

Importance of Maslow's Theory in 21st Century & its Implications in Daily Life

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ABSTRACT

Maslow may be known to you. Or perhaps a fan. On the other hand, if a psychologist begins to spew out a theory, you might quit listening. Google "Maslow" or his "hierarchy of wants," and the results will probably show a colourful pyramid. However, what does it mean and is it still relevant considering that this specific thinker died fifty years ago? In the more than 70 years since the famous psychologist first proposed his theory, the system's current needs and advantages have changed dramatically. It's still crucial to consider if Maslow's hierarchy of needs still holds true after all these time. To put it briefly, Maslow believed that human needs could be neatly divided into five categories. After the requirements of one category have been satisfied, the next one is activated. Maslow never actually discussed the hierarchy in terms of a pyramid, according to Lean Advisor Greg Stocker. To clarify the hypothesis, the diagram was created considerably later. The study's objective is to determine how applicable Maslow's hierarchy of needs is in the twenty-first century.

Keywords: *Importance of Maslow's theory, implications of theory, needs, Recognition*

Maslow's hierarchy of needs is a psychological theory outlining the items that people consider to be essential to their well-being. However, the theory focuses on how and why we meet these wants rather than the needs themselves. According to Dr. Aimee Daramus, a certified clinical psychologist, "Maslow's hierarchy of needs is a hypothesis of motivation."

According to Maslow, "we're motivated to meet each of the basic needs listed on the hierarchy in order," with requirements like immediate and long-term safety being met before higher-level needs like love, respect, or self-actualization can even be considered. Maslow's original presentation of the hierarchy of needs included a breakdown into five levels, from first to fifth, based on his personal priorities. The subsequent popularity of the pyramidal representation of his idea is largely attributable to him. There are "lower tier" needs, "middle tier," and "higher tier" needs, and these are the categories that correspond to them. Maslow's hierarchy of needs has been roundly criticized, yet it also has significant advantages. This approach "truly takes into consideration our deepest shortcomings and struggles, as well as our finest capabilities," as Kaufman puts it. According to Maslow's hierarchy of needs,

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"humans are full of numerous demands, and some of them are more important than others, but ultimately we are capable of fully reaching our potential." Maslow wrote in his 1943 paper, "It is certainly true that man lives by bread alone – when there is no bread," about the importance of material wealth to the survival of humans. But when there is always enough food to satisfy hunger, what happens to man's appetites?

Maslow believed that when people's basic needs were addressed, they naturally aspired to greater and greater heights. As per Maslow, "without a moment's delay other" (and "higher") needs arise, and they, instead of physiological cravings, overwhelm the creature [person]. The fulfilment of each progressive arrangement of requests leads to another arrangement of requirements, every one of which is considered "more prominent" than the one preceding it. This is the very thing we mean when we say there is an order of significance among the most major human needs.

Research Objective

A person's future happiness might be negatively impacted if they let problems or challenging circumstances at one point in their life to force them to become overly focused on a specific set of requirements. Maslow's theory of needs seems to describe needs that everyone has. However, studies suggest that the fulfilment of the requirements has little to do with the order in which they are supplied. The purpose of this research is to determine whether or not Maslow's hierarchy of needs is still relevant in the twenty first century.

METHODOLOGY

This investigation strikes a balance between a descriptive style and an analytical one. In order to do so, it relies heavily on secondary sources like newspaper and magazine articles, reports based on investigations, and similar research. Individual observations also form the basis of an analysis, alongside the aforementioned element. With a focus on secondary sources and a thematic analysis, this study took a qualitative approach.

Discussion and results

Maslow's progressive system of necessities is a famous mental hypothesis for inspiration, and many individuals are known about it with regards to human turn of events. In a review distributed in 1943 and developed in his book *Motivation and Personality* distributed in 1954, Abraham Maslow acquainted this thought with the world. Rather than zeroing in on the people who were harmed by his speculations, Maslow took a gander at the existences of those he considered "praiseworthy," like Albert Einstein and Eleanor Roosevelt. A great many people are known about a pyramidal portrayal of Maslow's ordered progression of prerequisites, in which physiological, security, and having a place/love needs sit at the base, trailed by development needs (regard and the zenith of self-completion). For extra data on Maslow's progressive system of necessities, look at this article from *Psychology Today*. A Lean Advisor named Greg Stocker cases that Maslow never really introduced the pecking order as a pyramid. Rather, the pyramid shape was concocted a lot later as an improved-on way to deal with show the thought. A look at the world via Maslow's eyes Maslow wrote in his 1943 paper, "It is certainly true that man lives by bread alone – when there is no bread," about the importance of material wealth to the survival of humans. But when there is always enough food to satisfy hunger, what happens to man's appetites? Maslow believed that when people's basic needs were addressed, they naturally aspired to greater and greater heights.

Hierarchy of needs

Investigator begin with our physiological needs since they are the groundwork for everything else. Air, food, water, sleep, and a safe place to live are all necessities. All rather fundamental, but of the utmost significance no matter who we are or what we do. According to Maslow's theory, these must be met before moving on to the next level of needs. (I can't argue with that; it's hard for me to pay attention to anything when I'm hungry, and don't hold your breath for me to be even remotely logical or insightful when I'm exhausted.) After these requirements are met, we can shift our attention to our desire for safety. Our insatiable desire for a sense of safety and security. When we're young, it's probably as simple as being in the same room with our parents or a special relative. In later years, these are more likely to include things like financial stability, a steady job, and good health. Have you settled that matter? Great! If Maslow is correct, then we will priorities our desire for love and belonging, which includes our relationships with our loved ones, our community, and the world at large. As a species, humans are naturally sociable. (Although, I will admit, I do have an ex that doesn't agree with that!) Then follows our esteem, which encompasses our respect for and belief in oneself as well as our esteem of others. Maslow stated there are two parts to these requirements. Being confident in ourselves comes first. The second is having the sense that other people appreciate and acknowledge us and our efforts.



