

## **BASIC HUMAN NEEDS**

Abraham Maslow, in his famous book Motivation and Personality,<sup>1</sup> set forth a theory of human needs. This theory can be used to partially understand how humans have created their history. When we explore history, we can assume people were fulfilling needs which Maslow described.

1. **Physiological Needs** are air, water, food, sleep and sex. These needs are considered essential for survival.
2. **Safety and Security Needs** relate to structure, order, control over our lives and predictability
3. **Needs for Love and Belonging** include having friends and companionship, kinship ties, and a community to live within.
4. **Need for Self-Esteem** means the need to have the respect of others along with attention and recognition from them. This can also include needs for identity, achievement, independence, freedom, and even dominance. This can also include a need for self-expression be it through speech, art, music or dance.
5. **Need for Self-Actualization** means a need to fulfill special talents. Only a small fraction of people are able to reach this stage.
6. **Need for Spiritual Expression** includes the need humans have manifested from earliest beginnings for an understanding of divine forces.

These needs, therefore, encompass 4 deep-rooted psychological needs which are:

1. identity (both personal identity and group identity)
2. security in one's life
3. control over one's life
4. recognition, attention and credit

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<sup>1</sup>

**Maslow, Abraham, Motivation and Personality, Harper and Row, New York, 1954**