Esteem

Maslow’s Hierarchy of Needs are broken down into five needs. Self-esteem needs are the fourth basic human need following physiologic, safety and security, and love and belonging. Self-esteem is based on an individual's sense of value, self-acceptance and it encourages independence. It is broken down into two categories, esteem for oneself, and the desire for reputation or respect from others. Deprivation of self-worth results from change of roles, responsibilities, relationships and body image changes. Nurses can support positive self-esteem by encouraging patient motivation. They can do this by valuing the patient’s beliefs and character, promoting attainable goals, and family support. On an exam question regarding Maslow’s Hierarchy of Needs, it is important to remember that self-esteem is prioritized fourth and esteem questions can be recognized by their connection with an individual's emotions, including feelings of fear, sadness, loneliness, happiness, and acceptance of oneself.



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Esteem HIERARCHY

Fourth Basic Need
(4) Fork
Self-esteem needs are the fourth priority after physiologic, safety and security, and love and belonging. An individual is unable to reach higher priorities until the lower needs are met. Self-esteem is considered the second of the higher-level needs in Maslow's hierarchy, after love and belonging. Maslow divided self-esteem into two sections, the first being esteem for oneself and the second being the aspiration for reputation or respect from others. When writing nursing exams, remember that esteem patient needs are prioritized fourth.

Eteem Need

Esteem for Oneself
Steaming Self
The first of the two self-esteem levels is esteem for oneself, which includes dignity, success, and independence. It involves the need for a person to feel good about themselves and have a sense of accomplishment. Factors that can affect one’s esteem include changes that result in an altered body image (e.g. injury, illness, surgery, weight gain).

Reputation and Respect
Respectfully-bowing
The second level of self-esteem is the aspiration for reputation or respect from others. It involves the need for others to respect and appreciate one's accomplishments. Nurses can facilitate feelings of confidence, independence, and self-worth by valuing a patient's beliefs, respecting their values, and supporting the patient in establishing attainable goals.

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