***Sociology and social psychology, Thursday 13.00-15.00***

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***The interests and needs of a person***

Every person has unique interests and needs that are shaped by their individual experiences, preferences, and circumstances. Understanding these interests and needs is crucial for creating a fulfilling and meaningful life. In this essay, we will explore the concept of interests and needs and how they influence a person's life.

Interests refer to the activities or topics that capture a person's attention and imagination. These can be hobbies, such as playing music or gardening, or intellectual pursuits, such as reading or studying philosophy. Interests can be driven by a desire for pleasure, a need for stimulation, or a sense of curiosity. They are often seen as a source of enjoyment and can provide a sense of purpose and identity. Pursuing one's interests can also lead to personal growth and development, as well as social connections with others who share the same interests.

Needs, on the other hand, refer to the basic requirements for a person's physical and emotional well-being. These include things like food, shelter, safety, and social connection. Meeting these needs is essential for survival and for maintaining a sense of security and stability. Needs can also include less tangible things, such as a sense of belonging, self-esteem, and personal growth. When these needs are not met, a person may experience feelings of anxiety, frustration, and dissatisfaction.

***How People Progress Through the Hierarchy of Needs?***

In real life, people progress through the hierarchy of needs in a variety of ways, and the progression is not always linear. Some individuals may skip or return to lower levels of needs depending on their circumstances, experiences, and priorities. Here are some examples of how people may progress through the hierarchy of needs in real life:

The satisfaction of physiological needs is essential for survival, and people will prioritize these needs before anything else. For example, a homeless person may prioritize finding shelter and food before seeking social connections or self-actualization.

Once physiological needs are met, people may focus on safety needs, such as job security, financial stability, and physical safety. For instance, a person may prioritize finding a stable job to ensure financial security and support for themselves and their family.

As people satisfy love and belonging needs, they may begin to seek esteem needs, such as recognition, respect, and achievement. For instance, a student who has achieved good grades may seek recognition from their peers or family members.

In conclusion, people progress through the hierarchy of needs in various ways, and the progression is not always linear. While the hierarchy of needs provides a useful framework for understanding human motivation, it is important to recognize that individual experiences and circumstances can impact how people move through the different levels.