five level model of needs. Maslow suggested that individuals must satisfy lower-level needs before progressing to higher levels, ultimately striving for **self-actualization**.

These 5 levels are :

- 1) PHYSIOLOGICAL NEEDS
- 2) SAFETY AND SECURITY
- 3) LOVE AND BELONGING
- 4) SELF-ESTEEM
- 5) SELF ACTUALIZATION

Maslow arranged human needs in the shape of a pyramid, where basic needs form the foundation, and higher-level needs are achieved progressively.

1. Physiological Needs (Basic Survival Needs)

The most fundamental needs in Maslow's hierarchy are physiological needs, which are essential for human survival. Without fulfilling these basic necessities, a person cannot progress to higher levels of the hierarchy. These needs include food, water, nutrition, sleep, shelter, and clothing, all of which are crucial for maintaining physical well-being. If a person lacks access to food and clean drinking water, they will focus entirely on fulfilling this need before considering anything else in life. Similarly, sleep and rest are necessary for the body to function properly, and without them, an individual will struggle with concentration, energy, and overall health. A safe and comfortable shelter provides protection from extreme weather conditions, while clothing helps in regulating body temperature and ensuring modesty..

2. Safety Needs (Security and Stability)

Once an individual's physiological needs are met, their focus shifts toward safety and security, which provide a stable and predictable environment. Safety needs encompass physical health, personal security, financial stability, and job security, all of which contribute to an individual's overall sense of well-being. A person who constantly fears for their safety, whether due to illness, financial instability, or lack of secure housing, will prioritize finding ways to protect themselves. Employment plays a key role in this stage, as having a steady income ensures financial security, allowing individuals to afford food, shelter, and healthcare. People also seek protection from physical harm, whether through law enforcement, a secure home, or a safe neighbourhood.

3. Love and Belonging Needs (Social Needs)

Once physiological and safety needs are fulfilled, individuals begin to seek love, relationships, and a sense of belonging in their personal and social lives. Humans are naturally social beings, and meaningful connections provide emotional support, companionship, and a sense of identity. At this stage, people look for deep and lasting relationships, including friendships, romantic partnerships, family bonds, and social groups. Feeling accepted and valued by others contributes to emotional well-being, reducing feelings of loneliness and isolation. A strong support system allows individuals to navigate challenges with greater confidence and resilience. This need is evident in various aspects of life, such as forming close friendships in school, building strong family relationships, or participating in social communities.

4. Esteem Needs (Recognition and Self-Worth)

Once individuals establish meaningful relationships, they begin to focus on their self-esteem and the desire for recognition, respect, and personal achievement. At this stage, people seek validation from both themselves and others, striving for accomplishments that boost their confidence and self-worth. When these needs are met, individuals feel confident, motivated,

and empowered. However, if they are not met, they may struggle with self-doubt, insecurity, or a sense of failure, which can impact their motivation and overall well-being.

5. Self-Actualization (Personal Growth and Fulfilment)

At the highest level of Maslow's hierarchy lies self-actualization, where individuals seek to achieve their full potential and pursue personal growth, creativity, and fulfillment. Unlike the previous levels, which focus on survival, security, relationships, and recognition, self-actualization is about realizing one's true purpose and striving for excellence in a chosen field. People who reach this level continuously push their boundaries, embrace challenges, and seek meaning in their lives. They are driven by curiosity, passion, and the desire to contribute to the world in a meaningful way.



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MY LIFE EXPERIENCE :

I was born in middle-class family in Hyderabad. Dad worked in a chemical factory and mom was a housemaker. I also have an elder brother. I didn't have to struggle much throughout my life, my parents made sure I get all the basic requirements and more. Growing up, I was always insecure, either about my slim and short body or for having no particular goal in life or even because of my fear of communication with strangers. I didn't have a favourite sport nor a favourite movie to tell people. But I still managed to talk enough to make a small group of good friends and basic connections with people.

Around my teenage, like most of the people, I felt lost, confused and hated myself for reasons that my overthinking mind made up. I had problems with friends as they started spreading bad rumours about me and also sharing my secrets that I shared with them to others so I stopped trusting many of them. My parents were concerned for my education because studying was never my strong suit. My elder brother lived in Maharashtra for his higher studies. And then covid-19 pandemic spread around the world. There were the times I felt alienated and lonely. But as my life kept moving, I understood that I chose to live like that. And that made life much easier. It also made me realise who my actual friends are. I understood that I have to respect myself enough to know when to let go of people or to speak up for myself.

I used to live in Gujarat my entire life, so when I came to college for my higher studies. I felt so out of place and like I don't belong here. But because of 3-4 people, it got better. My friends made sure I know that I belong here and this is my new home, spending almost all my day with them. Currently, I am pursuing B.Tech in GITAM university, I don't have anything exactly planned for my future. I am working for my successful future and hoping that everything goes right.

