

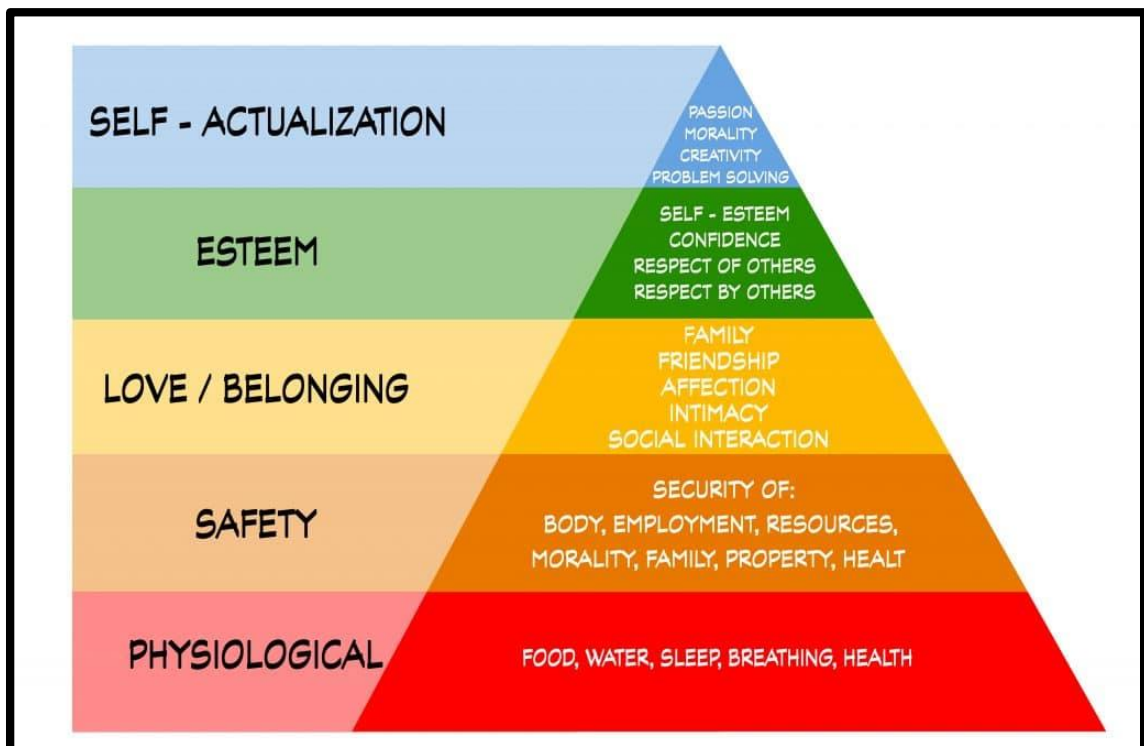
# Maslow's Hierarchy of Needs

## DEFINITION

Basic human needs are the essentials that include both the physical and non-physical elements needed for human growth and development, as well as all those things humans are innately driven to attain.

### - Abraham Maslow

- According to Maslow's theory the lower level needs must be satisfied before the individual attempts to satisfy of higher level.
- He found that all these needs are interrelated and some needs cannot be met unless related needs are met.
- For example, the need for hydration (normal water volume in the body) can seriously be changed, if the need for elimination of urine is not met. A need can make itself felt either by internal or external stimuli, eg. The need for food.
- He also found individuals who satisfy their basic needs are healthier, happier and more effective than those whose needs are unsatisfied.



## 1. PHYSIOLOGICAL NEEDS:



They are the lower level needs. They have the highest priority overall the other needs because they are essential to life. They include need for the air, food, water, temperature maintenance, rest or sleep, elimination, sexuality. Some physiological needs are more important to survival than others , eg. The need for oxygen takes priority over the need for food or water. Also the body can survive longer without food than without water.

A primary nursing function is to meet these needs as they are vital to survival of patients.

## 2. SAFETY AND SECURITY NEEDS:



These needs comes to next priority. They can be attained through adequate shelter and protection from harmful factors in the environment. Safety means physical as well as psychological safety. Individuals usually feel most secure in familiar environment (eg. In home), with familiar routines and with people they can trust and the things they know.

An important function of a nurse is the promotion of patient's safety and emotional security in a health care setting. Eg . bed railings for an unconscious patient.

### **3. LOVE AND BELONGING NEEDS:**



Once individuals have satisfied with the basic physiological safety and security needs, they seek their need for love and belonging (higher level needs). These needs include undertaking group acceptance, affection, mutual trust, and the feeling of belonging to others. Every individual either sick or well desires the companionship and recognition of others for eg, his family or friend.

The nurse should always consider love and belonging needs of the patient by the way of care and by establishing a nurse- client relationship based on mutual understanding and trust.

### **4. SELF ESTEEM NEEDS:**



It is need to feel good about oneself to feel pride, to feel a sense of accomplishment that one does, and to belief that others also hold one in high regard. Self esteem gives the individual confidence, independence, worth, strength, adequacy, usefulness, and importance.

Lack of self esteem gives a feeling of inferiority, inadequacy, weakness and helplessness. The feeling of dislike leads to frustration and sense of failure.

Nurses can meet patient's self esteem needs by accepting their values and beliefs, encourage

## 5. SELF ACTUALIZATION:



Self actualization is the highest level of human needs. When the need for self esteem is satisfied the individual strives for self actualization, i.e. the need to niche one's potential through full development of one's unique capabilities.

Cognition ( the need to know and understand ) is a strong desire of human being. The intelligent individuals seeks information, analysis it, and searches for its meaning.

The nurse must focus on the strengths and capabilities rather than on problems to meet patient's self actualization needs. She must aim in caring the total individual need (holistic care) and must provide a sense of hope to maximize his potentials.

## Reference-

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