**Needs of Individuals:**

Individuals have many needs, which include Physical Needs, Emotional & Social Needs, and Intellectual Needs. Below are traditional and alternative theories from popular psychologists. Some theories do span across more than one category.

**Physical Needs:**

Abraham Maslow’s Hierarchy of Needs, which often is presented as a pyramid, is an example of the physical needs individuals experience. The base of the pyramid is the physiological needs, which are necessary for survival. Once these are taken care of, an individual can concentrate on the second layer, the need for safety and security. The third layer is the need for love and belonging, followed by the need for esteem. Finally, self-actualization forms the apex of the pyramid. In this scheme, the first four layers are what Maslow called deficiency of needs or D Needs. If they are not filled, you feel anxiety and attempt to fill them. If they are filled, you feel nothing; you feel only the lack. Each layer also takes precedence over the layer above it; you do not feel the lack of safety and security until your physiological needs are taken care of, for example. In Maslow's terminology, a need does not become relevant until the needs below it are met. Needs beyond the D-needs are “growth needs” "being values" or B-needs. When fulfilled, they do not go away, rather, they motivate further. He outlines about 14 of these values, including beauty, meaning, truth, wholeness, justice, order, simplicity, richness, etc.

**Emotional & Social Needs:**

Erick Erickson’s 8 stages of development focuses around emotional and social needs individuals have at certain points in their lives. The 8 stages includes Trust vs. Mistrust (0-1yr), Autonomy vs. Shame (1-3yr), Initiative vs. Guilt (3-6yr), Industry vs. Inferiority (6-12 yr), Identity vs. Role Confusion (12-17yr), Intimacy vs. Isolation (young adulthood), Generativity vs. Stagnation (middle adulthood), and Ego Integrity vs. Despair (older adulthood). In each stage the person confronts, and hopefully masters, new challenges. Each stage builds on the successful completion of earlier stages. The challenges of stages not successfully completed may be expected to reappear as problems in the future.

**Intellectual Needs:**

Jean Piaget’s theory of cognitive development covers intellectual needs an individual can have. Piaget’s theory can be broken down into a series of four stages that span from infancy to childhood, and to adolescence. These four stages are labeled the Sensorimotor Stage, which occurs from birth to age two, (children experience through their senses), the Preoperational Stage, which occurs from ages two to seven (motor skills are acquired), the Concrete Operational Stage, which occurs from ages seven to eleven (children think logically about concrete events), and the Formal Operational stage, which occurs after age eleven (abstract reasoning is developed here).
**Other Need:**

One other need that individuals can have is a spiritual need. Some sense that there is a greater power or being. To have a sense of spirituality can provide individuals with a meaning and purpose in life. There is not a lot of psychological research or theories that specifically address spirituality, but there are a few psychologists that incorporate pieces of spirituality into their theories such Carl Jung and Abraham Maslow.

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