

Maslow and Erikson

The theories of Abraham Maslow and Erik Erikson support the use of human response assessment in the experiential and behavioral perspectives.

Erikson describes eight stages of development through life. This implies a person continues to develop at all ages. Each stage identifies a task that must be achieved. The achievement can be complete, partial, or unsuccessful. The greater the task achievement, the healthier the personality of the person. Failure to achieve a task for one stage influences the person's ability to achieve the next task. The developmental tasks are viewed as crises, and successful resolution is supportive to the person's ego. The individual must find a balance between the positive and negative side of the task. For example, the balance between trust and mistrust.

During assessment the nurse determines what stage the patient should be in based on age, what the task is for the stage, and whether there are positive or negative indicators of resolution of the task. Erikson states no level of development can be bypassed. However, stressors/illness can change positive resolution to negative. The following is a chart of Erikson's Eight Stages of Development.

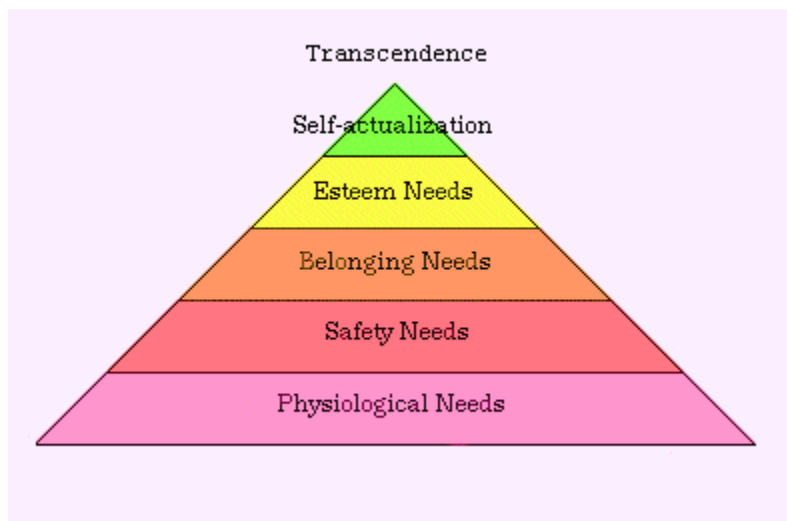
Stage	Age	Central Task	Indicators of Positive Resolution	Indicators of Negative Resolution
Infancy	Birth to 18 months	Trust versus mistrust	Learning to trust others	Mistrust, withdrawal, estrangement
Early Childhood	18 months to 3 years	Autonomy versus shame and doubt	Self-control without loss of self-esteem Ability to cooperate and to express oneself	Compulsive self-restraint or compliance Willfulness and defiance
Late childhood	3 – 5 years	Initiative versus guilt	Learning the degree to which assertiveness and purpose influence the environment Beginning ability to evaluate one's own behavior	Lack of self-confidence Pessimism, fear of wrongdoing Over-control and over-restriction of own activity
School age	6-12 years	Industry versus inferiority	Beginning to create, develop, and manipulate Developing sense of competence and perseverance	Loss of hope, sense of being mediocre Withdrawal from school and peers
Adolescence	12 to 20 years	Identity versus role confusion	Coherent sense of self Plans to actualize one's abilities	Feelings of confusion, indecisiveness, and antisocial behavior
Young adulthood	18 to 25 years	Intimacy versus isolation	Intimate relationship with another person Commitment to work and relationships	Impersonal relationships Avoidance of relationship, career, or lifestyle commitments
Adulthood	25-65 years	Generativity versus stagnation	Creativity, productivity, concern for others	Self-indulgence, self-concern, lack of interests and commitments
Maturity	65 years to death	Integrity versus despair	Acceptance of worth and uniqueness of one's own life Acceptance of death	Sense of loss, contempt for others

Abraham Maslow establishes a hierarchy for meeting human needs. He identifies five levels of human needs in ascending order.

1. Physiologic needs.
Includes the needs crucial for survival - air, food, water, shelter, rest, sleep, activity, and temperature maintenance.
2. Safety and security needs.
Includes both physical and psychological aspects. The person needs to feel safe in the physical environment and in relationships.
3. Love and belonging needs.
Includes giving and receiving affection, attaining a place in a group, maintaining a feeling of belonging.
4. Self-esteem needs.
Includes esteem from self (independence, competence, self-respect) and esteem from others (recognition, respect, appreciation).
5. Self-actualization.
Is the inner need to develop one's maximum potential and utilize one's abilities and qualities at the highest level.

Maslow believes the needs must be met in order from 1 – 5. For example, the person cannot be concerned about belonging if hungry and cold. But he also believes that the person's priority may be changed by the person's perception of what need is most important. The patient with an asthma attack has a priority for air, but after the attack a need for safety to prevent another attack.

The typical visual for Maslow is as follows.



Maslow's Hierarchy of needs

Identify the Human Response Pattern that is reflected in each level.
Complete the NSG 120 study guide included for applying Erikson and Maslow.