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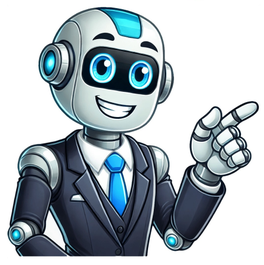

Maslow’s hierarchy of needs is a motivational theory in psychology comprising a five-tier model of human needs, often depicted as hierarchical levels within a pyramid. From the bottom of the hierarchy upwards, the needs are: physiological (food and clothing), safety (job security), love and belonging needs (friendship), esteem, and self-actualization. Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up. Needs Hierarchy: The original hierarchy includes physiological, safety, love/belonging, esteem, and self-actualization needs. Later expansions add cognitive, aesthetic, and transcendence needs. Not Strictly Linear: While Maslow initially proposed that lower needs must be relatively satisfied before higher ones, modern research suggests people often pursue multiple needs simultaneously. Cultural Variations: Different societies may prioritize needs differently. Individualistic vs. collectivist cultures, for example, can shape which needs take precedence. Practical Applications: In fields like education, healthcare, and workplace management, Maslow’s framework helps identify barriers to motivation and guides strategies to fulfill various needs. Criticisms: Maslow’s biographical approach, cultural biases, and the debate over rigid vs. flexible ordering highlight the importance of viewing his theory as a starting point rather than an absolute rule. What is Maslow’s Hierarchy of Needs? According to Maslow, human needs were arranged in a hierarchy, with physiological (survival) needs at the bottom, and the more creative and intellectually oriented ‘self-actualization’ needs at the top. Maslow argued that survival needs must be satisfied before the individual can satisfy the higher needs. The higher up the hierarchy, the more difficult it is to satisfy the needs associated with that stage, because of the interpersonal and environmental barriers that inevitably frustrate us. Higher needs become increasingly psychological and long-term rather than physiological and short-term, as in the lower survival-related needs. Our most basic need is for physical survival, and this will be the first thing that motivates our behavior. Once that level is fulfilled, the next level up is what motivates us, and so on. The human body cannot function optimally if physiological needs are not satisfied. Maslow considered physiological needs the most important as all the other needs become secondary until these needs are met. Once an individual’s physiological needs are satisfied, the need for security and safety becomes salient. Safety needs can be fulfilled by the family and society (e.g., police, schools, business, and medical care). For example, emotional security, financial security (e.g., employment, social welfare), law and order, freedom from fear, social stability, property, health, and well-being (e.g., safety against accidents and injury). After physiological and safety needs have been fulfilled, the third level of human needs is social and involves feelings of belongingness. Examples of belongingness needs include friendship, intimacy, trust, acceptance, receiving and giving affection, and love. This need is especially strong in childhood and can override the need for safety, as witnessed in children who cling to abusive parents. Maslow classified esteem needs into two categories: (i) esteem for oneself (dignity, achievement, mastery, independence) and (ii) the desire for reputation or respect from others (e.g., status, prestige). Esteem is the typical human desire to be accepted and valued by others. People often engage in a profession or hobby to gain recognition, which gives them a sense of contribution or value. Low self-esteem or an inferiority complex may result from imbalances during this level in the hierarchy. Maslow indicated that the need for respect or reputation is most important for children and adolescents and precedes real self-esteem or dignity. This level of need refers to what a person’s full potential is and the realization of that potential. Maslow (1943, 1987, p. 64) describes this level as the desire to accomplish everything that one can, and “to become everything one is capable of becoming”. Individuals may perceive or focus on this need very specifically. For example, one individual may have a strong desire to become an ideal parent. In another, the desire may be expressed athletically. For others, it may be expressed in paintings, pictures, or inventions. Although Maslow did not believe that many of us could achieve true self-actualization, he did believe that all of us experience transitory moments (known as ‘peak experiences’) of self-actualization. Such moments, associated with personally significant events such as childbirth, sporting achievement and examination success), are difficult to achieve and maintain consistently. Maslow posited that human needs are arranged in a hierarchy: “It is quite true that man lives by bread alone — when there is no bread. But what happens to man’s desires when there is plenty of bread and when his belly is chronically filled? At once other (and “higher”) needs emerge and these, rather than physiological hungers, dominate the organism. And when these in turn are satisfied, again new (and still “higher”) needs emerge and so on. This is what we mean by saying that the basic human needs are organized into a hierarchy of relative prepotency” (Maslow, 1943, p. 375) . Key Point: Keep in mind that Maslow’s hierarchy of needs doesn't follow a strict linear progression. Individuals can feel various needs at the same time or shift between levels.Maslow continued to refine his theory based on the concept of a hierarchy of needs over several decades (Maslow, 1943, 1962, 1987).Regarding the structure of his hierarchy, Maslow (1987) proposed that the order in the hierarchy “is not nearly as rigid” (p. 68) as he may have implied in his earlier description.Maslow noted that the order of needs might be flexible based on external circumstances or individual differences. For example, he notes that for some individuals, the need for self-esteem is more important than the need for love. For others, the need for creative fulfillment may supersede even the most basic needs.Maslow (1987) also pointed out that most behavior is multi-motivated and noted that “any behavior tends to be determined by several or all of the basic needs simultaneously rather than by only one of them” (p. 71). Maslow (1954) proposed that human beings possess two sets of needs. This five-stage model can be divided into deficiency needs and growth needs. The first four levels are often referred to as deficiency needs (D-needs), and the top level is known as growth or being needs (B-needs). Deficiency needs Deficiency needs concern basic survival and include physiological needs (such as the need for food, sex, and sleep) and safety needs (such as the need for security and freedom from danger). Behaviors associated with these needs are seen as ‘deficiency’ motivated, as they are a means to an end. Deficiency needs arise due to deprivation and are said to motivate people when they are unmet. Also, the motivation to fulfill such needs will become stronger the longer they are denied. For example, the longer a person goes without food, the more hungry they will become. Maslow (1943) initially stated that individuals must satisfy lower-level deficit needs before progressing to meet higher-level growth needs. However, he later clarified that satisfaction of a need is not an “all-or-none” phenomenon, admitting that his earlier statements may have given “the false impression that a need must be satisfied 100 percent before the next need emerges” (1987, p. 69). When a deficit need has been “more or less” satisfied, it will go away, and our activities become habitually directed toward meeting the next set of needs we have yet to satisfy. These then become our salient needs. However, growth needs continue to be felt and may even become stronger once engaged. Growth needs Growth needs are more psychological and are associated with realizing an individual’s full potential and needing to ‘self-actualize’. These needs are achieved more through intellectual and creative behaviors. Growth needs do not stem from a lack of something but rather from a desire to grow as a person. Once these growth needs have been reasonably satisfied, one may be able to reach the highest level, called self-actualization. Growth needs are achieved more through intellectual and creative behaviors. Every person is capable and has the desire to move up the hierarchy toward a level of self-actualization. Unfortunately, progress is often disrupted by a failure to meet lower-level needs. Life experiences, including divorce and the loss of a job, may cause an individual to fluctuate between levels of the hierarchy. Therefore, not everyone will move through the hierarchy in a uni-directional manner but may move back and forth between the different types of needs. It is important to note that Maslow’s (1943, 1954) five-stage model has been expanded to include cognitive and aesthetic needs (Maslow, 1970a) and later transcendence needs (Maslow, 1970b). Changes to the original five-stage model are highlighted and include a seven-stage model and an eight-stage model; both developed during the 1960s