

According to Poston (2009) Maslow's Hierarchy of needs is an essential tool to use in different professions, more likely education and healthcare. Poston (2009) suggests that the pyramid needs to be followed in order, as the body needs to determine the basic needs of the child/young person before moving on to the more complex needs of the individual so that they can have the best possible development in life. Poston (2009) states that Maslow's Hierarchy of needs was made by him observing and studying monkeys. After observing and studying monkey's he later transitioned his ideas to human behaviour where he then developed the pyramid of needs.

According to Holzknacht (2007) Maslow's Hierarchy is a holistic concept of children and young people's personality that their cognition, behaviour, emotion and motivation will centre around whichever the most unmet need

is. He suggests that Maslow stated that the most urgent need that is not

met will be the one at the bottom of the pyramid's hierarchy. Furthermore,

looking at the pyramid Holzknacht (2007) suggests that the Physiological

needs need to be met to survive and move up the pyramid. Children, and young people need food, water warmth and rest for them to develop. Without these basic needs they cannot function. Holzknacht's (2007) video explaining Maslow's Hierarchy of needs it is stated that Safety is another important factor as it provides structure. Maslow argued that it gives physical security, protection and stability. When these are met people feel stress free without any concerns. Without a sense of safety people often feel stressed or down which then takes up a lot of emotional and mental energy which can make a person feel drained.

Burleson and Thorton (2014) states that once the physiological needs and safety needs are met, the next step Love and belonging become important. They suggest that a sense of belonging can be developed through clubs such as football, tennis etc, volunteering, commitments etc. They state that when people feel in need of love and belonging, they strive for a place in a group, they look for that connection in others. Without connections people feel lonely which causes mental health to suffer long-term. They state that once a person feels a sense of love and belonging, they

feel content and develop confidence. They suggest that Maslow stated that you cannot move on and up the hierarchy until the love and belonging needs have been fully met. Feeling a sense of love and belonging develops the emotional needs to create, grow and reach the individuals full potential in life Burleson, Thorton (2014).

- Burleson and Thoron (2014) suggest that love and belongingness and self-esteem come into one, as children and young people or adults have needs to feel cared for and loved. They suggest that children and young people seek these fulfilments from their teachers. Burleson and Thoron (2014) state that teachers must make the most of every opportunity to reinforce a child/young person's positive behaviour which will help their self-esteem. They suggest in future, this will help the learner as they will develop positive self-esteem which will also help develop their self-image.

-Moving on after the third tier in Maslow's Hierarchy, children/young people move up to Self-esteem, which includes confidence, achievement, respect of others, the need to be unique. Again, Burleson and Thoron (2014) suggests that self-esteem is often split into two groups. At first a child/young person will want to develop confidence, strength, achievement and adequacy in life. Next, a child/young person will want to develop prestige, reputation, appreciation, recognition, and importance. They suggest that when both these groups are met, children/young people feel a sense of worth, capability, strength and belonging. However, Burleson and Thoron (2014) states that if these are not met this will knock their confidence and self-esteem and make them feel weak, which furthermore will put a halt in the process of them moving forward to the higher tier of the hierarchy.

-Poston (2009) states that the meaning of self-actualization as defined by Maslow is a single component of being within the hierarchy, this is an independent need. He suggests that self-actualization is an internal dialogue to which every person develops at some stage in life. Poston (2009) states that when a child/young person feels, unsafe, hungry or unloved, it becomes a main priority to try and resolve these issues. Self-actualization is there to pinpoint how a person really feels about something, at times this can be difficult as it is challenging to figure out what is

bothering them, this determines how connected they are with their abilities and their self. Furthermore Poston (2019) states that when a person is focused on self-actualization it defines who they are as a person. Once a person develops self-respect, the person can then take a proactive approach to self-improvement and being able to keep a focused mindset on resolving any issues that arise. When a person develops self-actualization, the focus then shifts from pleasing others, when this happens a person will become satisfied with who they are, which comes with a sense of peace in life.

In conclusion, Poston (2019) believes that every person is a self-actualizer. Sometimes it is experienced at different points in life, whether that is at a young age or a little bit later in life. He states that everyone is emotionally affected by Maslow's Hierarchy. If a child/young person has positive life experiences, and their needs and development are being met, that person will then thrive in self-confidence and self-esteem at a faster pace. Furthermore Poston (2019) states that the person will develop a stronger set of coping mechanisms when one of their tier stages are not being met. Looking at a different perspective Poston (2019) sees what negative life experiences do to a child. This means that when a child's needs are not met, their self-esteem and self-confidence will be affected, in the long run the child will be seeking approval from their family, peers or teachers and could then develop a fear of making mistakes in the future.