

Maslow's Hierarchy of Needs Theory Combined with Subjective Well-being to Explore the Influencing Factors and Promotion Strategies

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To cite this article:

Song Peng. Maslow's Hierarchy of Needs Theory Combined with Subjective Well-being to Explore the Influencing Factors and Promotion Strategies. *Research & Development*. Vol. 1, No. 1, 2020, pp. 19-24. doi: 10.11648/j.rd.20200101.12

Received: October 12, 2020; **Accepted:** October 21, 2020; **Published:** October 26, 2020

Abstract: This paper summarizes the importance of the support theory "need" of subjective well-being, and introduces Maslow's hierarchy of needs theory related achievements, peak experience theory and plateau experience theory, Maslow's Two Experiential Theories and Subjective Well Being, and Needs and Subjective Well Being and obtains various properties that fit them when studying their characteristics and theoretical basis. Based on goal theory, expectation value theory, social comparison theory, personality environment interaction theory and adaptation response theory, Maslow's hierarchy of needs theory is introduced to divide the overall subjective well-being into visual segments for analysis and research. In this paper, the generation of peak experience and the continuous impact of plateau experience are related to subjective well-being. Although Maslow's view on "self-actualizing man" was developed after Maslow studied "self-actualizing man", it is inevitable to doubt that the object of the two experiences is only limited to the people who have reached the highest ideal state to meet all the basic needs, which has been explained in a round above. "Need" is an important factor influencing the establishment of the argument in this paper. The way to improve subjective well-being proposed will be around this point. On the premise of humanism, the two complement each other to prove the relationships between the well-being produced by the hierarchy of needs theory and subjective well-being, aiming to find out the influencing factors and the promotion strategies from the needs level.

Keywords: Need, Peak Experience, Plateau Experience, Subjective Well-being

1. Introduction

Since the 20th century, the definition of subjective well-being has not been unified between Chinese and foreign scholars. Chinese scholars generally translate it as "subjective well-being". Neugarten and Cantril [1] equated it with people's cognition and evaluation of life, and developed the "life satisfaction index" [2] to reflect the relationship between subjective cognition and subjective well-being; Bradburn and Watson thought that happiness was related to the contrast between negative and positive emotions [3]; Tugade and Fredrickson proposed "resilience", which means facing loss, difficulty or the concept of subjective well-being of Chinese scholars is roughly similar to that of foreign scholars [4]. However, through the exploration and application of modern scholars, it can be seen that Diener proposed the concept of subjective well-being in 1984, in addition he pointed out that the most important progress in the past 30 years is that

external factors can only explain a small part of the changes in happiness, personal temperament characteristics, cognitive style, goals, cultural background, and adaptation and coping strategies are the most important progress in the past 30 years [5, 6]. The impact of life events on well-being has been buffered [7]. It can be seen that scholars have focused on the subjective factors influencing well-being, and have been supported by the society and other fields, and even the relevant governments. The overall well-being scale compiled by the National Center for health statistics is intended to evaluate the overall happiness index of individual citizens. This shows that the public has already accepted the idea that subjective well-being index can be obtained through subjective measurement, and even can be applied to the prediction of future periodic well-being index. Diener summarized the subjective factors supporting subjective well-being as follows:

1. Goal theory, the goal is not only the action object of

emotion and desire, but also the reference object. It is because of the goal that the behavior and emotion come into being.

2. Expectation theory, with the need of all aspects, will produce expectations. The realization degree of expectation often affects subjective well-being index to a certain extent, so it is more important to formulate the content of expectation step by step.
3. Social comparison theory, comparison, that is horizontal comparison with the surrounding people, and vertical comparison with facts and events, and comparison with different objects will produce different effects. The word "contentment is always happy" can be linked with subjective well-being.
4. According to the theory of personality environment interaction, environment has an indelible effect on emotion, but only spontaneous personality and environment need to deal with reception can affect subjective well-being.
5. Adaptation coping theory, people are always inevitably to adapt to the short or long-term human and geographical environment, and they must find a stable mode that meets their own needs in adapting to the environment and coping with events in order to seek subjective well-being.

