

individuals must receive appreciation and recognition, achieve goals and tasks, and develop a positive self-concept.

5. **Self-Actualization Needs:** These are the highest level in Maslow's Hierarchy of Needs, representing the ultimate goal for humans to achieve their full potential. This level goes beyond basic survival and security, focusing on personal growth and fulfillment. Self-actualization involves realizing unique talents, abilities, and strengths, and striving for self-improvement. It encompasses embracing one's true self and pursuing personal growth in all aspects of life, including creative, intellectual, and emotional growth. Characteristics of self-actualized individuals include high levels of creativity and problem-solving skills, a deep understanding of themselves and their values, the ability to remain objective and accept reality, spontaneity, and the desire to pursue truth and excellence. By understanding and addressing these needs, individuals can work towards self-actualization and a more fulfilling life.

Objective questions

What is the most basic level of needs in Maslow's Hierarchy?

- a) Safety Needs
- b) Social Needs
- c) Physiological Needs
- d) Self-Esteem Needs

According to Maslow's Hierarchy of Needs, once physiological needs are met, what is the next level of need that individuals seek?

- a) Self-Actualization Needs
- b) Social Needs
- c) Safety Needs
- d) Self-Esteem Needs