and 1970s. Biological and physiological needs – air, food, drink, shelter, warmth, sex, sleep, etc. Safety needs – protection from elements, security, order, law, stability, freedom from fear. Love and belongingness needs – friendship, intimacy, trust, and acceptance, receiving and giving affection and love. Affiliating, being part of a group (family, friends, work). Esteem needs – which Maslow classified into two categories: (i) esteem for oneself (dignity, achievement, mastery, independence) and (ii) the need to be accepted and valued by others (e.g., status, prestige). Cognitive needs – knowledge and understanding, curiosity, exploration, need for meaning and predictability. Cognitive needs drive our pursuit of knowledge and understanding. For instance, a student’s desire to understand complex mathematical theories, a traveler’s curiosity about diverse cultures, or an individual’s quest for life’s deeper meanings all exemplify these needs. Meeting these needs facilitates personal growth, comprehension, and a deeper understanding of life and its complexities. Aesthetic needs – appreciation and search for beauty, balance, form, etc. Fulfilling these needs leads to a deeper sense of satisfaction and harmony in life, as individuals seek environments and experiences that are pleasing and resonant with their sense of beauty. This involves the appreciation and pursuit of art, music, nature, and other forms of aesthetic expression. Fulfilling these needs isn’t just about physical beauty but also the emotional and psychological satisfaction derived from experiencing order and elegance. Self-actualization needs – realizing personal potential, self-fulfillment, seeking personal growth, and peak experiences. Transcendence needs – A person is motivated by values that transcend beyond the personal self. Beyond self-actualization, they represent the human desire to connect with a higher reality, purpose, or the universe. This level emphasizes altruism, spiritual connection, and helping others achieve their potential. Individuals seek experiences that move beyond personal concerns, aiming to achieve a deep sense of unity, understanding, and belonging within the vast expanse of existence. Examples of transcendence needs include mystical experiences and certain experiences with nature, aesthetic experiences, sexual experiences, service to others, the pursuit of science, religious faith, etc.). Self-Actualization Needs Instead of focusing on psychopathology and what goes wrong with people, Maslow (1943) formulated a more positive account of human behavior which focused on what goes right. He was interested in human potential, and how we fulfill that potential. Psychologist Abraham Maslow (1943, 1954) stated that human motivation is based on people seeking fulfillment and change through personal growth. Self-actualized people are those who are fulfilled and doing all they are capable of. The growth of self-actualization (Maslow, 1962) refers to the need for personal growth and discovery that is present throughout a person’s life. For Maslow, a person is always “becoming” and never remains static in these terms. In self-actualization, a person comes to find a meaning in life that is important to them. As each individual is unique, the motivation for self-actualization leads people in different directions (Kenrick et al., 2010). For some people, self-actualization can be achieved through creating works of art or literature; for others, through sports, in the classroom, or within a corporate setting. Maslow (1962) believed self-actualization could be measured through the concept of peak experiences. This occurs when a person experiences the world totally for what it is, and there are feelings of euphoria, joy, and wonder. It is important to note that self-actualization is a continual process of becoming rather than a perfect state one reaches of a “happy ever after” (Hoffman, 1988). Maslow offers the following description of self-actualization: “It refers to the person’s desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially. The specific form that these needs will take will of course vary greatly from person to person. In one individual it may take the form of the desire to be an ideal mother, in another it may be expressed athletically, and in still another it may be expressed in painting pictures or in inventions” (Maslow, 1943, p. 382–383). Characteristics of Self-Actualized People Although we are all, theoretically, capable of self-actualizing, most of us will not do so, or only to a limited degree. Maslow (1970) estimated that only two percent of people would reach the state of self-actualization. He was especially interested in the characteristics of people whom he considered to have achieved their potential as individuals. By studying 18 people, he considered to be self-actualized (including Abraham Lincoln and Albert Einstein), Maslow (1970) identified 15 characteristics of a self-actualized person. They perceive reality efficiently and can tolerate uncertainty; Accept themselves and others for what they are; Spontaneous in thought and action; Problem-centered (not self-centered); Unusual sense of humor; Able to look at life objectively; Highly creative; Resistant to enculturation, but not purposely unconventional; Concerned for the welfare of humanity; Capable of deep appreciation of basic life-experience; Establish deep satisfying interpersonal relationships with a few people; Peak experiences; Need for privacy; Democratic attitudes; Strong moral/ethical standards. Experiencing life like a child, with full absorption and concentration; Trying new things instead of sticking to safe paths; Listening to your own feelings in evaluating experiences instead of the voice of tradition, authority or the majority; Avoiding pretense (“game playing”) and being honest; Being prepared to be unpopular if your views do not coincide with those of the majority; Taking responsibility and working hard; Trying to identify your defenses and having the courage to give them up. The characteristics of self-actualizers and the behaviors leading to self-actualization are shown in the list above. Although people achieve self-actualization in their own unique way, they tend to share certain characteristics. However, self-actualization is a matter of degree, ‘There are no perfect human beings’ (Maslow, 1970a, p. 176). It is not necessary to display all 15 characteristics to become self-actualized, and not only self-actualized people will display them. Maslow did not equate self-actualization with perfection. Self-actualization merely involves achieving one’s potential. Thus, someone can be silly, wasteful, vain and impolite, and still self-actualize. Less than two percent of the population achieve self-actualization. Applications & Examples Workplace organizations and employee motivation The theory applies to organizational structures and the motivation of employees. To enhance performance, the organizational culture and HR strategies must address and fulfill the needs of employees. HR strategies, including compensation, benefits, job design, training, cultural development, and performance evaluations, can be tailored to cater to Maslow’s hierarchy of needs (Jerome, 2013). 1. What can managers do to motivate employees with physiological needs? At the foundational physiological level, organizations should provide wages that sustain a decent standard of living and comprehensive benefits, ensuring employees can comfortably cater to necessities such as food, shelter, and medical care. Offer comprehensive healthcare benefits – Quality health insurance, dental, vision, mental health coverage, and wellness programs demonstrate you care about employees’ overall health and ability to afford care. Subsidize gym memberships – Some companies offer monthly gym subsidies or onsite fitness centers to support physical health and stress management. Make the space ergonomic – Ensure workstations, chairs, keyboards, etc. are height adjustable and comfortable to work at for extended periods to prevent bodily strain or injury. Pay for wellness services – Some companies offer perks like free annual flu shots, smoking cessation programs, or biometric screenings to proactively address health. 2. What can managers do to motivate employees with safety needs? For the safety tier, offering job stability, secure working conditions, and equitable compensation is essential. Employees are more motivated when they feel both financially stable and physically safe within their workplace. Establish anti-harassment policies and reporting procedures – Ensure strong systems are in place for reporting issues confidentially and without retaliation. Cultivate psychological safety – Foster an environment where people feel safe to take risks, make mistakes, and speak up without fear of embarrassment or punishment. Define and reinforce ethical standards – Clearly establish and model expected conduct to prevent ethical lapses that undermine security. Promote transparency in pay and promotion practices – Clearly communicate compensation structure, advancement criteria, and salary negotiation options to build trust. 