

Sample Exam – Maslow’s Hierarchy of Needs

SECTION 1: Multiple Choice (Choose the best answer)

Question 1:

Which need forms the base of Maslow’s hierarchy of needs?

- A) Safety
- B) Esteem
- C) Physiological
- D) Love and belonging

Question 2:

Which of the following is NOT included in the “safety needs” category according to Maslow?

- A) Financial security
- B) Self-actualization
- C) Personal security
- D) Health

Question 3:

Maslow’s hierarchy is commonly represented in what shape?

- A) Circle
- B) Ladder
- C) Pyramid
- D) Web

Question 4:

Which is the highest level in Maslow’s original hierarchy?

- A) Self-actualization
- B) Esteem
- C) Safety
- D) Cognitive

SECTION 2: Short Answer

Question 5:

Briefly explain what is meant by “deficiency needs” (D-needs) in Maslow’s hierarchy.

Question 6:

Why did Maslow suggest that needs do not have to be satisfied 100% before higher needs emerge?

Question 7:

List any four examples of physiological needs according to Maslow.

SECTION 3: Problem-Solving / Application**Question 8:**

A child is neglected and lacks a sense of belonging. According to Maslow, how might this affect the child's ability to meet higher needs later in life? Explain with reference to the hierarchy.

Question 9:

Describe how someone might pursue self-actualization and transcendence, providing one real-life example for each.

Question 10:

A person is struggling financially and lacks job security, but also feels isolated and lonely. According to Maslow, which needs are not being met, and how might this influence their motivation and mental health?