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**Discuss Maslow's concept of self-actualization in terms of fulfillment of needs.**

Abraham Maslow’s theory of needs (1954) places human needs in a hierarchical order. The theory purports that lower-level needs being successfully met, is the basis on which an individual is motivated to achieve each next level. The theory indicates that there are five (5) needs, starting with the lowest and most basic being physiological (air, water, food, shelter, clothing) and continues with safety, love/belonging, esteem and self-actualization.

Self-actualization is the highest level one can achieve based on Maslow’s theory. ‘Self’ is who a person is inherently, which includes their personal preferences, their values and goals (Self-concept p. 27). Based on this concept, in order for self-actualization to be achieved, one must know and understand themselves on a deeper level and comfortably embrace their inherent nature.

**Describe the self from a systemic perspective.**

‘Self’ from a systemic perspective can be described as the way in which an individual’s interaction with their environment (family, community, church, cultural exposure etc.) shape how they perceive themselves and motivates both the way they behave and relate to others.

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**Describe how self-esteem may be blocked and what may develop high self-esteem.**

Self-esteem, is the value an individual places on themselves based on their own self-evaluation (Balloo, pp. 24-25). This evaluation is be based on four conditions that include,

**Connectiveness:-** the satisfaction of valued associations.

**Uniqueness:-** acknowledge qualities that make one unique or special.

**Models**:- examples of values goals ideals and personal standards that can be referred to by an individual.

**Power:-** resources, capability and opportunity to influence the circumstances of one's own life. (Balloo & Boca, p. 27)

When these conditions are not met, self-esteem may be blocked (pessimism and sadness), however the more these conditions are met, greater self-esteem is achieved (confidence and self-acceptance) (Balloo, pp. 26-27).

**Discuss your understanding of the self? How does it relate to religion?**

‘Self’ in my understanding, is the physical, psychological and spiritual makeup of an individual. The three (3) work together to allow one to function and exist. The quality however of one's functioning and existence is dependent on how an individual views themselves and their individuality.

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Religion which is the concept of spiritual awareness and practice, is the acknowledgement of God’s existence. Man’s relationship with God can be mirrored with a healthy relationship between a parent and child that promotes high self-esteem as religion fosters positive descriptions of self (Balloo, pp. 51).