3. What can managers do to motivate employees with social needs? Addressing social needs involves cultivating an inclusive community within the organization. Team-building exercises, social gatherings, mentorship initiatives, and transparent communication can foster a sense of belonging. Motivation is heightened when employees feel appreciated and integrated within their teams. Develop mother’s rooms – Providing clean, private lactation rooms supports new mothers’ needs to pump breast milk during work hours. Train supervisors in mental health first aid – Equip leaders to recognize signs of depression, anxiety, substance abuse and properly intervene or connect employees with help. Develop a mentorship program – Allow experienced employees to mentor newer ones to establish interpersonal bonds and a sense of support. Model inclusive language and behavior – Use words and actions that are welcoming and respectful to all groups. Share vulnerability and imperfections – Leaders should open up on mistakes, challenges, and lessons learned to humanize the workplace. 4. What can managers do to motivate employees with esteem needs? To cater to esteem needs, organizations should implement recognition systems, merit-based promotions, and leadership roles. Leverage unique talents – Properly designated titles that reflect an individual’s role and status can also be beneficial. Make the most of performance reviews – Regular performance evaluations not only offer recognition but also highlight areas for growth, feeding into the employees’ need for esteem. Thoroughly highlight strengths, progress made, and areas of influence. Entrust employees with mentoring roles – Having them share knowledge and coach others recognizes their expertise. What can managers do to motivate employees with self-actualization needs? For self-actualization, organizations should ensure that job roles align with employees’ talents and passions. By empowering employees, presenting them with challenges, and fostering an environment that encourages innovation, organizations can facilitate their journey toward self-actualization. Foster innovation – Dedicate time and resources for experimenting with new ideas without pressure. Sponsor continuing education – Provide tuition reimbursement or subsidies for advanced courses and certificate programs. Offer paid time for relevant reading, online courses, conferences, and seminars. Workplace Motivation A recent quantitative study by McConnell and Metz (2024) examined how different work arrangements (on-site, remote, hybrid) fulfill employees’ needs. Surveying full-time U.S. employees, they found that those in hybrid work settings reported significantly higher satisfaction of all five need levels, compared to employees working exclusively on-site or exclusively remotely The hybrid arrangement, which offers flexibility along with in-person collaboration, appears to satisfy basic needs (job security, comfort) while also supporting social connection and personal growth, more so than the other arrangements This finding suggests that workplaces which balance remote flexibility with opportunities for face-to-face interaction can better motivate employees by addressing the full spectrum of human needs. The research by Ihensekien and Joel (2023) compares Maslow’s hierarchy with Herzberg’s two-factor theory, finding clear alignment between the frameworks. Maslow’s lower-level needs correspond to Herzberg’s “hygiene” factors, while higher-level needs match his intrinsic motivators. Their review concludes that organizations must address both basic extrinsic needs (salary, job security) and higher intrinsic needs (recognition, growth opportunities) simultaneously to develop a motivated, high-performing workforce. Effective management requires recognizing employees’ diverse needs and creating conditions that satisfy both fundamental necessities and growth needs, resulting in more engaged and productive employees. Nursing The hierarchy provides a framework for understanding patients as multifaceted human beings. Patient care should be holistic, not just medical. Nurses must assess and address the spectrum of patient needs – physical, mental, emotional, and social (Jackson et al., 2014; Toney-Butler & Thayer, 2023). Doing so motivates greater engagement in care, faster healing, and improved outcomes. Physiological needs (ABC + D) – Ensure patients have adequate nutrition, hydration, pain control, sleep, and physical comfort. Address pain that hinders sleep and recovery. A – Airway: Ensure the patient has an open airway. B – Breathing: Assess and support adequate breathing and gas exchange. C – Circulation: Evaluate and maintain proper blood circulation. D – Decreased level of consciousness: Monitor for any changes in behavior or mental status. Safety needs – Maintain a clean, quiet environment with call bells for assistance. Prevent injuries through fall precautions, blood clot prevention, and pressure ulcer avoidance. Explain tests, treatments, and medications to patients to relieve anxiety. Keep patient info confidential. Foster a climate of trust through compassionate listening. Prevent medication errors. Belongingness – Loneliness impedes healing. Make patients feel welcomed and included. Introduce them to other patients. Allow for family visitation and spiritual practices. Esteem – Show respect through courteous communication and cultural sensitivity. Maintain dignity and privacy. Empower patients in care decisions. Explain care in an easy-to-understand way. Listen attentively to their concerns. Make them feel valued. Self-actualization— Align care with patient values and aspirations. Perhaps share motivational stories of those with similar diagnoses who stayed active or provide resources on coping with grief over health changes. Special Considerations Pain Management: While pain is typically considered a physiological need, its priority can vary. Acute, severe pain or pain indicating a life-threatening condition should be addressed immediately. Hospice Care: For end-of-life care patients, comfort and quality of life may take precedence over addressing physiological needs. Education Maslow’s (1962) hierarchy of needs theory has made a major contribution to teaching and classroom management in schools. Rather than reducing behavior to a response in the environment, Maslow (1970a) adopts a holistic approach to education and learning. Maslow examines an individual’s complete physical, emotional, social, and intellectual qualities and how they impact learning. Applying Maslow’s hierarchy theory to the work of the classroom teacher is obvious. Before a student’s cognitive needs can be met, they must first fulfill their basic physiological needs. For example, a tired and hungry student will find it difficult to focus on learning. Students need to feel emotionally and physically safe and accepted within the classroom to progress and reach their full potential. Maslow suggests students must be shown that they are valued and respected in the classroom, and the teacher should create a supportive environment. Students with a low self-esteem will not progress academically at an optimum rate until their self-esteem is strengthened. Maslow’s hierarchy provides a humanistic lens for teaching the whole child. Maslow (1971, p. 195) argued that a humanistic educational approach would develop people who are “stronger, healthier, and would take their own lives into their hands to a greater extent. With increased personal responsibility for one’s personal life, and with a rational set of values to guide one’s choosing, people would begin to actively change the society in which they lived”. Here are some ways a teacher can apply Maslow’s hierarchy of needs in the classroom: Physiological – Ensure students have access to water, food, restroom breaks, and movement. Allow snacks, flexible seating, and adequate breaks. Safety – Maintain an orderly classroom with clear expectations. Prevent bullying. Build trust through consistency and fairness. Allow students to make mistakes safely. Belongingness – Facilitate community and collaboration. Foster teamwork through group projects. Learn student names and backgrounds. Appreciate diversity. Esteem – Recognize student strengths and progress. Display student work. Empower leadership roles like line leader or tech helper. Praise efforts, not just achievement. Self-Actualization – Help students pursue interests creatively. Assign passion projects. Encourage goal-setting. Provide enrichment opportunities. Support challenging oneself. When these foundational needs are met, students are more motivated to learn and perform well academically. But needs fluctuate. Be observant and nurture needs as they arise. Critical Evaluation Before exploring each critique in detail, here are the main concerns raised about Maslow’s Hierarchy of Needs: Subjective Methodology: Maslow’s biographical analysis (based on a small, primarily Western sample) risks researcher bias and limited generalizability. Cultural Bias: Critics argue the hierarchy reflects Western, individualistic values and does not always apply uniformly across cultures. Lack of Empirical Rigor: Testing self-actualization and proving a strict stepwise sequence is challenging, making parts of the theory more speculative than scientifically proven. Rigid Progression: Real-world examples show people often meet higher-order needs (like belonging or creativity) even when some basic needs remain unmet. Modern Pluralistic View of Motivation: Contemporary psychologists often see motivation as multidimensional—people can experience and pursue several needs at once rather than progressing linearly from lower to higher needs. Mental Health Contexts: Research on homelessness, serious mental illness, and recovery suggests individuals continue striving for self-actualization or personal growth despite unmet basic needs, challenging the notion that one must fully satisfy lower needs first. Overlooked Alternatives: Other models (e.g., Alderfer’s ERG, Self-Determination Theory) suggest more flexible or universal principles of motivation that do not rely on a linear structure. 