Maslow's hierarchy of needs

Applications for Maslow's hierarchy of needs

People have applied Maslow's hierarchy of needs to many fields of study, industries, and societal issues. Below are some examples:

1. Education

Education experts sometimes use the hierarchy of needs to help children reach their learning potential. For example, in 2020, the Institutes of Education Science applied the theory to children receiving an education at home during the COVID-19 pandemic. Children in this situation experience unique challenges and may feel unsafe due to the changes happening around them. The authors explain how caregivers can meet their physical, safety, social, esteem, and personal growth needs, even in a difficult situation.

2. Healthcare

In an older researchers argue that applying Maslow's theory to the care of people in an intensive care unit (ICU) may have benefits. People in ICUs tend to be over sedated and

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immobilized. The authors contend that although these measures are necessary for a minority of patients, they are not essential for the majority. In fact, they may have a negative affect on mental health and cognitive function.

To prevent this, the authors propose changing ICU care so that it considers overall quality of life and not just physical recovery.

What happens if a person cannot meet their needs?

Unmet needs in each category can have specific effects, such as:

Need	Effect if unmet
Physiological	<ul style="list-style-type: none">• Physical Illness• Hoarding Behavior
Safety	<ul style="list-style-type: none">• Anxiety• Psychological Trauma
Love and belonging	<ul style="list-style-type: none">• Loneliness• Antisocial Behavior
Esteem	<ul style="list-style-type: none">• Feeling Worthless• Feeling Invisible or Unappreciated• Low Self-Confidence• Depression
Self-actualization	<ul style="list-style-type: none">• Boredom• Cynicism• Lack of Meaning in Life

Maslow's theory suggests that people's needs at one level have to be mostly, but not completely, met before they can move on to the next level. He believed that unmet needs occupy the mind, preventing the pursuit of needs higher in the pyramid.

Thus, according to the theory, if a person is endeavoring to address their basic physiological and safety needs, they will not be able to seek higher needs for love, esteem, and self-actualization.

Is it still relevant to consider Maslow's hierarchy of needs?

Maslow's hierarchy of needs has been roundly criticized, yet it also has significant advantages. This approach "truly takes into consideration our deepest shortcomings and struggles, as well as our finest capabilities," as Kaufman puts it. According to Maslow's hierarchy of needs, "humans are full of numerous demands, and some of them are more important than others, but ultimately we are capable of fully reaching our potential." Maslow's hierarchy of needs can still be useful in modern society if it is viewed as a guide to our numerous demands rather than an order in which they must be addressed.

Everyone has their own unique set of goals and motivations for prioritizing certain demands over others. Such adaptability is a hallmark of personality and ultimately defines how each of us makes our way through the world, meeting our many requirements as we go. At last, at the highest point of that splendidly hued pyramid is something many refer to as self-

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actualization. This is, more or less, feeling satisfied and accepting that we are all that we can be. The detail of this is different for everyone, as a few of us are satisfied by having the option to help other people, a few by innovative or imaginative pursuits and accomplishments, some by arriving at the highest point of their picked field, and some by long lasting learned, to give some examples. Maslow was a piece miserable on this one, hypothesizing that moderately not many of us at any point accomplish self-actualization.

CONCLUSION

Maslow's hierarchy of needs is the first scientifically accurate model of behaviour in humans. He clarified how human needs affect behaviour. He used psychoanalysis to understand human behaviour because he was a psychologist. Maslow's theory of motivation can be summed up as follows: there is a hierarchy of wants; humans are satisfaction-seeking animals; people are motivated by a never-ending search for greater satisfaction of needs; and a need that has been satisfied no longer drives behaviour. Maslow asserts that people often work to fulfill their psychological needs first. Once they are content, they stop influencing how people behave. Humans work to satiate their needs in a sequential order and step-by-step way because they are motivated by the next higher-level need. As a result, the development of need is a slow process.

Therefore, it is both evident and intriguing that feedback and recognition may make such significant contributions to those same two critical layers. Maslow emphasised that having a sense of "belonging" includes both feeling loved and having love for other people. Therefore, it has never been more crucial for both recipient and sender to express gratitude to peers, praise direct reports or colleagues, recognize others' accomplishments, and generally acknowledge the positive stuff. Hey, it's beneficial to your health. Personally, I believe Maslow was right on the money. Prove him wrong by showing some love to your coworkers and yourself so that you can both reach the dazzling top of self-actualization. I think the view is amazing from up there! I believe that the problem is a dearth of empirical research. Maslow, in my opinion, did a nice thing by examining those individuals he thought had performed admirably in their fields and gleaned some talking points from it.

In addition to being a holdover from the 1940s and 1950s, the lack of subsequent scientific study and the predominance of Western white males are also unsuitable for usage in today's globalised society. Use Maslow's hierarchy of needs in your business without a doubt, but do it with caution and a healthy dose of balance. Maslow's hierarchy of needs can still be applicable in today's culture when viewed as a guide to meeting our many demands rather than as a set order. Everyone has distinct priorities and justifications for prioritizing certain demands over others. Our originality depends on this flexibility, which affects how each of us progresses through life, determining our needs and all.

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Conflict of Interest

The author(s) declared no conflict of interest.

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