

Handout on psychologist Abraham Harold Maslow

Introduction

-Abraham Harold Maslow was born April 1, 1908 in Brooklyn New York; he died in 1970 from a heart attack.

- Against his families wishes Abraham tied-the-knot with his first cousin, Bertha Goodman.

-With her he had two daughters; this is when he became interested in psychology. He received his BA, MA and PhD in psychology from the University of Wisconsin.

Maslow's field of research

- Humanistic psychology is a modern psychology that emphasizes human individuality and regards psychology as a human science rather than as a bio-physical science. Humanistic psychology rejects behaviorism since it objects to treating human persons as biological mechanisms. Instead, it takes into account human intentions, motivation as well as education.

Importance

-By evaluating the importance of basic human needs Maslow created the famous "Hierarchy of Needs."

-Maslow defined self-actualization as a need that occurs when the other four needs have been satisfied. It involves realizing personal potential, self-fulfillment and seeking personal growth. Self-actualizer's share common characteristics like the acceptance of others, spontaneity, continued freshness of appreciation, creativeness etc.

-Maslow also defined:

-B-Motivation- motivation for psychological growth.

-D-Motivation- deficiency motivation takes place when we lack something and try to require it.

-Homeostasis- when you regress in your needs, other needs will take place to balance it out.

-Instinctoid-needs that are required for survival, sought out instinctively.

Importance to our study of the Social Sciences

-the Hierarchy of Needs can relate to any part of society. The rich and the poor, the black and the white all need the same basic needs.

-if these needs aren't met, society's can fall apart. E.g. Africa doesn't have enough to meet the basic needs, and its society is severely struggling.