1. Subjective Biographical Analysis The most significant limitation of Maslow’s theory concerns his methodology. Maslow formulated the characteristics of self-actualized individuals by undertaking a qualitative method called biographical analysis. He looked at the biographies and writings of 18 people he identified as being self-actualized. From these sources, he developed a list of qualities that seemed characteristic of this specific group of people, as opposed to humanity in general. From a scientific perspective, there are numerous problems with this particular approach. First, it could be argued that biographical analysis as a method is extremely subjective as it is based entirely on the opinion of the researcher. Personal opinion is always prone to bias, which reduces the validity of any data obtained. Therefore Maslow’s operational definition of self-actualization must not be blindly accepted as scientific fact. 2. Biased Sample and Limited Generalizability Maslow’s biographical analysis focused on a biased sample of self-actualized individuals, prominently limited to highly educated white males (such as Thomas Jefferson, Abraham Lincoln, Albert Einstein, William James, Aldous Huxley, and Beethoven). Although Maslow (1970) did study self-actualized females, such as Eleanor Roosevelt and Mother Teresa, they comprised a small proportion of his sample. This makes it difficult to generalize his theory to females and individuals from lower social classes or different ethnicity. Thus questioning the population validity of Maslow’s findings. Critics have often pointed out that Maslow’s Hierarchy of Needs reflects Western, individualistic values. In many collectivist or non-Western cultures, community, spirituality, and family obligations may rank as foundational priorities, sometimes appearing at or near the base of the “pyramid” rather than being relegated to higher tiers. Some cultures integrate spiritual fulfillment or communal welfare into their core survival needs, suggesting that people might see the entire group’s well-being as inseparable from their own. In these settings, “belongingness” isn’t just a step toward individual esteem—it’s often woven into everyday life. Furthermore, it is extremely difficult to empirically test Maslow’s concept of self-actualization in a way that causal relationships can be established. It is often unclear where Maslow’s scientific observations end and his inspirational or philosophical interpretations begin. Critics argue that his theory is more speculative than empirically proven, with a tendency to substitute rhetoric for rigorous research. 4. Rigid Progression of Needs? Another criticism concerns Maslow’s assumption that lower needs must be satisfied before a person can achieve self-actualization. Real-world observations show this is not always the case, leading some to claim parts of the hierarchy have been falsified. In cultures where many live in poverty (e.g., India), people still exhibit higher-order needs (love, belongingness), contradicting Maslow’s claim that one cannot focus on these needs without first securing basic physiological needs. Likewise, many historically creative individuals (Rembrandt, Van Gogh) lived in poverty yet arguably reached states resembling self-actualization. 5. Modern Pluralistic View of Motivation Psychologists now conceptualize motivation as pluralistic, people can experience multiple needs simultaneously (Wahba & Bridwell, 1973). Contemporary research by Tay and Diener (2011) supports the idea that universal human needs do exist, but they do not necessarily follow Maslow’s strict order. Tay and Diener tested Maslow’s theory by analyzing the data of 60,865 participants from 123 countries, representing every major region of the world. The survey was conducted from 2005 to 2010. Their large-scale study found that although basic needs tend to receive the most attention when unmet, people still benefit from meeting higher needs (e.g., social connections, respect) even when lower needs remain unfulfilled. Diener compares needs to “vitamins”: we can experience well-being from multiple needs at once, even if some remain only partially satisfied. Respondents answered questions about six needs that closely resemble those in Maslow’s model: basic needs (food, shelter); safety; social needs (love, support); respect; mastery; and autonomy. They also rated their well-being across three discrete measures: life evaluation (a person’s view of his or her life as a whole), positive feelings (day-to-day instances of joy or pleasure), and negative feelings (everyday experiences of sorrow, anger, or stress). The results of the study support the view that universal human needs appear to exist regardless of cultural differences. However, the ordering of the needs within the hierarchy was not correct. “Although the most basic needs might get the most attention when you don”t have them,” Diener explains, “you don”t need to fulfill them in order to get benefits [from the others].” Even when we are hungry, for instance, we can be happy with our friends. “They”re like vitamins,” Diener says about how the needs work independently. “We need them all.” 6. Mental Health Contexts Maslow’s hierarchy has proven valuable in mental health research and practice, offering insight into patient goals and system priorities. A 2015 mixed-methods study by Derejko et al. applied Maslow’s theory to homeless adults with serious mental illness entering housing programs. Quantitatively, the researchers found a counterintuitive result: individuals who still lacked basic necessities were often more likely to voice self-actualization goals (such as pursuing education or creative ambitions), rather than focusing exclusively on securing food and shelter. Qualitative interviews revealed a complex interplay between basic and higher needs – many participants continued striving for meaning and personal growth even while some fundamental needs were unmet. These findings suggest that, in the context of extreme hardship, people do not always follow a strict stepwise needs progression. The authors argue that recovery-oriented care should be highly person-centered, helping clients pursue higher goals alongside efforts to meet basic needs. In other words, mental health services should not assume that no self-improvement goals exist until housing and food are secured; often, the aspiration for purpose and self-worth persists and can be harnessed as part of the recovery process. Zheng et al. (2016), using neuropsychological evidence, proposed a reordering of Maslow’s hierarchy for mental disorders. They prioritize safety needs above physiological needs. This is because chronic insecurity is a key factor in anxiety, depression, and trauma-related disorders. The brain’s safety circuitry (amygdala and stress response) demonstrates how a lack of safety triggers severe distress. Essentially, they suggest “flipping“ Maslow’s bottom two layers, making safety (absence of violence, financial stability, health security) the primary need for mental well-being. This implies that mental health interventions and social policies should prioritize establishing safety as a foundation for other interventions (healthcare, social support, therapy). 7. Alternate Motivation Theories Alderfer’s ERG Theory ERG theory offers a more flexible and dynamic model, allowing for overlapping needs and acknowledging that people often navigate back and forth between need levels based on circumstances -something Maslow hinted at but never emphasized as strongly. Alderfer (1969) proposed three core categories of needs: Existence, Relatedness, and Growth (ERG): Existence Needs (E) – covering basic material and physiological requirements (food, water, shelter, safety). Relatedness Needs (R) – encompassing interpersonal relationships and social connections (love, belonging). Growth Needs (G) – focusing on personal development and self-fulfillment (parallels self-actualization). How It Compares to Maslow: Simultaneous vs. Sequential: Unlike Maslow’s largely sequential framework, ERG theory posits that individuals can pursue multiple levels of needs at the same time. Frustration-Regression Hypothesis: If higher-level needs (Growth) are not met, people may refocus on lower-level (Existence or Relatedness) needs with renewed intensity, rather than simply stalling. Flexibility: Because ERG theory does not require that one need be “fully satisfied” before addressing another, it can accommodate cultural and personal variations more readily. Herzberg’s Two-Factor Theory Herzberg’s theory parallels Maslow’s distinction between basic (deficiency) needs and growth (fulfillment) needs but emphasizes that satisfying lower needs only neutralizes dissatisfaction. True motivation emerges from meeting “higher“ motivators. Hygiene Factors: Elements like salary, job security, and working conditions, which, if missing, cause dissatisfaction but do not necessarily motivate people when present. Motivators (Satisfiers): Factors such as recognition, responsibility, and personal growth, which genuinely drive motivation and satisfaction when they are fulfilled. How It Compares to Maslow: Overlap with Lower vs. Higher Needs: Hygiene factors resemble Maslow’s lower-level needs (physiological and safety), while motivators align with higher-level needs (esteem, self-actualization). Importance of Elimination of Dissatisfaction: Herzberg argues that removing negative conditions (e.g., poor work environment) does not automatically result in motivation—workers need motivators for true engagement. Focus on Workplace: Herzberg’s theory is often applied in organizational settings, whereas Maslow’s model has broader applications, from education to personal development. Self-Determination Theory (Deci & Ryan) Deci and Ryan (1985) proposed that individuals have three fundamental psychological needs: Autonomy, Competence, and Relatedness: Autonomy: Feeling in control of one’s actions and decisions. Competence: Feeling capable and effective in interacting with the environment. Relatedness: Feeling connected and supported by others. SDT shifts attention from a layered progression to a holistic view of motivation, suggesting that personal growth and well-being arise from the constant interplay of autonomy, competence, and relatedness—regardless of one’s stage in a hierarchy. How It Compares to Maslow: Not Strictly Hierarchical: Deci and Ryan propose that humans continuously seek autonomy, competence, and relatedness; no single need must be fully addressed before another becomes important. Intrinsic Motivation Focus: Self-Determination Theory (SDT) spotlights how internal drives (e.g., genuine interest, personal values) fuel learning, well-being, and performance, rather than prioritizing external factors like pay or status. Cross-Cultural Flexibility: SDT has been explored extensively across different cultures, suggesting these three needs are universal and can be pursued simultaneously, an idea that overlaps with and expands Maslow’s “growth” dimensions. Summary of Comparisons Hierarchy vs. Overlap: Maslow mainly argued a loose progression (lower to higher needs). Alderfer and SDT allow multiple needs to coexist, granting greater flexibility. Herzberg splits conditions into hygiene factors (removing dissatisfaction) and motivators (driving satisfaction). Deficiency vs. Growth: Maslow and Herzberg both highlight the difference between meeting basic needs (preventing dissatisfaction) and pursuing higher-level fulfillment. Alderfer’s Growth and SDT’s Competence/Autonomy similarly emphasize advanced, self-directed pursuits. Cultural & Individual Variations: Alderfer and SDT more explicitly account for individual and cultural differences in the order or prominence of needs. Maslow acknowledged flexibility but still proposed a somewhat universal pattern. Conclusion Maslow’s theory differs from more purely physiological representations of human motivation because motivation is seen as being not just concerned with tension reduction and survival but also with human growth and development. While Maslow’s work was indeed relatively informal and clinically descriptive, it did provide a rich source of ideas, and as such, a framework for discussing the richness and complexity of human motivation that goes beyond homeostatic models and other biological models. McLeod, S. (2007, April 18). Maslow’s hierarchy of needs. Simply Psychology. Alderfer, C. P. (1969). An empirical test of a new theory of human needs. 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Olivia Guy-Evans, MSc BSc (Hons) Psychology, MSc Psychology of Education Associate Editor for Simply Psychology Olivia Guy-Evans is a writer and associate editor for Simply Psychology. She has previously worked in healthcare and educational sectors. Saul McLeod, PhD Editor-in-Chief for Simply Psychology BSc (Hons) Psychology, MRes, PhD, University of Manchester Saul McLeod, PhD., is a qualified psychology teacher with over 18 years of experience in further and higher education. He has been published in peer-reviewed journals, including the Journal of Clinical Psychology. A better version of Maslow's pyramid diagram which is available for free download and print. Edit it to add your own style. This page presents a printable Maslow's Hierarchy of Needs Chart for free. This diagram will be useful to people from all walks of life: Psychology students and teachers, philosophy students, thinkers, and all the introspective folks who feel the need to question everything about the universe. Overview of Maslow's Hierarchy of Needs Maslow's Hierarchy of Needs is a theory in psychology that Abraham Maslow proposed in his 1943 paper A Theory of Human Motivation, which he subsequently extended to include his observations of humans' innate curiosity. The concept for Maslow's hierarchy of needs work was based on Kurt Goldstein's organismic theory of personality ("The Organism"(1938)). Maslow's hierarchy of needs is often depicted as a pyramid composed of five levels: The most fundamental and basic four layers of the pyramid are grouped together as deficiency needs associated with physiological needs, while the top level is termed growth needs associated with psychological needs. If these "deficiency needs" are not met the individual will feel anxious and tense. The individual won't strongly desire a higher level of needs until the most basic level of needs are met. While deficiency needs must be met, growth needs are the need for personal growth. From top to down, the five levels of needs are: 1. Self-actualization; 2. Esteem; 3. Love and Belonging; 4. Safety Needs (Safety and security needs include: personal security, financial security, health and well-being, safety net against accidents/illness and their adverse impacts); 5. Physiological Needs (breathing, food, water, homeostasis, sex, sleep). Edraw has made the vector versions of Maslow's Pyramid for your convenience. The diagram is a straight-forward version for free print and download, with high quality illustrations to represent each row of the pyramid. Before you start to create pyramid diagram, you can use automatic software like EdrawandlearnhowtodoitinAnEasyAccesstoPyramidDiagram.CheckoutonemoreexampleofMaslow's Pyramid diagram below. Pyramid Diagram Software Edraw Max, a powerful yet easy to use tool, includes many built-in symbols for designers to draw all kinds of pyramid diagrams. Find the symbols in the List, Process, Charts and Graphics library. Free Download Edraw Pyramid Chart Software and View All Examples More Pyramid Chart Resource Printable Pyramid Templates Pyramid Chart Examples Pyramid Chart-Maslow's Hierarchy of Needs Draw 3D Pyramid Diagrams Amazingly Quickly Maslow is most known for his Hierarchy of Needs. This is a diagram shaped like a pyramid, with “basic needs” at the bottom and “self-actualization” needs at the top. Maslow believed that when the needs at the bottom of

that an Indiana TV station promised to begin broadcasting New Year's Eve — but only made it in time for Chinese New Year's Eve? Archive Start a new article Nominate an article Nicuşor Dan Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicuşor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Jim Irsay Yury Grigorovich Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Nominate an article May 26: Memorial Day (2025) in the United States; National Sorry Day in Australia; Independence Day in Georgia (1918) Damage to the Interstate 40 bridge 1644 – Portuguese Restoration War: Portuguese and Spanish forces both claimed victory at the Battle of Montijo. 1894 – Germany's Emanuel Lasker defeated Wilhelm Steinitz to become the world chess champion, beginning a record 27-year reign. 1999 – Manchester United won the UEFA Champions League final to become the first English football club to win three major championships in the same season. 2002 – Barges being towed destroyed part of a bridge (aftermath pictured) near Webbers Falls, Oklahoma, causing vehicles to fall into the Robert S. Kerr Reservoir on the Arkansas River. Augustine of Canterbury (d. 604)Isaac Franklin (b. 1789)Jeremy Corbyn (b. 1949)Elizabeth Peer (d. 1984) More anniversaries: May 25 May 26 May 27 Archive By email List of days of the year About Tom Cruise Top Gun: Maverick, a 2022 American action drama film directed by Joseph Kosinski, garnered accolades in a variety of categories, with particular recognition for Tom Cruise's (pictured) performance as well as its sound and visual effects, cinematography, and film editing. It received six nominations at the 95th Academy Awards, including Best Picture, and won Best Sound. At the 76th British Academy Film Awards, The film was nominated for Best Cinematography, Best Editing, Best Sound, and Best Special Visual Effects. Maverick received six nominations at the 28th Critics' Choice Awards and won Best Cinematography. It garnered two nominations at the 80th Golden Globe Awards. In addition to two National Board of Review Awards, Maverick was named one of the ten-best films of 2022 by the American Film Institute. (Full list...) Recently featured: National preserve 76th Primetime Emmy Awards Historic places in Mackenzie District Archive More featured lists The bluespotted ribbontail ray (Taeniura lymma) is a species of stingray in the family Dasyatidae. Found from the intertidal zone to a depth of 30 m (100 ft), this species is common throughout the tropical Indian and western Pacific Oceans in nearshore, coral reef-associated habitats. It is a fairly small ray, not exceeding 35 cm (14 in) in width, with a mostly smooth, oval pectoral fin disc, large protruding eyes, and a relatively short and thick tail with a deep fin fold underneath. It can be easily identified by its striking color pattern of many electric blue spots on a yellowish background, with a pair of blue stripes on the tail. This bluespotted ribbontail ray was photographed in the Red Sea off the coast of Egypt. Photograph credit: Diego Delso Recently featured: Black Lives Matter art Germanicus The Cocoanuts Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. 