**BASIC HUMAN NEEDS**

Basic human needs are the needs that all persons have. Every individual meet these needs in different ways. Definition: A basic human need is want of something or requirement for biological, social or spiritual functioning experienced by a person without which a person can not survive.

**Maslow's Hierarchy of Human Needs**

Hierarchy means that in any list of items, some items are classified as more important than others.

Abraham Maslow identified in 1968, 5 basic human needs that are arranged in order of priority for satisfaction. These basic needs are:

 1. **Physiological needs:** These are the lower level needs. They have the highest priority over the other needs because they are essential to life. They include the needs for air, food, water,

temperature, maintenance, rest or sleep, elimination needs, sexuality needs and avoidance of pain

. 2. **Safety and security needs**: Once physiological needs are satisfied then safety and security needs took dominant behavior. These needs include adequate shelter and protection, financial security, physiological and psychological safety.

3. **Love and belonging needs:** The third level of human needs is interpersonal and involves feelings of belongingness. Deficiencies within this level of hierarchy can adversely affect the individuals ability to form and maintain emotionally significant relationship.

4. **Self-esteem needs:** It is necessary to feel pride, to feel a sense of accomplishment in what one does and to believe that others also share this regard. Lack of self-esteem gives a feeling of inferiority, weakness, inadequacy and helplessness.

5. **Self-actualization** needs: It is the highest level of human needs, when the need for self-esteem is satisfied the individual strives for self-actualization of one's potential through full development of one's unique capabilities.

**DYNAMICS OF BEHAVIOR**

Behavior is considered as any reaction, response or action of an organism. It includes both mental and bodily reactions, which i be external or internal.

**External behavior** is that one which is visible outwardly like running, walking, sitting, talking or doing any task.

**Internal behavior** is that which is not visible outwardly like heartbeat, blood pressure or various internal bodily reactions.

Dynamics of behavior means the change in behavior and the factors, which influence behavior of a person.

**The factors that affect the behavior of a person are:**

**1)Body and mind relation**: Mind refers to the whole mental processes of brain where as body is a physical construct. Many theories have been put forward to explain the relationship between mind and body. The basic question to answer in these theories is whether the mind and body are separate or the same thing:

o **Dualism**: According to this theory, humans are characterized as having both mind, i.e. nonphysical part as they have the ability to form judgments and reason of their existence at the same time they also have body, i.e. physical part. So in this view mind and body both exist as separate entities.

• **Monism**: This theory provides two basic types of monism:

 1. **Materialism**: According to this belief, nothing exists apart from the material world, i.e. physical matter like the brain or body. According to this belief mind is the function of brain. Mental processes are the physical processes in the central nervous system. The human beings are complicated physiological organisms and there is no existence of mind.

2. **Phenomenalism**: According to this belief, only mind exists and body is merely the perception of this mind. All physical objects, i.e. body and events are reducible to mental processes.

2) **Heredity**: Heredity influences the behavior of a person. Heredity refers to those physical and psychological characteristics, which are transferred from parents to children. Intelligence and personality of the person according to which he/she behave largely depends upon the heredity of the person. Similarly, aptitude with which an individual is born under favorable conditions influences the behavior of the person. Therefore, heredity influences the development and behavior of an individual.

**Environment**: It is another important factor, which can influence the development and behavior of an individual. In simple way, human environment refers to all those things, which surrounds the person. Environment determines the extent to individual achieve his intelligence or aptitude with which he is born. Similarly, personality of a person is developed according to the environment in which he is rear up. Various twin studies found that identical twins differ in various characteristics when reared in different families. Environment is a crucial factor due to which individual differences occur and everyone behave differently.

▲ **Disorders of nervous system and sensory abnormalities:** Any disorder of nervous system like meningitis, poliomyelitis, etc. and sensory abnormalities like deafness, visual abnormalities will affect the behavior of the person. Individual will try to adjust to the abnormality which will affect his behavior.

**MENTAL HEALTH**

Mental health is a positive concept which is related to the social and emotional well-being of individuals and communities. Generally it relates to a positive attitude toward self, ability to cope with stress of everyday life, perception of reality and ability to maintain satisfactory interpersonal relationships.

