Love and Belonging

Maslow’s Hierarchy of Needs are broken down into five needs. Love and belonging is the third need following physiologic needs and safety and security needs. Love and belonging is based on love, connection and belonging to a group, whether that be a connection with family, friends, work, or an intimate relationship. Love and belonging needs include love and affection and relationships. On an exam question regarding Maslow’s Hierarchy of Needs, it is important to remember that love and belonging is prioritized third.



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Love and Belonging Hierarchy

Third Basic Need
(3) Tree
When physiologic needs and safety and security needs are fulfilled, love and belonging become the third priority. Love and belonging is the third level of Maslow's Hierarchy of Needs and is recognized as a higher-level need. It requires an understanding and acceptance of people providing and reciprocating love, and the sense of belonging to a group. An example would be including family and friends in the care of the patient, and connecting patients to community resources and support groups when suitable. When writing nursing exams, remember that love and belonging patient needs are prioritized third.

Love and Belonging Needs

Love and Affection
Love-hearts and Affectionate-kiss
For love and belonging, the need for social interactions and feelings of belongingness must be met before the motivation to increase self-esteem can be established. Love and affection are needs that a person desires in order to satisfy the third tier of Maslow’s pyramid.

Relationships
Friends and Family
Loneliness can breed depression. Personal relationships with friends, family, and lovers play an important role in contributing to a person’s well-being and sense of connection. Involvement in other groups that might include religious groups, sports teams, book clubs, and other group activities.

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