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For the ceremony for films released in 1995, see 68th Academy Awards. 95th Academy AwardsOfficial posterDateMarch 12, 2023SiteDolby TheatreHollywood, Los Angeles, California, U.S.Hosted byJimmy KimmelPreshow hosts Ashley Graham Vanessa Hudgens Lilly Singh[1] Produced by Glenn Weiss Ricky Kirshner Directed byGlenn WeissHighlightsBest PictureEverything Everywhere All at OnceMost awardsEverything Everywhere All at Once (7)Most nominationsEverything Everywhere All at Once (11)TV in the United StatesNetworkABCDuration3 hours, 37 minutes[2]Ratings 18.75 million[3] 9.9% (Nielsen ratings) ← 94th Academy Awards 96th → The 95th Academy Awards ceremony, presented by the Academy of Motion Picture Arts and Sciences (AMPAS), took place on March 12, 2023, at the Dolby Theatre in Hollywood, Los Angeles. During the gala, the AMPAS presented Academy Awards (commonly referred to as Oscars) in 23 categories honoring films released in 2022. The ceremony, televised in the United States by ABC, was produced by Glenn Weiss and Ricky Kirshner, with Weiss also serving as director. Comedian Jimmy Kimmel hosted the show for the third time, following the 89th ceremony in 2017 and the 90th ceremony in 2018.[4] In related events, the Academy held its 13th annual Governors Awards ceremony at the Fairmont Century Plaza Hotel in Century City, California, on November 19, 2022. The Academy Scientific and Technical Awards were presented by host Simu Liu on February 24, 2023, in a ceremony at the Academy Museum of Motion Pictures in Los Angeles.[5] Everything Everywhere All at Once won seven awards, including Best Picture.[6][7] Other winners included All Quiet on the Western Front with four awards, The Whale with two, and Avatar: The Way of Water, Black Panther: Wakanda Forever, The Boy, the Mole, the Fox and the Horse, The Elephant Whisperers, Guillermo del Toro's Pinocchio, An Irish Goodbye, Navalny, RRR, Top Gun: Maverick, and Women Talking with one. The telecast drew 18.75 million viewers in the United States.[3] The nominees for the 95th Academy Awards were announced on January 24, 2023, at the Samuel Goldwyn Theater in Beverly Hills, by actors Riz Ahmed and Allison Williams.[8] Everything Everywhere All at Once led all nominees with eleven nominations; All Quiet on the Western Front and The Banshees of Inisherin tied for second with nine nominations each.[9][10] The winners were announced during the awards ceremony on March 12, 2023. Everything Everywhere All at Once became the first science fiction film to win Best Picture,[11] and became the third film, alongside A Streetcar Named Desire (1951) and Network (1976), to win three acting awards.[12] Best Director winners Daniel Kwan and Daniel Scheinert became the third pair of directors to win for the same film.[a] For the first time since the 7th ceremony in 1935, all five Best Actor nominees were first-time nominees.[13] Michelle Yeoh became the first Asian winner for Best Actress and the second woman of color overall after Halle Berry, who won for her performance in Monster's Ball (2001).[14] Furthermore, she became the first woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first Vietnamese person to win an Oscar and the second Asian winner for Best Supporting Actor after Haing S. Ngor, who won for his role in The Killing Fields (1984).[15][16] The 42-year span between Judd Hirsch's first nomination, for his supporting role in Ordinary People (1980), and his second, for The Fabelmans, set the record for the longest gap between Oscar nominations.[13] At age 90, Best Original Score nominee John Williams became the oldest person nominated competitively in Oscars history.[13] Best Costume Design winner Ruth E. Carter became the first Black woman to win two Oscars.[17] Daniel Scheinert and Daniel Kwan, Best Picture co-winners, and Best Director and Best Original Screenplay winners Brendan Fraser, Best Actor winner Michelle Yeoh, Best Actress winner Ke Huy Quan, Best Supporting Actor winner Jamie Lee Curtis, Best Supporting Actress winner Sarah Polley, Best Adapted Screenplay winner Guillermo del Toro, Best Animated Feature co-winner Edward Berger, Best International Feature Film winner Daniel Roher, Best Documentary Feature Film co-winner Kartiki Gonsalves, Best Documentary Short Subject co-winner Volker Bertelmann, Best Original Score winner M. M. Keeravani, Best Original Song co-winner James Friend, Best Cinematography winner Ruth E. Carter, Best Costume Design winner Paul Rogers, Best Film Editing winner Joe Letteri, Best Visual Effects co-winner Eric Saindon, Best Visual Effects co-winner Winners are listed first, highlighted in boldface, and indicated with a double dagger (‡).[18] Best Picture Everything Everywhere All at Once – Daniel Kwan, Daniel Scheinert, and Jonathan Wang, producers‡ All Quiet on the Western Front – Malte Grunert, producer Avatar: The Way of Water – James Cameron and Jon Landau, producers The Banshees of Inisherin – Graham Broadbent, Peter Czernin, and Martin McDonagh, producers Elvis – Baz Luhrmann, Catherine Martin, Gail Berman, Patrick McCormick, and Schuyler Weiss, producers The Fabelmans – Kristie Macosko Krieger, Steven Spielberg, and Tony Kushner, producers Tár – Todd Field, Alexandra Milchan, and Scott Lambert, producers Top Gun: Maverick – Tom Cruise, Christopher McQuarrie, David Ellison, and Jerry Bruckheimer, producers Triangle of Sadness – Erik Hemmendorff and Philippe Bober, producers Women Talking – Dede Gardner, Jeremy Kleiner, and Frances McDormand, producers Best Directing Daniel Kwan and Daniel Scheinert – Everything Everywhere All at Once‡ Martin McDonagh – The Banshees of Inisherin Steven Spielberg – The Fabelmans Todd Field – Tár Ruben Östlund – Triangle of Sadness Best Actor in a Leading Role Brendan Fraser – The Whale as Charlie‡ Austin Butler – Elvis as Elvis Presley Colin Farrell – The Banshees of Inisherin as Pádraic Súilleabháin Paul Mescal – Aftersun as Calum Patterson Bill Nighy – Living as Mr. Rodney Williams Best Actress in a Leading Role Michelle Yeoh – Everything Everywhere All at Once as Evelyn Quan Wang‡ Cate Blanchett – Tár as Lydia Tár Ana de Armas – Blonde as Norma Jeane Andrea Riseborough – To Leslie as Leslie Rowlands Michelle Williams – The Fabelmans as Mitzi Fabelman Best Actor in a Supporting Role Ke Huy Quan – Everything Everywhere All at Once as Waymond Wang‡ Brendan Gleeson – The Banshees of Inisherin as Colm Doherty Brian Tyree Henry – Causeway as James Aucoin Judd Hirsch – The Fabelmans as Uncle Boris Barry Keoghan – The Banshees of Inisherin as Dominic Kearney Best Actress in a Supporting Role Jamie Lee Curtis – Everything Everywhere All at Once as Deirdre Beaubeirdre‡ Angela Bassett – Black Panther: Wakanda Forever as Queen Ramonda Hong Chau – The Whale as Liz Kerry Condon – The Banshees of Inisherin as Siobhán Súilleabháin Stephanie Hsu – Everything Everywhere All at Once as Joy Wang / Jobu Tupaki Best Writing (Original Screenplay) Everything Everywhere All at Once – Daniel Kwan and Daniel Scheinert‡ The Banshees of Inisherin – Martin McDonagh The Fabelmans – Steven Spielberg and Tony Kushner Tár – Todd Field Triangle of Sadness – Ruben Östlund Best Writing (Adapted Screenplay) Women Talking – Sarah Polley; based on the novel by Miriam Toews‡ All Quiet on the Western Front – Edward Berger, Lesley Paterson, and Ian Stokell; based on the novel by Erich Maria Remarque Glass Onion: A Knives Out Mystery – Rian Johnson; based on characters created by Johnson and the film Knives Out Living – Kazuo Ishiguro; based on the original motion picture screenplay Ikiru by Akira Kurosawa, Shinobu Hashimoto, and Hideo Oguni Top Gun: Maverick – Screenplay by Ehren Kruger, Eric Warren Singer, and Christopher McQuarrie; story by Peter Craig and Justin Marks; based on the film Top Gun written by Jim Cash and Jack Epps Jr. Best Animated Feature Film Guillermo del Toro's Pinocchio – Guillermo del Toro, Mark Gustafson, Gary Ungar, and Alex Bulkley‡ Marcel the Shell with Shoes On – Dean Fleischer Camp, Elisabeth Holm, Andrew Goldman, Caroline Kaplan, and Paul Mezey Puss in Boots: The Last Wish – Joel Crawford and Mark Swift The Sea Beast – Chris Williams and Jed Schlanger Turning Red – Domee Shi and Lindsey Collins Best International Feature Film All Quiet on the Western Front (Germany) – directed by Edward Berger‡ Argentina, 1985 (Argentina) – directed by Santiago