Based on the above five theoretical bases, the key words: goal, expectation, comparison, interaction, adaptation and strain are refined and summarized. It can be seen that goals and expectations are undoubtedly derived from their own needs, and they are also generated for the needs; comparison is to establish a more intuitive measurement standard for the satisfaction degree of needs, and the rest of the interaction with the environment and the way of adaptation should also be based on their own needs. It should be based on and present relative selectivity. Therefore, since we want to explore the influencing factors of subjective well-being and even effective strategies to improve it, we may as well start from the needs and introduce the famous Maslow's hierarchy of needs theory, which means that the macro overall subjective well-being will be divided into visual segments for analysis and research.

2. Maslow's Hierarchy of Needs Theory

Maslow clearly opposes Freud's view that there is hatred behind all friendly relationships between people. [8] Experiments show that he is more inclined to the early lack of love, which will bring greater harm. Therefore, he also tends to the latter between "evil" and "good nature", believing that human nature is absolutely impossible to be bad, or at least neutral. He summed it up as human-oriented, that is, the natural factors of human nature. This includes the innate potential of friendship, cooperation and creation. It can be seen that since ancient times, human beings are naturally optimistic about the future and uphold the natural development of freedom, which will be the best state of human development. Of course, after the chimpanzee experiment, it has to be pointed out that the potential

characteristics acquired by human beings during evolution differentiate human beings from animals. Therefore, human ancestors used fire, made tools, and even the spiritual world similar to rituals, which is to use their own potential to change living conditions. What cannot be ignored is that love is the nature of human beings. Human beings realize their potential ability in the environment, rather than writing human nature from the environment. It is because of nature that people will continue to act and seek development.

Based on the theory of good nature, Maslow divides the needs generated by human nature into three levels: physiological needs, security needs, love and belonging needs, respect needs and self-realization needs. Five kinds of needs are distributed in a ladder form low to high. The existence of this theory is inevitable. "Man is an animal with constant needs, and rarely reaches the state of full satisfaction except for a short period of time. After one desire is satisfied, another will quickly appear and take his place, and when this satisfaction is satisfied, another will stand out. People almost always hope for something, which is the characteristic throughout his whole life." [9] therefore, whether the low-level physiological needs or the high-level spiritual needs are dynamic processes throughout one's life, and they all tend to pursue spontaneously, which is beyond doubt. However, when there are various needs, people's first priority is to meet the most urgent needs. Generally speaking, when a person is lack of physiology, security, love and respect at the same time, he often has stronger requirements for physiological needs, and only when the low-level needs are met will they have higher demand. And whenever the needs of a class are realized, there will be a corresponding degree of sense of achievement and joy. As the level of satisfaction is higher, the joy of harvest will be greater. Since 1935, Maslow focused on Zhuangzi's narcissism in China and Freud's mysterious experience of "ocean feelings", based on Maslow's demand for self-transcendence in his important article "Z theory" before his death, i.e. the state of self-realization, can be used to describe the new highest needs with the words of "Superman", "transcendence", "spirituality", "mysterious". It is also the sixth level of Maslow's hierarchy of needs theory, which concludes that human beings will experience a brief moment of self-realization -- peak experience theory, which is also a supplement to the theory of "self-actualizing man", which Maslow denies the solid nature of "self-actualizing person" holds that such an ideal state actually runs through human life, that is to say, self-actualizing person is very rare and abstract. In fact, it is composed of self-realization events, which originate from the level of needs and are more specific. The effect of self-realization events is just peak experience. What is peak experience? In the realm that human development can reach, peak experience is the best time for human beings and the happiest moment in life. It is a summary of the experience of ecstasy, ecstasy and bliss. Maslow has never precisely defined the peak experience, but has described it in many ways: "this experience may be overwhelming awe in an instant, an extremely strong sense of happiness that is fleeting, or even a feeling of ecstasy, ecstasy, and joy Perhaps the most

important point is that they all claim to feel that they have seen the ultimate truth, the essence of things and the mystery of life in this kind of experience "[11] in Maslow's various descriptions, it can be summarized as an emotional experience existing by witnessing truth and value significance. This kind of emotional description based on the hierarchy of needs argumentation coincides with Diener's subjective well-being in terms of generating and proving objective value, which is caused by Diener's objective and expectation realization based on comparative facts and reasonable interaction of spontaneous personality. From this, we can see that the "need" factor concluded from the theoretical basis of subjective well-being can indeed produce a similar "peak experience" in Maslow's hierarchy of needs theory. A short moment that can establish a connection with subjective well-being in the above aspects can be compared.

