

Session 10

Learning Theories: Abraham Maslow's Hierarchy of Needs



Maslow's hierarchy of needs

Image 1. Maslow's Hierarchy of Needs Explained.
(Source: Hooper, E. 2020:Online)

A. Introduction

Abraham Maslow's model of pyramid highlighted the stages of human needs that aims to achieve the highest level of self-actualization. He presented an organized five-tier human needs that are basic in nature but serves as a foundation to fulfill

the higher needs of a person. The illustration is presented in a general manner but this can possibly experience differently by different people in varied situations.

B. Session Objectives

- ✓ List the various levels in the Maslow's hierarchy of needs.
- ✓ Discuss the specific needs in each level of the Maslow's diagram.
- ✓ Determine classroom scenarios, community issues and / or events that concerns individual needs and how it affects one's life.
- ✓ Discuss the factors that may affect the learners' development through various situations encountered in the community, workplace or in school.

C. Session Content

The Five-tier Model of Maslow's Hierarchy of Needs

1. Topic 1

Physiological needs - these are biological needs of human being in order to survive and some of the examples of these needs are: shelter, food, drink, shelter, clothing, sleep, the air we breath in and more. These are vital in the daily endeavor of human to function well in his environment. Abraham Maslow consider the physiological need as the basic and foundation as compared o the other higher needs.

How can a teacher motivate the students to learn using physiological needs?

Here are the some of the activities to engage with:

- ✓ Allow comfortable movement in the classroom
- ✓ Provide enough time for snacks
- ✓ Allow learners to drink whenever they need it
- ✓ Provide comfortable seating arrangement
- ✓ Provide proper ventilation in the classroom

2. Topic 2

Safety needs - this refers to the security that is needed by an individual to be protection from harmful elements. This can also refer to the

awareness to the governing guidelines of the school, community and the law that governs the bigger society.

How can a teacher motivate the students to learn using security needs?

Here are the some of the activities to engage with:

- ✓ Prevent bullying in the class
- ✓ Respect gender preferences
- ✓ Build trust and confidence in expressing concepts and ideas
- ✓ Allow learners to express their thoughts and feelings or emotions without harm.
- ✓ Maintain order in the classroom

3. Topic 3

Love and belonging needs- this is placed on the third level of Maslow pyramid model of human needs that involves feelings of belonging. This describes how a person is needed to be connected with people whom they value as a family, friends, co-workers, neighbors)

How can a teacher motivate the students to learn using love and belonging needs?

Here are the some of the activities to engage with:

- ✓ Encourage collaborative work on class activities
- ✓ Facilitate group projects
- ✓ Facilitate team building activities in class

- ✓ Ensure learners know their classmates by names.
- ✓ Manage diversity

4. Topic 4

Esteem needs - interacting with people may be easy to some but difficult to others. Certainly, this esteem needs help people to gain the right confidence in order to maintain composure and proper disposition. This is also essential in gaining friends and build support system.

How can the teacher motivate the students to learn using self-esteem needs?

Here are the some of the activities to engage with:

- ✓ Praise learners' for a job well-done
- ✓ Praise learners' effort/s
- ✓ Empower students and promote leadership
- ✓ Recognize learners' strengths and weaknesses

5. Topic 5

Self-actualization needs - The highest level of human needs as described in the model of needs pyramid. This enable an indivudal to achieve or to reach the desired target or goal.

How can the teacher motivate the students to learn using self-actualization needs?

Here are the some of the activities to engage with:

- ✓ Guide students to set their goals in life
- ✓ Provide stimulating and exciting tasks

- ✓ Provide passion-driven activities
- ✓ Facilitate enrichment activities

6. Topic 6

The *Expanded Hierarchy of Needs*

1. Cognitive needs. This focused mainly on knowledge acquisition in relation to the things that one need, the environment he/she lives in and the people he interact with. *Example: learning something through multiple intelligence. A child can easily learn when he/she is comfortable with the learning styles he/she utilizes.*

2. Aesthetic needs. This refers to beauty particularly how one carries himself/herself in public. *Example: A teacher have to be presentable at all times. He/she must dress neatly and look tidy in anywhere he go.*

3. Transcendence needs. These needs create meaning to life which is immeasurable by the naked eye. *Example: A person is said to be beautiful when her amazing physical appearance is combined with a kind heart.*

D. Conclusion

We all have our personal needs. The levels of human needs that was presented in the model of pyramid may not be applicable to other people in terms of the order of arrangement. People may desire to attain one level even without attaining the lower level of needs. The expanded needs in addendum to the exiting hierarchy of need practically supplement the totality of human necessities. In school, we can not focus on attending to the needs of our students in terms of hierarchy, we can be practical if we focus on the most important and on the urgency of the need.

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E. References

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