Lesson 9: Our Basic Needs

Everybody has the same basic needs. These needs must be satisfied if we want to have a good self-concept and get along well with other people. When our needs are satisfied, we feel happy and contented. When they are not satisfied, we feel frustrated, angry, sad, confused, hurt, jealous and hateful. These feelings can cause conflict.

Dr. Abraham Maslow, a psychologist, believed that most behaviour can be explained by understanding the basic needs of people. Maslow arranged these needs in the order of their importance to us.

SELF-FULFILMENT NEEDS - need to become everything that you are capable of becoming -a creative human being.

SELF-WORTH NEEDS - need to feel important, capable, worthy, confident; need for recognition, attention and respect.

LOVE AND FRIENDSHIP NEEDS - need to give and receive love, need to belong in a group.

SAFETY NEEDS - need to be safe from threats; to be treated fairly; to be trusted and to have trust.

PHYSICAL NEEDS - need for air, food, water, shelter, medical care, rest, recreation, sometimes called SURVIVAL needs.

PUTTING IT TOGETHER.

Much of our behaviour is a combination of needs. For example, when you eat with a friend, you are satisfying both the need for food and for friendship.

Think about the behaviours below and use Maslow's pyramid above to identify the needs.

Five-year old Joan cries and holds on to mother. It is the first day of school.

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You are not invited to a party. All of your friends are going. You are upset

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Eleven-year old Raymond talks loudly and acts like a "Man."

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Andy's friends are pressuring him to drink beer with them.

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YOUR CHALLENGES!

1. Write a few sentences about "becoming everything that you are capable of becoming."

2. How can school help you to achieve "self fulfilment?"

As a peacemaker I learned

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