3. Peak Experience and Subjective Well Being

3.1. Differences

First of all, this paper quotes the existence cognition of peak experience, explores its characteristics, compares and draws a general conclusion.

In Maslow's exploration of existential psychology, he has listed various characteristics of existential cognition. Here, the contrast differences between Maslow's and ordinary people's conventional cognition can be summarized as follows:

1. Those who have cognition of existence tend to regard their environment and available factors as non tools and non utility, and explore the holistic treatment of their value. That is to say, the starting point and purpose of the peak experienter is to pursue the mystery and truth of things.
2. Existential cognition is more of a state of transcendence and selflessness. Theoretically speaking, lecturers should have concrete abilities of abstraction. Their existence is only to prove their real value and constantly perceive the essence of everything. It is better to use the word "possession" instead of pursuing essence. The realm that the existential cognitive pursues is divorced from the general reality and from the material level, which is more reflected in the spiritual level beyond the normal people.
3. People who have this kind of cognition will appear in it but lose the ability to locate time and space, just like a drunken poet or a couple falling in love and dating.

According to the above three points, reviewing the definition of "subjective well-being", the characteristics of subjective well-being are spontaneity, long-term stability and universality. In terms of spontaneity, although there is a basis for the generation of peak experience, its possibility and timeliness cannot be guaranteed theoretically. In short, it is a kind of passive arousal. This is the same as the spontaneity of subjective well-being proposed by Diener, that is, the evaluation results produced by the same thing are all the same, but the self-determined standards and subjective measurement methods are changeable, and the effect is not quite the same.

Secondly, according to the second and third points above, Maslow's description of peak experience mostly uses transient words such as "transitory", "momentary", which is obviously different from the long-term stability required by subjective well-being. Secondly, the emotional state achieved by existential cognition is quite different from the flexibility and universality of subjective well-being. The former performance can be classified as "special case" by most people, while the latter is more inclined to spontaneous definition and cognition, and most of them depend on self-consciousness rather than others' standard. That is to say, there are few people who can achieve self-realization beyond the realm, which is even more difficult. However, the existence of subjective well-being and the level of correlation value do not necessarily need to reach such a high level. In the aspect of emotion, Maslow also said in the exploration of existential psychology that the emotional reaction at the peak experience has special colors such as suspicion, awe, reverence, humility and surrender, rather than pure pleasure or happiness. In a word, peak experience is a brief moment from the perspective of time, and it is more impersonal in space. The relationship between content and subjective well-being is inclusive and included.

3.2. Commonness

According to Maslow's description, the characteristics of peak experience can be summarized as "temporary, hyper motivated, non hard working, non self-centered, aimless and self-criticism, and the experience and state of perfection and goal attainment" [12] Here, "temporary" and "non egocentric" have been proved to be different from subjective well-being, but "the experience and state of perfection and goal attainment" are similar to the connotation of goal theory which supports subjective well-being summarized by Diener. "According to the goal theory, subjective well-being comes from the satisfaction of needs and the realization of goals. The basic assumption of this model is that the value orientation of goals determines people's well-being, and is the main source for people to obtain and maintain happiness" [13] therefore, the commonality of peak experience and subjective well-being can be attributed to the same incentives of partial experience effects from some of their characteristics, as mentioned above, some of the emotions are the same.

According to the above comprehensive comparison, the difference between peak experience theory and subjective well-being in general is greater than the generality. Maslow also found that the superman of peak experience theory can not conform to the humanistic trend of thought and be misinterpreted and blindly followed. Therefore, in his later years, he proposed the concept of "plateau experience" from the perspective of peak experience theory and drawing on Aslani's "state of self".

4. Plateau Experience and Peak Experience

Maslow believes that although the life of self actualizes

contains the peak experience of occasional experience, they are more of a sense of holiness in their daily life. Maslow called this "sacred peace and tranquility" as "plateau experience" and declared that there were great differences in subjective emotion, time and frequency between peak experience and plateau experience [14] according to the description of peak experience, their subjective feelings are stimulating and reaching the peak, while plateau experience emphasizes peace and tranquility, and the most common feeling is pure enjoyment and happiness. Just as an artist looks at his painting, or a mother looks at her child playing, the former can stay in this state for a long time than the latter. In addition, the way of plateau experience is not the passive of peak experience, but more prone to spontaneous man-made control behavior. These three points are the characteristics that plateau experience is more able to establish contact with today's subjective well-being than peak experience. However, what is still unable to get rid of is that the plateau experience has a smaller frequency and needs people's lifelong pursuit. Maslow thinks that such experience will only result from the transcendental personality of self actualizes, and the separation of humanistic thought is more serious.

