

Maslow in the Present: The Hierarchy of Needs and its Applications in the Classroom.



Abraham Maslow



- Professor of Psychology
- Columbia University
- Original thinker
- Predecessors focused on the abnormal and the ill
- Maslow focused on positive qualities of people
- According to him, the appearance of one need generally depends on the satisfaction of the others.



(April 1, 1908 – June 8, 1970)



Maslow's Hierarchy of Needs

Abraham Maslow devised a motivational theory for psychology. This theory, also known as Maslow's Hierarchy of Needs, states that people aim to meet their needs in the form of a hierarchy.

Occasionally, some needs are met at the same time, not just one by one.

These needs are typically displayed in a pyramid, with the most basic needs placed at the bottom.

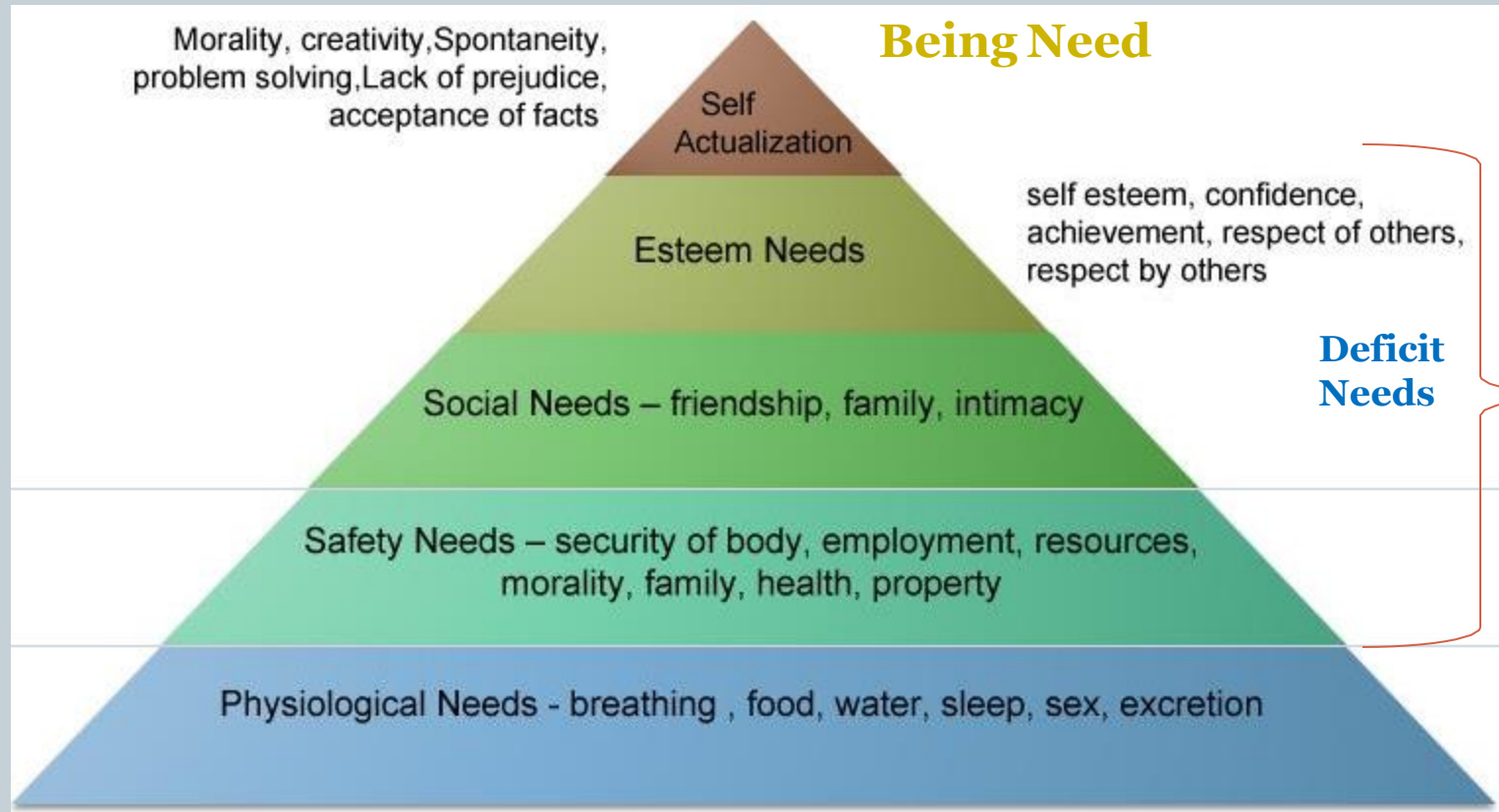
These needs are placed in the order they must be met:

- Physiological
- Safety
- Belongingness
- Esteem
- Self-Actualization



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The Hierarchal Model



Physiological Needs



Physiological Needs



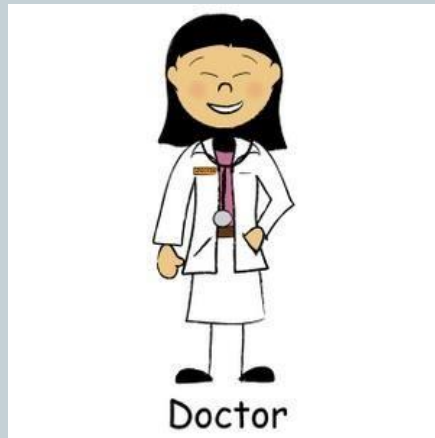
- Mostly, literal requirements for human survival. Physiological needs are the most basic needs in the pyramid.
- If not met, the human body cannot function
- Metabolic needs – air, water, food, rest
- Clothing, shelter
- Could be classified as basic animal needs
- Physiological needs are normally met on an everyday basis; however, when these key needs are not met, all of the other levels are threatened

Addressing Physiological Needs in the Classroom



- When it comes to taking care of physiological needs in the classroom, it is somewhat of a **dual responsibility**, shared between **teacher and students**.
- The teacher must be aware of the students' needs, however the students must also keep the teacher informed of their needs, such as if a student is having a difficult time breathing, or if they are thirsty.
- Other physiological needs in the classroom may include desks as well as other school supplies.

Safety Needs



Safety and Security Needs



- Once physiological needs are met, and individual next focuses on safety and security needs.
- These needs involve job security, insurance, living in a safe area, and, if applicable, disability accommodations.
- Safety and security needs aim to reduce unfairness, inconsistency, and the threat of emotional or physical harm.
- When these needs are unfulfilled, an individual is unable to focus on higher levels in the hierarchy.

Addressing Safety and Security Needs in the Classroom



- Teachers must maintain a fair, orderly, and safe classroom at all times.
- Grading and discipline policies must be understood by the students. Students should be aware of the consequences for their actions.
- The classroom must be a place free from physical bullying.

Social Needs



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Love Affection and Belongingness Needs



- When the needs for safety and physiological well-being are satisfied, the next class of needs for love, affection and belongingness can emerge.
- Maslow states that people seek to overcome feelings of loneliness and alienation.
- This involves both giving and receiving love, affection and the sense of belonging.



Addressing Love, Affection and Belongingness Needs in the Classroom



- Group exercises can increase one's feeling of belongingness in a classroom environment.
- Keeping a lighthearted and fun class will improve affectionate bonds between classmates.
- Recommending either online or face to face study groups to your students can help them create friendships with each other.

Esteem Needs



Esteem Needs



- Need to be respected by others and in turn respect them
- Sense of contribution, to feel self-valued, in profession or hobby
- respect of others, the need for status, recognition, fame, prestige, and attention
- self-respect, the need for strength, competence, mastery, self-confidence, independence and freedom
- When esteem needs are met, one feels confident in themselves as a person, and that they have a place in the world.

Addressing Esteem Needs in the Classroom



- Teachers should ask questions in a way that encourages participation and avoids embarrassing or singling out students.
- A teacher should ensure that their teaching environment is free from emotional bullying.
- Encouraging student to study harder after a failed or below average score on an assignment.
- Congratulating students privately when they perform above average.

Self Actualization



- It is the desire to realize one's full potential: "A musician must make music, an artist must paint, and a poet must write."
- Self-Actualization can only be achieved when each of the other levels have been mastered, not just understood



- Restlessness will still occur if self-actualization has not been achieved, even if all other hierarchical needs have been met.

Addressing Self Actualization in the Classroom



- This level is the most important for a student-teacher relationship because the teacher can have a great effect on the students path towards self-actualization.
- The teacher can encourage the student when they have done well, but also push them to achieve their highest potential.