RELATING THE MASLOW'S HIERARCHICAL THEORY OF NEEDS TO MY LIFE:

We can see my life align with all the 5 stages of the Maslow's Hierarchical Theory.

1. Physiological Needs

I was born into a middle-class family in Hyderabad, where my father worked in a chemical factory and my mother was a homemaker. Despite not being wealthy, my parents ensured that my basic needs—food, shelter, education, and clothing—were always provided. I never had to struggle for survival, and that allowed me to focus on other aspects of life. This aligns with Maslow's first stage, as I did not have to worry about physiological needs and could move towards fulfilling higher-level needs.

2. Safety Needs

Although my basic needs were met, there were times when I felt insecure about myself. My fears about my appearance, lack of direction in life, and difficulty communicating with strangers created a sense of instability within me. My parents were also concerned about my education, as studying was never my strong suit. Moreover, the COVID-19 pandemic brought a period of uncertainty, making me feel alienated and disconnected from the world. This phase of my life reflects Maslow's safety needs, where a person seeks emotional and psychological stability to feel secure in life.

3. Love and Belonging Needs

As I entered my teenage years, I faced challenges with trust and friendships. Some of my friends spread rumors about me and betrayed my trust, making me feel alone and distanced from people. I struggled with feelings of not belonging anywhere and often felt lost. However, over time, I realized that I chose to live like that, and when I decided to open up to the right people, I found true friends who supported me. Later, when I moved from Gujarat to GITAM University for my B.Tech, I again felt out of place. However, a small group of good friends made me feel at home, reassuring me that I belonged here. This aligns with Maslow's third stage—Love and Belonging Needs, as my emotional well-being was shaped by my relationships and support system.

4. Esteem Needs

One of my biggest struggles was self-doubt and insecurity. I often felt lost, confused, and even hated myself for reasons that my overthinking mind created. My trust issues with friends and my difficulty in communication further affected my confidence. However, with time, I learned self-respect and understood the importance of letting go of negative people and speaking up for myself. This stage reflects Maslow's Esteem Needs, where individuals

seek self-confidence, respect, and recognition. As I grew emotionally stronger, I realized that my opinions, feelings, and self-worth mattered, helping me move forward in life.

5. Self-Actualization

Currently, I am pursuing B.Tech at GITAM University, and although I do not have everything planned out yet, I am working towards a successful future. I am trying to improve myself, overcome my weaknesses, and develop a vision for my life. Self-actualization is about realizing one's full potential, and while I have not completely reached that stage, I am on the path toward discovering my purpose and striving for success. This represents Maslow's final stage—Self-Actualization, where individuals work toward achieving personal growth, excellence, and fulfillment.

RANVEER SINGH :

Born on July 6, 1985, into a middle-class Sindhi family in Mumbai, Ranveer Singh initially pursued Creative Writing and Advertising at Indiana University before realizing his passion for acting. Returning to Mumbai, he worked as an assistant director and copywriter, but felt unfulfilled. Determined to enter Bollywood, he faced multiple rejections due to having no industry connections and an unconventional look.

His breakthrough came in 2010 when Yash Raj Films cast him in *Band Baaja Baaraat*, launching his career. He then took on diverse roles in films like *Bajirao Mastani* and *Gully Boy*, proving his versatility. Today, he is one of Bollywood's top actors, known for his bold personality and fearless performances.

Ranveer's journey aligns with Maslow's Hierarchy of Needs—while his basic needs were met, he struggled with belonging and esteem due to industry rejection. However, through self-belief, resilience, and hard work, he achieved self-actualization, showing that persistence can lead to greatness.

Relating my life to Ranveer Singh:

- 1) Ranveer Singh also went through a phase of uncertainty, insecurity, and lack of direction before finding his true calling. Born into a middle-class family, he had a comfortable upbringing where his basic needs were met, just as my parents ensured that I never had to struggle for survival.
- 2) However, much like I faced self-doubt about my appearance, communication skills, and lack of a clear goal, Ranveer, too, initially pursued advertising and creative writing before realizing that his heart was in acting. During my teenage years, I often felt alienated and disconnected due to trust issues with friends and academic struggles, which aligns with the safety and belonging needs in Maslow's hierarchy. Similarly, Ranveer faced multiple rejections in Bollywood, making him doubt his abilities and feel like an outsider in the industry.
- 3) Over time, I learned to filter out toxic friendships, speak up for myself, and surround myself with supportive people, just as Ranveer worked on his skills, built confidence, and eventually earned his place in Bollywood. The stage of esteem needs plays a huge role in both of our lives—Ranveer gained recognition through his dedication, while I am slowly building confidence in myself and working toward a successful future.
- 4) Although I don't have everything planned yet, I am pursuing B.Tech and striving for personal growth, much like how Ranveer, after finding his path, gave his best to become one of India's top actors. His story reassures me that it's okay to feel lost at times, as long as I continue to work on myself, develop resilience, and strive for self-actualization, where I can truly achieve my full potential.

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