It is worth emphasizing that plateau experience is the deep extension of Maslow's emotion to subjective well-being from the level and frequency of peak experience. In addition to the non universality of superhuman realm, he describes the subjective well-being from the level of need. Therefore, according to Maslow's above experience theory, we can see that subjective emotional experience generated according to the level of need can also become long-term subjective well-being, and Maslow's definition of subjective well-being belongs to long-term stability, peace and tranquility. The two complement each other can integrate their characteristics to establish more connections with today's subjective well-being.

5. Maslow's Two Experiential Theories and Subjective Well Being

Under the trend of humanism, people exaggerate the peak experience, endow it with religious color and pursue it deliberately, which is part of the misunderstanding Maslow wants to get rid of, so it adopts the plateau experience which is more peaceful and close to the quality of daily life. In the description of plateau experience, although Maslow raised the standard to a higher level of self-realization, he finally transformed this mysterious effect into life experience. The natural state of plateau experience and man-made manipulation coincide with the spontaneity of subjective well-being. Although external environmental factors have an impact to a certain extent, it has been proved that no one can guarantee the time when it will be produced or not. The only variable that can be controlled is the inducement factor that needs human to promote life, which is the artificial control mode of plateau experience. Although Maslow's two Experiential Theories pursue the upper realm, he has to admit that the secularization of existential cognition and even some

depersonalization have lost the basis of humanistic principle, which is easy to lead to many dangerous effects, such as being too lofty but not understood by people and being questioned by "heresy". Although such people are self-conscious, they are not understood by others. As far as the value of life has been realized, it can only be classified as a special case and a very small number of subjective well-being, rather than the universal category discussed today. This point is not considered in the comparison with subjective well-being because it does not conform to the humanistic idea. The two experiences can be used to complement each other. Compared with subjective well-being, the feeling from peak experience to peak only feels that the time it produced is short, but the length of its aftereffect and Prelude can vary from person to person. Just as the long-term nature of plateau experience, which makes people in a satisfactory state for a long time, this is the most important. From the perspective of the inclusion and relationship between peak experience and subjective well-being, we can start from local stimulation. Starting with emotion and maintaining it becomes mature subjective well-being. As mentioned before, self-actualizing people constantly shape and enrich themselves due to self-realization events, which is the relationship between the part and the whole. By analogy, if you want to be a person with a high degree of subjective well-being, you also need to experience as many events as possible to produce peak experience. Only in this way can we have the incentives and fragments that can continuously promote subjective well-being, so as to maintain its stability and create a high level. The original experience emotion includes the source of subjective well-being and the opportunity to maintain it. Maslow described peak experience in his humanistic psychology, "they all come from love, from aesthetic feeling, from creative impulse and passion, from significant insight and discovery Natural childbirth from women and love for children. It comes from some kind of sports activities, and may even come from the very ordinary and low life world. " Take the birth of a child as an example. The moment of the birth of a child is undoubtedly a peak experience of emotion for parents. Whether or not the peak experience can be sustained after that becomes the silent, peaceful and peaceful happiness of the mother watching the child play. On the one hand, it is not necessary to force it, on the other hand, it depends on the human control factors and needs to be cultivated in a lifetime. In addition, such as proving their own value, setting the future direction for themselves, an ordinary and stable love, sports that can stretch the body and mind, relieve temporary pressure, and build basic spiritual pillars and incentives. Maslow here generalizes the object to "very ordinary and low life" to illustrate the reality of the factors producing peak experience, and to prove the connection between plateau experience happiness generated by peak experience frequency and universal subjective well-being. Fortunately, we study subjective well-being, which is more specific and autonomous than objective. For the transformation of happiness from short-term experience to plateau experience, this will largely lead to the strategy of shaping subjective well-being.

