Your Name

Instructor Name

Course Number

Date

Essay #1

Abraham Maslow, a psychologist, presented a model of human needs, which is usually presented in a hierarchical form shaped like a pyramid. The lower four levels of needs are categorized as the basic needs while the top level represents the growth needs of an individual. Maslow has approached the subject comprehensively, and his five-tier model encompasses almost all the human needs. His theory says that individuals have to satisfy their lowest level needs before attending the needs at a higher level. The needs of food, water, warmth, and rest must be fulfilled first and foremost. The needs of safety and security comes afterward. At the third level, an individual seeks belongings that involve friendships, family, and intimate relationships. Then come the needs of esteem, which entail achievements, reputation, and self-respect. Finally, a person needs to become what he/she has been born for, that is, gaining self-actualization. The problem with Maslow’s hierarchy is that a person is usually not moving upward in the same order as given in his model. Instead, an individual moves up and down these levels frequently because of the experiences, opportunities, and difficulties that happen in the way of life (McLeod).

In my point of view, there should be a change in the order of the levels described in Maslow's model, because my preferences of needs differ from those made in his model. At the lowest level, there should be the needs of safety, law and order, and social security, as these matter the most for a person for his sheer survival. At the second level, the physiological needs should be placed. The needs of esteem should step down to the third level, because self-respect is more necessary than the feelings of belongingness for a person with clear conscience and moral values. The needs of love and belongings should be kept for the fourth level. Self-actualization is good to be at the top level, as it is not achieved, in reality, by most of the people all through their lives.

# References

McLeod, Saul. “Maslow’s Hierarchy of Needs.” Simply Psychology, vol. 1, 2007.