

ESTEEM NEEDS

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The Esteem Needs: A Review of Psychological Literature

Abstract

This article reviews the psychological literature on the esteem needs of individuals. The review focuses on the origins of the concept of esteem needs, theoretical models of the esteem needs, and the impact of esteem needs on psychological well-being. The review concludes that the concept of esteem needs is an important aspect of psychological well-being and should be considered when designing interventions to improve psychological health.

Introduction

Esteem needs are an important part of human psychology and are intimately associated with psychological health and well-being. The concept of esteem needs was first proposed by Abraham Maslow in his Hierarchy of Needs (Maslow, 1943). According to Maslow, the esteem needs are the fourth level of the hierarchy, after the physiological needs, safety needs, and the need for love and belonging. The esteem needs are defined as the need for self-esteem, recognition, and respect from others. The concept of esteem needs has been widely studied in the psychological literature, and this article reviews the current state of knowledge on this important topic.

Theoretical Models of Esteem Needs

The concept of esteem needs has been studied in the context of several different theoretical models. The most commonly used models are Maslow's Hierarchy of Needs, Self-Determination Theory, and Self-Efficacy Theory.

Maslow's Hierarchy of Needs (1943) is the most widely studied model of esteem needs. According to Maslow, the esteem needs are the fourth level of the hierarchy and are composed of the need for respect, self-esteem, and recognition from others. Maslow suggested that esteem needs are necessary for individuals to reach their full potential and to feel satisfied with life.

Self-Determination Theory (Deci & Ryan, 2000) is another model of esteem needs. According to this theory, individuals have three basic psychological needs--autonomy, competence, and relatedness--which must be met for individuals to feel psychologically healthy. The need for recognition and respect from others is seen as an important component of the need for relatedness.

Self-Efficacy Theory (Bandura, 1977) is a third model of esteem needs. According to this theory, individuals need to have a sense of self-efficacy--the belief that they can successfully complete tasks and achieve their goals--in order to be psychologically healthy. Self-efficacy is seen as an important component of self-esteem, and the need for recognition and respect from others is seen as an important source of self-efficacy.

Impact of Esteem Needs on Psychological Well-Being

The importance of esteem needs to psychological well-being has been widely studied in the psychological literature. Research has shown that individuals who have their esteem needs met are more likely to have higher levels of self-esteem, self-confidence, and psychological well-being (Deci & Ryan, 2000; Bandura, 1977). Furthermore, individuals who have their esteem needs unmet are more likely to experience psychological distress, such as depression and anxiety (Maslow, 1943).

Conclusion

In conclusion, esteem needs are an important aspect of psychological well-being and should be considered when designing interventions to improve psychological health. The theoretical models of esteem needs discussed in this article provide a useful framework for understanding the importance of esteem needs and the ways in which they can be addressed.

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