Mitre Close (Belgium) – directed by Lukas Dhont EO (Poland) – directed by Jerzy Skolimowski The Quiet Girl (Ireland) – directed by Colm Bairéad Best Documentary Feature Film Navalny – Daniel Roher, Odessa Rae, Diane Becker, Melanie Miller, and Shane Boris‡ All That Breathes – Shaunak Sen, Aman Mann, and Teddy Leifer All the Beauty and the Bloodshed – Laura Poitras, Howard Gertler, John Lyons, Nan Goldin, and Yoni Golijov Fire of Love – Sara Dosa, Shane Boris, and Ina Fichman A House Made of Splinters – Simon Lereng Wilmont and Monica Hellström Best Documentary Short Film The Elephant Whisperers – Kartiki Gonsalves and Guneet Monga‡ Haulout – Evgenia Arbugaeva and Maxim Arbugaev How Do You Measure a Year? – Jay Rosenblatt The Martha Mitchell Effect – Anne Alvergue and Beth Levison Stranger at the Gate – Joshua Seftel and Conall Jones Best Short Film (Live Action) An Irish Goodbye – Tom Berkeley and Ross White‡ Ivalu – Anders Walter and Rebecca Pruzan Le pupille – Alice Rohrwacher and Alfonso Cuarón Night Ride – Eirik Tveiten and Gaute Lid Larssen The Red Suitcase – Cyrus Neshvad Best Short Film (Animated) The Boy, the Mole, the Fox and the Horse – Charlie Mackesy and Matthew Freud‡ The Flying Sailor – Wendy Tilby and Amanda Forbis Ice Merchants – João Gonzalez and Bruno Caetano My Year of Dicks – Sara Gunnarsdóttir and Pamela Ribon An Ostrich Told Me the World Is Fake and I Think I Believe It – Lachlan Pendragon Best Music (Original Score) All Quiet on the Western Front – Volker Bertelmann‡ Babylon – Justin Hurwitz The Banshees of Inisherin – Carter Burwell Everything Everywhere All at Once – Son Lux The Fabelmans – John Williams Best Music (Original Song) "Naatu Naatu" from RRR – Music by M. M. Keeravani; lyrics by Chandrabose‡ "Applause" from Tell It Like a Woman – Music and lyrics by Diane Warren "Hold My Hand" from Top Gun: Maverick – Music and lyrics by Lady Gaga and BloodPop "Lift Me Up" from Black Panther: Wakanda Forever – Music by Tems, Rihanna, Ryan Coogler, and Ludwig Göransson; lyrics by Tems and Ryan Coogler "This Is a Life" from Everything Everywhere All at Once – Music by Ryan Lott, David Byrne, and Mitski; lyrics by Ryan Lott and David Byrne Best Sound Top Gun: Maverick – Mark Weingarten, James H. Mather, Al Nelson, Chris Burdon, and Mark Taylor‡ All Quiet on the Western Front – Viktor Prášil, Frank Kruse, Markus Stemler, Lars Ginzel, and Stefan Korte Avatar: The Way of Water – Julian Howarth, Gwendolyn Yates Whittle, Dick Bernstein, Christopher Boyes, Gary Summers, and Michael Hedges The Batman – Stuart Wilson, William Files, Douglas Murray, and Andy Nelson Elvis – David Lee, Wayne Pashley, Andy Nelson, and Michael Keller Best Production Design All Quiet on the Western Front – Production design: Christian M. Goldbeck; set decoration: Ernestine Hipper‡ Avatar: The Way of Water – Production design: Dylan Cole and Ben Procter; set decoration: Vanessa Cole Babylon – Production design: Florencia Martin; set decoration: Anthony Carlino Elvis – Production design: Catherine Martin and Karen Murphy; set decoration: Bev Dunn The Fabelmans – Production design: Rick Carter; set decoration: Karen O'Hara Best Cinematography All Quiet on the Western Front – James Friend‡ Bardo, False Chronicle of a Handful of Truths – Darius Khondji Elvis – Mandy Walker Empire of Light – Roger Deakins Tár – Florian Hoffmeister Best Makeup and Hairstyling The Whale – Adrien Morot, Judy Chin, and Annemarie Bradley‡ All Quiet on the Western Front – Heike Merker and Linda Eisenhamerová The Batman – Naomi Donne, Mike Marino, and Mike Fontaine Black Panther: Wakanda Forever – Camille Friend and Joel Harlow Elvis – Mark Coulier, Jason Baird, and Aldo Signoretti Best Costume Design Black Panther: Wakanda Forever – Ruth E. Carter‡ Babylon – Mary Zophres Elvis – Catherine Martin Everything Everywhere All at Once – Shirley Kurata Mrs. Harris Goes to Paris – Jenny Beavan Best Film Editing Everything Everywhere All at Once – Paul Rogers‡ The Banshees of Inisherin – Mikkel E. G. Nielsen Elvis – Matt Villa and Jonathan Redmond Tár – Monika Willi Top Gun: Maverick – Eddie Hamilton Best Visual Effects Avatar: The Way of Water – Joe Letteri, Richard Baneham, Eric Saindon, and Daniel Barrett‡ All Quiet on the Western Front – Frank Petzold, Viktor Müller, Markus Frank, and Kamil Jafar The Batman – Dan Lemmon, Russell Earl, Anders Langlands, and Dominic Tuohy Black Panther: Wakanda Forever – Geoffrey Baumann, Craig Hammack, R. Christopher White, and Dan Sudick Top Gun: Maverick – Ryan Tudhope, Seth Hill, Bryan Litson, and Scott R. Fisher The Academy held its 13th annual Governors Awards ceremony on November 19, 2022, during which the following awards were presented:[19] To Euzhan Palcy, a masterful filmmaker who broke ground for Black women directors and inspired storytellers of all kinds across the globe.[20] To Diane Warren, for her genius, generosity and passionate commitment to the power of song in film.[20] To Peter Weir, a fearless and consummate filmmaker who has illuminated the human experience with his unique and expansive body of work.[20] Michael J. Fox – "For his tireless advocacy of research on Parkinson's disease alongside his boundless optimism exemplifies the impact of one person in changing the future for millions."[21] Films with multiple nominations Nominations Film 11 Everything Everywhere All at Once 9 All Quiet on the Western Front The Banshees of Inisherin 8 Elvis 7 The Fabelmans 6 Tár Top Gun: Maverick 5 Black Panther: Wakanda Forever 4 Avatar: The Way of Water 3 Babylon The Batman Triangle of Sadness The Whale 2 Living Women Talking Films with multiple wins Awards Film 7 Everything Everywhere All at Once 4 All Quiet on the Western Front 2 The Whale The following individuals, listed in order of appearance, presented awards or performed musical numbers:[22] Presenters Name(s) Role Sylvia Villagran Served as announcer for the 95th Academy Awards[23] Emily Blunt Dwayne Johnson Presented the award for Best Animated Feature Ariana DeBose Troy Kotsur Presented the awards for Best Supporting Actor and Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Documentary Feature Film and Best Live Action Short Film Halle Bailey Melissa McCarthy Presented the trailer for The Little Mermaid Michael B. JordanJonathan Majors Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Warner Bros. 100 Years tribute Paul DanoJulia Louis-Dreyfus Presented the award for Best Costume Design Deepika Padukone Introduced the performance of "Naatu Naatu" Eva LongoriaJanet Yang Presented a montage promoting the Academy Museum of Motion Pictures Antonio BanderasSalma Hayek Pinault Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the awards for Best Documentary Short Film and Best Animated Short Film Hugh GrantAndie MacDowell Presented the award for Best Production Design John ChoMindy Kaling Presented the award for Best Original Score Elizabeth Banks Presented the award for Best Visual Effects Danai Gurira Introduced the performance of "Lift Me Up" Andrew GarfieldFlorence Pugh Presented the awards for Best Original Screenplay and Best Adapted Screenplay Kate HudsonJanelle Monáe Presented the award for Best Sound and Best Original Song John Travolta Presented the "In Memoriam" segment Zoe SaldañaSigourney Weaver Presented the award for Best Film Editing Idris ElbaNicole Kidman Presented the award for Best Director Halle BerryJessica Chastain Presented the awards for Best Actor and Best Actress Harrison Ford Presented the award for Best Picture Performers Name Role Work Rickey Minor Music director Conductor Orchestral Sofia Carson Diane Warren Performers "Applause" from Tell It Like a Woman David Byrne Stephanie Hsu Son Lux Performers "This Is a Life" from Everything Everywhere All at Once[24] Kaala Bhairava Rahul Sipligunj Performers "Naatu Naatu" from RRR Lady Gaga Performer "Hold My Hand" from Top Gun: Maverick Rihanna Performer "Lift Me Up" from Black Panther: Wakanda Forever Lenny Kravitz Performer "Calling All Angels" during the annual "In Memoriam" tribute Jimmy Kimmel hosted the 95th Academy Awards. In September 2022, the Academy hired television producers Glenn Weiss and Ricky Kirshner to oversee production of the 2023 ceremony.[25] AMPAS president Janet Yang and CEO Bill Kramer remarked that they looked "to deliver an exciting and energized show" with Weiss and Kirshner.[26] Two months later, comedian and talk show host Jimmy Kimmel was announced as host of the gala. "Being invited to host the Oscars for a third time is either a great honor or a trap," Kimmel stated in a press release regarding his selection. "Either way, I am grateful to the Academy for asking me so quickly after everyone good said no", he concluded.[27] Furthermore, AMPAS announced that all 23 categories would be presented live during the gala. The announcement came in response to an internal survey which indicated negative feedback regarding the previous year's decision to present eight below-the-line categories prior to the live portion of last year's gala.[28] In light of the Chris Rock–Will Smith slapping incident during the previous year's telecast, AMPAS announced that the organization hired a "crisis team" in the event a similar altercation or if an unexpected fiasco arose.