According to WHO, mental health can be defined as 'a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make contribution to his or her community.

**Characteristics of Mentally Healthy Person**

1)Positive attitude towards self: A mentally healthy person have positive attitude towards self. He have acceptance of his ow strength and limitations so feels a strong sense of person identity and security within the environment.

2)Sense of responsibility: A mentally healthy person have a sense of responsibility for their actions so they do not displace the blame on anyone else when problems arise as a result of their work. They are accountable for their actions.

3)Meet the demands of life: Mentally healthy persons takes self decisions, sets goals for themselves and fulfill the demands of self and family.

4)Self control: Mentally healthy person do not become over whelmed by emotions such as fear, anger, love, jealously or anxiety and they can control these emotions.

**Psychological Problems of Patient and Relatives**

▲ Depression: Seriously ill patients may suffer from depression due to worse pain control, poor compliance and less desire for long-term therapy. Family members can also be get suffered from depression due to lack of resources, lack of time and due to change in daily routine.

▲Suicidal thoughts: Seriously ill patients may have passive suicidal thoughts than real suicide, most often seen in uncooperative patients or among those who refuse treatment. In extreme cases family members of long-term illness patients or terminally ill patients can also have suicidal thoughts.

▲ Anxiety: It is the common psychological problem seen in both patient and family members, it may be due to feelings of pain, interference with sleep habits, signs and symptoms of disease, little knowledge about the disease and treatment.

▲ Post-traumatic stress disorder: The experience of life threatening disease such as cancer can lead to development of stress post-traumatic stress disorder due to stress life events, higher level of distress prior to diagnosis, poor social support and worse physical functioning.

▲ Sexuality dysfunctions: Patient and spouse may get affected with low sex drive, erectile dysfunction and experience of unattractiveness.

▲ Others: Delirium and other cognitive disorders, lack of ability to make decisions, mourning, poor quality of life, etc. Families have difficulties to accept their members pain and that is the reason why therapeutic interventions are very important for families. They make it possible for patients to reconnect with their families again to re-identify their parents, partners and children needs and to learn again how to live together with giving and accepting.

**MOTIVATION**

The word motivation comes from the Latin word 'movere' which means to move.

Definition: Motivation is the process by which activities are started,directed and continued so that physical or psychological needs or wants are met. For example, when a person is relaxing in front of the television and begins to feel hungry, the physical need for food might cause the person to get up, go into the kitchen and search for something to eat. If the hunger is great enough, the person might even cook something. The physical need of hunger caused the action (getting up), directed it (going to the kitchen) and sustained the search (finding or preparing something to eat).

**Broadly, motivation can be divided into two types:**

**1. Intrinsic motivation**: In intrinsic motivation, an activity is pursued as an end in itself because it is enjoyable and rewarding. Examples are:

o A person anonymously donates a large sum of money to a university to fund scholarships for deserving students.

**2. Extrinsic motivation**: In extrinsic motivation, an activity is pursued to gain an external reward or to avoid an undesirable consequence. Examples are:

o A person agrees to donate a large sum of money to a university for the construction of building provided it will bear the family name.

**Concept of Motivation**

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**Motive**: A motive is a need or desire that energizes and directs behavior toward a goal. A motive is restlessness, a lack, a force which pull or energies the organism to do something to reduce restlessness, to remedy the lack, to mitigate the force. They may be conscious or unconscious. Motives also help in making predictions about behavior.

**Motivating**: Motivating is a term which implies that one person in a social context includes another to engage in action by ensuring that a channel to satisfy the motive becomes available and accessible to the individual. For example, in school/college, the teacher stimulates and encourage the students to reach towards their goals.

**Motivation**: Motivation is action behavior. Motivation depends on motives and motivating, therefore becomes a complex process. Mc Farland refers motivation to the way in which urges, drives, desires, aspiration or needs direct, control or explain the behavior of human beings.

**Classification of Motives**

Different psychologists have classified motives differently. Common forms of motives are:

**▲ Organic/physiological/biological motives**. Some of the most important and basic biological drives are:

。 The hunger drive: There is constant movement going on in the body. For this body requires food. The feeling of hunger is signaled by contractions in stomach. Hunger motivation and feeding is initiated by glucose or blood sugar level, hypothalamus and external factors like climate, timing, socio economic factors, sight and smells of food, etc.

