

ASSIGNMENT 1

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Ques: Enumerate the Maslow's Hierarchy of Needs Theory and explain with the help of real life examples.

Ans: **Maslow's hierarchy of needs** is a motivational theory in psychology comprising a five-tier model of human needs.

These are the five categories of needs according to Maslow:

1. **Physiological needs** - These are biological requirements for human survival. For example, air, food, drink, shelter, clothing, sleep. They are the most essential things human needs to survive. Imagine a world without oxygen for 5 seconds; we will start dying. Oxygen is an essential requirement for the survival of all living beings. Eating and drinking are also essential for survival.
2. **Safety needs** - Once an individual's physiological needs are satisfied, the needs for security and safety become salient. For example, emotional security, financial security (e.g. employment, social welfare, savings), law and order, social stability, property, health and wellbeing (e.g. safety against accidents and injury).
3. **Social needs** - After physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness.
Examples include friendship, intimacy, trust, and acceptance, receiving and giving affection and love. Personal relationships with friends, family, and lovers play an important role for us to have a healthy social life.
4. **Esteem needs** - According to Maslow, esteem needs include two components. The first involves feeling self-confidence and feeling good about oneself (eg, dignity, achievement, mastery, independence). The second component involves feeling valued by others; that is, feeling that our achievements and contributions have been recognized by other people (e.g., status, prestige, recognition).
5. **Self-actualization needs** are the highest level in Maslow's hierarchy, and refer to the realization of a person's potential, self-fulfillment, seeking personal growth and peak experiences. One unique feature of self-actualization is that it looks different for everyone. For one person, self-actualization might involve helping others; for another person, it might involve achievements in an artistic or creative field.