

Faculty of Human and Social Sciences

Department of Psychology

Level: 2nd year LMD Psychology

Instructor: Ms. Saci Meriem

Module: English Language

Lesson n°1: Human Needs

Introduction

Human needs are essential elements required for survival, growth, and well-being. In psychology, understanding human needs helps explain human behaviour, motivation, and emotions. People act in certain ways because they are trying to satisfy their needs, whether physical, emotional, or social.

I. Definition of Human Needs

Human needs can be defined as the basic requirements that individuals must fulfill to live a healthy and balanced life. These needs are universal, meaning all humans share them, but the way people satisfy them may differ depending on culture and environment.

II. Types of Human Needs

Psychologists classify human needs into different categories. One of the most famous models is Maslow's Hierarchy of Needs.

1. Physiological Needs

These are the most basic needs necessary for survival, such as: Food, Water, Air, and Sleep. Without these needs, the human body cannot function properly.

2. Safety Needs

After physiological needs are met, individuals seek safety and security. These include: Personal security, Health, Financial stability, Protection from danger.

3. Love and Belonging Needs

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Humans are social beings and need relationships. These needs include: Friendship ,Family Emotional connections, Love and affection . Lack of these needs can lead to loneliness and depression.

4. Esteem Needs

Esteem needs relate to self-respect and recognition from others:Self-confidence, Achievement Respect from others, Status. When these needs are satisfied, individuals feel valued and motivated.

5. Self-Actualization

This is the highest level of needs in Maslow's hierarchy. It refers to: Personal growth, achieving one's potential, Creativity, Self-fulfilment .Not everyone reaches this level, as it requires fulfilling all previous needs.

III. Importance of Human Needs in Psychology

- It helps explain human motivation
- It allows psychologists to understand behaviour
- It helps improve mental health
- It supports personal development

Conclusion

Human needs are fundamental in shaping behavior and personality. From basic survival to self-fulfillment, each level of need plays an important role in human life. Understanding these needs allows psychologists to better support individuals in achieving well-being and psychological balance.