。 Thirst drive: In this drive stimulus factor play a very important role in initiating drinking. We drink to wet a dry mouth or to taste a good beverage. Thirst motivation and drinking are mainly triggered by two conditions of the body, loss of water from cells and reduction of blood volume.

o Drive for sex: Sexual behavior depends upon both physiological and social conditions. Sex hormones play a vital role in arousal of sexual motivation, i.e. estrogen (female sex hormone) and androgen (male sex hormone).

O The need for oxygen: It must be satisfied constantly if life is to continue. When an individual suffers from oxygen deficiency, his memory, sensory activity and muscular control are seriously impaired. Severe oxygen deprivation can cause disastrous effects on the health of person.

▲ **Social motives**: Human behavior is not entirely determined by physiological drives. There are other motives and needs which greatly influence behavior.

o Need for achievement: Achievement motivation is the need or the desire to achieve something. It is a strong motive characterized by ambition, high level of energy and strong desire for independence.

o Need for affiliation: Affiliation is the motivation to seek presence or interaction of others.

o Need for power: Social power is the ability or capacity of person to produce intended effects on behavior, emotions of another person. The goals of power motivation are to influence, control, persuade, lead and charm others and to enhance one's own reputation in the eyes of other people.

**▲ Personal motives**: Personal motives consist of our vocational ambitions, our life goals, our specialized interests, our levels of aspiration, our specific habits and attitudes.

**Motivation and nurse**:

 The knowledge of motivation process will be highly helpful for the nurse to develop herself professionally and to meet the needs of the patient. The nurse should always be aware of the need for the satisfaction of primary needs of the patient like need for proper food, water or fluids and constant supply of air or oxygen. She must feed patients who are unable to eat by themselves. Similarly cover them with blankets and help them in their elimination needs. Nurses should work to increase the self-esteem of patients and should make them comfortable while doing any procedures.

 **The knowledge of motivation will help the nurse:**

o In maintaining her own mental health

o In her adjustment with health team and patients

o In understanding the patient behavior o In increasing job satisfaction

o In solving problems in interpersonal relationships

o . Understanding own motives and motives of patient will help the nurse to build a co-operative relationship between the patient and health care team.

**MALADJUSTMENT**

It is a condition of a person who is unable to adjust according to the environment or situation which may cause tension and frustration to the individual.

 Forms of maladjustment: Many disorders specially that of moderate level can be considered as forms of maladjustment. These are:

▲ Anxiety disorders: Anxiety is a general uneasiness or ominous feeling that may be associated with a particular object or situation or may be free-floating, i.e. not associated with anything specific.

▲ Phobia disorders: A person suffering from a phobia experiences a persistent irrational fear of some specific object, situation or activity that poses on real danger or whose danger is blown all out of proportion. Phobic's realize their fears are irrational but they nevertheless feel compelled to avoid the feared object o situation.

▲ Obsessive-compulsive disorders: Obsessive-compulsive dis order is an anxiety disorder in which a person suffers from obsessions and compulsions. Obsession is a persistent recurring involuntary thought, image or impulse that invades con sciousness and cause great distress. A compulsion is a persistent, irresistible, irrational urge to perform an act or ritual repeatedly.

**Causes of Maladjustment**

**Stress**: Stress can be defined as the physiological and psychological response to a condition that threatens or challenges a person and requires some form of adaptation or adjustment.

**Insecurity**: Social insecurity or when person feel alone and have to face every situation or stress without any social support, can cause maladjustment in an individual. He can get suffered from anxiety or any other mental disorder.

**Environment factors or new environment:** New environment may cause maladjustment. It is because of individual differences that some people can easily adjust to the new environment but some people cannot adapt to the new environment. It leads to tension, frustration, and at last leads to maladjustment. For example, when a person is transferred to another place, away from his home then this can cause frustration in him and can result in maladjustment.