It can be demonstrated in the previous paragraph that the shaping and formation of subjective well-being largely depends on the generation of peak experience events and whether they can last, and ultimately become the happiness in plateau experience. We can learn that the important component of subjective well-being is basically a proper appreciation of the happiness generated by proving the value of life and the personality of the resulting happiness. In essence, there is no distinction between low-level and high-level needs. Therefore, although we have to admit the influence of external environment and interpersonal communication on subjective well-being, it still depends on the subjective acceptance and the coping style determined by personality traits. For example, Kahneman and his research group, who had great influence in the 20th century and won the Nobel Prize, analyzed people's evaluation results of life events, and found that they were closely related to their happiness experience and subsequent behavior, including four dimensions: timeliness utility, recall effect, choice utility and expected utility. Whether it is the sudden sensuality, feeling review, judgment or expectation of the current events, they are all related to their own evaluation of needs satisfaction. Therefore, we can control ourselves in the end. We can't interfere with natural factors, but we have enough dominance over ourselves. Based on a series of theoretical basis, we conclude that the origin of subjective well-being is the need, and prove that the peak experience that needs to be created, and the plateau experience generated by the supplement of peak experience are related to subjective well-being. Finally, in order to get the promotion strategy of subjective well-being, the only way to trace the source is to return to the "need" at the beginning.

6. Needs and Subjective Well Being

We link the generation of peak experience and the continuous influence of plateau experience with subjective well-being in this paper. Although Maslow's view on "self-actualizing man" came into being after Maslow studied "self-actualizing man", it is inevitable to doubt that the object of the two experiences is only limited to the people who have reached the highest ideal state to meet all the basic needs, which has already been a round above Explanation. "Need" is an important factor influencing the establishment of the argument in this paper. The way to improve subjective well-being proposed in this paragraph will be around this point. Because peak experience is not spontaneous and religious, Maslow proposed that plateau experience should be controlled and differentiated by human beings. If you want to come up with a promotion strategy, you must always be prepared to meet the "peak experience" and maintain it, just as "in almost any case, as long as people can achieve perfection, realize hope, achieve satisfaction, everything goes well, and may produce peak experience from time to time" [15] this sentence can be regarded as a process, or it can be split into parts to explain the whole.

From the process point of view, Maslow's hierarchy of

needs theory has proved that everyone has needs. Since the need is objective, what people have to do is to face up to the needs. People can hardly ignore the lack of hunger, security and love and respect, but they are easy to fear the process of pursuit and the difficulty of pursuing higher-level needs. However, this is the beginning of peak experience events, plateau experience and even subjective well-being. With the need and motivation, the next step is to perfect oneself according to the process of satisfaction or try to improve the internal and external conditions related to oneself to make it auxiliary to the satisfaction of needs. As stated in Maslow's hierarchy of needs theory, achieving each level of needs at the same time, whether it is repetition or return, will be a kind of satisfaction, and the needs will be alternating and changing from time to time to meet the growing needs. It will take a lifetime.

In the end, we can't meet all our needs in our life. We can only meet some reasonable or current needs as far as possible, and we can prepare for the short moments that suddenly constitute subjective well-being and capture them. Although the follow-up time and the time of being replaced are unknown, while pursuing needs, negative emotions and events are also followed. However, by persisting in repeating the process and trying to make the positive factors a little better or more prominent, the plateau experience from life emerges as the times require, which is also the meaning of "Zhen Yu" in the whole sentence. In any case, that is, everyone who does this has the opportunity to constantly enrich and improve themselves in behavior and spirit, fulfill the process of meeting their own needs, and take the satisfaction and joy of harvest as the cornerstone of repeating the process or producing greater joy, so as to maintain more positive emotions and prolong the long-term effect. Should. Of course, there is no lack of personal attitude, coping mentality and evaluation, which were elaborated in the initial listing of the theoretical basis of subjective well-being. However, the perfect object in a broad sense also includes a series of other personal characteristics formed by the influence of success or failure, which is not limited to knowledge, skills, and so on. Furthermore, it includes all the characteristics discussed in the key and non key aspects of this paper. It is not in conflict with the improvement according to the needs, so it is also included in the promotion strategy based on the need factors.

7. Conclusion

This paper summarizes the importance of the support theory "need" of subjective well-being, and introduces Maslow's hierarchy of needs theory related achievements, peak experience theory and plateau experience theory, Maslow's Two Experiential Theories and Subjective Well Being, and Needs and Subjective Well Being and obtains various properties that fit them when studying their characteristics and theoretical basis. On the premise of humanism, the two complement each other to prove the relationships between the well-being produced by the hierarchy of needs theory and subjective well-being, aiming to find out the influencing

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