**UNCONSCIOUS BEHAVIOR**

The concept of unconscious motivation or behavior is to the psychoanalytic model. The concept of unconscious is Freud's major contribution to the understanding of human behavior and personality. From his work with patients and study of dreams, he saw that the contents of the conscious mind are only a part of personality structure. In the unconscious reside the universal instinctual drives and the infantile goals, wishes and needs that have been repressed or carefully controlled. The controls are slackened when we dream.

Although there is still considerable controversy among psychologists concerning the nature and importance of unconscious

**FRUSTRATION**

Frustration occurs when people are blocked or prevented from achieving a desired goal or fulfilling a perceived need.

Some frustrations are minor and others are more serious. The seriousness of frustration is affected by how important the goal or need actually is. A student who is delayed in traffic while driving to mall to do some shopping just for fun will be less frustrated than a student who is going for final examination.

**Sources/Types of Frustration**

As a stressor, frustration can be-external or internal. External frustration: Frustration occurs due to external environ ment. The various reasons may be:

▲ **Minor obstacles in environment**: Frustration can occur due to minor obstacles, which occur in day-to-day life. For example, a hospital nurse may feel frustrated by a patient who is making too many demands on her time. A person may be late for a function and suddenly find no conveyance is available.

▲ **Conflicts with other people:** Desires of people may be same or they may have similar motives. Other desire social approval as much as we do, they also seek for attention. They want power and if we do not realize this, we are going to be in conflict with them, resulting in frustrated feelings in all.

▲ **Environment situations or conditions which cannot be controlled**: Environment conditions such as contagious disease, death of a friend or a beloved relative, unusual rains and storms or floods, acute housing shortage.

▲ **Economic deprivation**: Economic deprivation may cause frustration in some people like if a person is having desire to educate their children or to live well but lack of adequate economic resources can frustrate the person.

▲**Social causes**: The social customs, traditions, restrictions and taboos may interfere seriously with a person's desire or wishes which can produce frustration. The customs related to marriage, dresses, etc. could cause frustration. Internal frustrations: Also known as personal frustrations occur when the goal or need cannot be obtained because of internal or personal characteristics. The reasons may be

: **Realization of personal deficiencies**: Personal deficiencies may produce a sense of frustration. These personal deficiencies may be related to limited intelligence, sensory defects, physical weakness or illnesses, personal unattractiveness and others. For example, if a medical student wants to become doctor or nurse but he is having phobia or fear from blood then it can cause frustration in that student.

▲ **Conflict of motives within the individual: I**f there are two or more positive motives, each struggling against the other then person can feel frustration. For example, if a student wants to spend the evening studying and doing assignment to please teacher and at the same time he wants to go to the picture in order to enjoy the company of friends and decision become difficult for the student then it can cause frustration in the student mind.

**Nature of Frustration**

**Nature of frustration can be described as:**

▲ It occurs due to non-achievement of desired goals

▲ It should not be allowed to continue unresolved for a long-period of time.

▲ It is a necessary component of the process of growing up because it provides new learning and knowledge about external world.

▲ It can create tension that can not be easily relieved and as suchmay be responsible for serious personality deviations.

 ▲ The ability to tolerate frustration depends on the presence of feelings of security and personal worth, which have been developed in childhood.

**Measures to Overcome Frustration**

Identify the sources of frustration

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Review the situation again

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Substitute goals and desires

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Decide important things carefully

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Seek help from others

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 Avoid indecision

▲ I**dentify the source of frustratio**n: First of all try to find the actual situation which is causing frustration. For example, a student nurse who is getting frustration due to few demands by a patient may have actual cause due to arguments with parents in the morning before leaving towards college.

▲**Review the situation again:** Try to review the actual situation again which is causing frustration. See whether you can change it or control it. If you cannot, learn to accept the situation to deal with frustration.

▲ **Substitute goals and desires:** Substitute the goals with other goals which are equally satisfying and can be easily obtained.

▲ **Decide important things carefully:** Check everything carefully and make decisions of life by critical thinking.

▲ **Seek help from others:** When you cannot control a situation and feeling frustrated then seek help from parents, teachers or counselors.

▲ **Avoid indecision**: Stick with your decisions and forget about other choices unless you are clearly in the wrong.

**STRESS**

The word stress is defined by the oxford dictionary as a 'state of affective involving demand on physical or mental energy. Stress is a state produced by a change in the environment that is perceived as challenging, threatening or demanding to the person's dynamic balance or equilibrium.

**Definition**: Stress is the nonspecific response of the body to any demand whether it is caused by or results in pleasant or unpleasant conditions.

**Stressor**: Stressor can be defined as anything that is perceived as challenging, threatening or demanding.

 Stressor can be classified as:

▲ Internal stressors: Those stressors which originates inside the person like fever, a disease, emotions, thoughts, beliefs, attitudes and guilt.

▲ External stressors: Those stressors which originates outside a person like a change in family and social role or peer pressure, loss, tragedy, etc.

**Levels of Stress**

There are 2 levels of stress:

1. Eustress: Eustress or positive stress occurs when level of stress is high enough to motivate the person to move into action to get things accomplished. For example, some stress before examination can be positive as it motivate the person to study.

2. Distress: Distress or negative stress occurs with uncontrollable,prolonged stress that leads to destruction and body or mind begin to respond negatively to the stressors.

**Stages of Stress**

According to general adaptation syndrome

**There are 3 stages of stress:**

**Alarm stage**

**Resistance stage**

**Exhaustion stage**

1. **Alarm stage**: This stage is also known as stage of fight or flight and in this stage there is experience of stressful event or perceiving something to be stressful causes physiological changes in the body. This experience or perception disrupts body's normal balance and immediately body begins to respond to the stressor. Changes which can occur in this stage are increased heart rate ,respiration, decreased temperature, stimulation of adrenal glands which produce an adrenal rush.

 2. **Resistance stage:** In this stage, the body attempts to adapt to a challenging situation which is persisting. Homeostasis begins restoring balance and a period of recovery for repair and renewal takes place. Stress hormone levels may return to normal. Changes which can occur in this stage are lack of enthusiasm in family, school, work or life in general, anger, fatigue, poor problem solving, depression.

3. **Exhaustion stage:** In this stage, the stressor is not being managed effectively and the body and mind are not able to repair the damage. Changes which occur in this stage are digestive disorder, withdrawal, headache, tension, insomnia, loss of temper.

**Signs and Symptoms of Stress**

Some of the signs and symptoms which can occur due to stress are:

▲ Insomnia

▲Loss of mental concentration

▲ Depression

▲Substance abuse

▲ Extreme anger

▲Frustration

▲ Family conflict

▲Migraine, headaches

▲ Back problems

**Dealing with stress:** As stress can lead into number of negative changes its management at initial stage is very necessary, various ways which can be used to deal with stress are:

▲ Muscle relaxation: This involves slow and deep breathing, a conscious effort to relieve muscle tension and an altered state of unconsciousness. The technique is inexpensive and may require a trained professional to implement initially.

▲ Meditation: Several meditation techniques can be used for positive results. Practicing meditation for 20 minutes twice daily helps reduce stress significantly.

▲ Cognitive restructuring: It involves two steps-in first step, irrational or maladaptive thought processes that create stress are identified and in second step, these irrational thoughts are replaced with more rational or reasonable ones.

▲ Time management: Effective time management includes preparing daily a list of activities, prioritizing activities, scheduling activities as per priorities set, handling the most demanding part of job.

▲ Share at least one meal with other people.

▲ Avoid excessive use of caffeine.

▲ Take sometime to relax each day.

▲ Take time to talk with your friends.

▲ Unwind before going to bed, read or listen to music.

**Stress and Nursing**

Stress is a well-known and identified problem within the nursing profession. There is an inverse relationship stress and job satisfaction, as stress goes up, job satisfaction falls. As a result this increased stress could commonly results in decreased job satisfaction and decreased quality of life, contributing to nurses leaving the profession and account for the current nursing shortage. Nurses encountering ongoing stress are also more likely to eat poorly, smoke cigarettes, and abuse alcohol and drugs all of which can lead to negative health conditions affecting personal well-being and subsequently, the quality and efficacy of patient care. It is very important for every nurse to manage stress by individual measures and at the same time organization should also keep working environment staff friendly.