[29] In an interview published by Time magazine, Kramer explained: "We have a whole crisis team, something we've never had before, and many plans in place. We've run many scenarios. So it is our hope that we will be prepared for anything that we may not anticipate right now but that we're planning for just in case it does happen."[30] The Dolby Theatre stage on the day of the ceremony Several others participated in the production of the ceremony and related events. Rickey Minor served as musical director for the ceremony.[31] Production designers Misty Buckley and Alana Billingsley, who were the first women-led design team for an Oscars telecast, designed a new stage for the show.[32] According to Buckley and Billingsley, the stage was designed to resemble Art Deco movie places from the Golden Age of Hollywood.[33] Additionally, the set utilized several LED panels that were used to display the category names, winners' names, or images from the nominated films.[34] Notably, the arrivals area along Hollywood Boulevard outside the Dolby Theatre was lined with a champagne-colored carpet, marking the first time since the 32nd ceremony in 1960 that a non-red colored carpet was utilized for the gala. According to red carpet consultant Lisa Love, the production team chose a lighter shade of carpet color in order to not clash with a sienna-colored tent erected to shield attendees from the sun or potential rain. She also added that the shades of color for both the carpet and tent were inspired by "watching the sunset on a white-sand beach at the 'golden hour' with a glass of champagne in hand, evoking calm and peacefulness".[35] Lady Gaga was initially not scheduled to perform her nominated song "Hold My Hand" from Top Gun: Maverick due to prior commitments involving her role in Joker: Folie à Deux. On the morning of the ceremony, however, it was reported that Gaga would perform at the ceremony.[36] Meanwhile, actress Glenn Close, who was originally scheduled as a presenter during the gala, canceled her appearance due to a positive COVID-19 test.[37] When the nominations were announced, nine of the ten films nominated for Best Picture had earned a combined gross of $1.57 billion at the American and Canadian box offices at the time. Top Gun: Maverick was the highest-grossing film among the Best Picture nominees with $718.7 million in domestic box office receipts.[38] Avatar: The Way of Water came in second with $598.4 million; this was followed by Elvis ($151 million), Everything Everywhere All at Once ($70 million), The Fabelmans ($15 million), The Banshees of Inisherin ($9 million), Tar ($5.6 million), Triangle of Sadness ($4.2 million), and Women Talking ($1.1 million). The box office figures for All Quiet on the Western Front were unavailable due to their distributor Netflix's policy of refusing to release such figures.[39] Furthermore, by virtue of Avatar: The Way of Water and Top Gun: Maverick's Best Picture nominations, it marked the first time since the 55th ceremony in 1983 that the two highest grossing films of the year were both nominated in the aforementioned category.[40] Andrea Riseborough's Best Actress nomination for To Leslie was controversial amongst critics and pundits, as Momentum Pictures, the film's distributor, did not fund a conventional advertising-driven awards campaign for the film. Instead, director Michael Morris and his wife, actress Mary McCormack, organized a "celeb-backed campaign" to get Riseborough nominated.[41][42] They contacted friends and colleagues in the entertainment industry, asking them to view the film and share it with others if they enjoyed it.[43] Morris and Riseborough also hired publicists to coordinate the efforts. While not initially regarded as a serious contender, the campaign raised Riseborough's profile; dozens of celebrities praised her performance on social media, and some hosted screenings of the film during voting for the Academy Award nominations in January 2023.[44][45] Riseborough's nomination was announced on January 24, which the Los Angeles Times called "one of the most shocking nominations in Oscar history".[43] After her nomination was announced, speculation arose that the tactics might have violated AMPAS rules against directly lobbying voters.[46] A post on the film's Instagram account was noted by several AMPAS members for possibly violating a rule prohibiting "[singling] out 'the competition' by name" by featuring a quote from film critic Richard Roeper, who praised Riseborough's performance as better than Cate Blanchett's in Tár, a fellow nominee for Best Actress.[47] On January 27, the Academy announced a review of the year's campaigns "to ensure that no guidelines were violated, and to inform us whether changes to the guidelines may be needed in a new era of social media and digital communication".[48] The Academy has rescinded nominations for nominees who participated in unsanctioned campaigning. However, there were no reports that Riseborough had been involved in such, or that any Academy members had lodged formal complaints about the campaign's behavior.[48] On January 31, the Academy concluded its review by pledging to address "social media and outreach campaigning tactics" which they said caused "concern", but confirming that Riseborough's nomination would be retained.[49] Following the controversy, the Academy introduced new campaigning rules and clarifications in May 2023.[50] Variety columnist Owen Gleiberman wrote: "It didn't rock the boat, it didn't overstay its welcome, and it left you feeling that the world's preeminent awards show, all doom-saying punditry to the contrary, is still, on balance, a very good thing." He also added that the wins received by Everything Everywhere All at Once "lent the evening a rare emotional unity".[51] Television critic Daniel Fienberg of The Hollywood Reporter similarly praised the show's emotional beats and found its flaws "were mitigated more gracefully than just about any Oscars telecast" he could recall.[52] Mick LaSalle of the San Francisco Chronicle commended Kimmel's stint as host stating: "He was establishing that 2023 would not be a repeat of 2022 — and it wasn't. It was such a relief to see something, anything, actually get better."[53] Mike Hale of The New York Times remarked on "the ordinariness and sameness of the ABC broadcast" compared to the prior year,[54] while USA Today's Kelly Lawler criticized it as "terribly fake" and felt that Kimmel's role "felt phoned in, or at least maybe monitored by corporate overlords looking to avoid controversy" despite some of his jokes tackling controversial subjects such as the January 6 United States Capitol attack and Tom Cruise's Scientology advocacy.[55] Hale added that "the modern Oscars have become something more to be endured than enjoyed".[54] The American telecast on ABC drew in an average of 18.75 million people over its length, which was a 13% increase from the previous year's ceremony and marked the first time that the Academy Awards experienced consecutive years of viewership increase since the 86th Academy Awards in 2014.[3] The show also earned higher Nielsen ratings compared to the previous ceremony with 9.9% of households watching the ceremony.[56] In addition, it garnered a higher 18–49 demo rating with a 4.03 rating among viewers in that demographic.[57] It was the most-watched prime time entertainment broadcast of 2023 in the United States.[58] In July 2023, the broadcast was nominated for three awards at the 75th Primetime Creative Arts Emmys but failed to win in any of the categories for which it was nominated.[59][60] The annual "In Memoriam" segment was introduced by John Travolta. Singer Lenny Kravitz performed his song "Calling All Angels" during the tribute.[61][62] Olivia Newton-John – singer, actress John Korty – director, producer May Routh – costume designer Louise Fletcher – actress John Zaritsky – cinematographer Albert Brenner – production designer Irene Papas – actress Mitchell Goldman – executive Bob Rafelson – director, writer, producer Albert Saiki – design engineer Ian Whittaker – set decorator Robbie Coltrane – actor Kirstie Alley – actress Ray Liotta – actor Vicky Eguia – publicity executive Angelo Badalamenti – composer Greg Jein – visual effects artist, model maker Neal Jimenez – writer, director Mike Hill – film editor Tom Luddy – producer, film festival co-founder Marina Goldovskaya – director, cinematographer, educator Christopher Tucker – special effects makeup artist Irene Cara – actress, singer, songwriter Gregory Allen Howard – writer, producer Owen Roizman – cinematographer Luster Bayless – costume designer Gray Frederickson – producer Robert Dalva – film editor Nichelle Nichols – actress Edward R. Pressman – producer Douglas McGrath – writer, director, actor Julia Reichert – producer, director Edie Landau – producer, executive Mike Moder – assistant director, producer Jean-Luc Godard – director, writer Ralph Eggleston – animator, production designer Marvin March – set decorator Burt Bacharach – composer Nick Bosustow – producer Clayton Pinney – special effects artist Simone Bär – casting director Donn Cambern – film editor Tom Whitlock – songwriter Amanda Mackey – casting director Angela Lansbury – actress Wolfgang Petersen – director, writer, producer John Dartigue – publicity executive Burny Mattinson – animator Maurizio Silvi – makeup artist Jacques Perrin – actor, producer, director Mary Alice – actress Gina Lollobrigida – actress Carl Bell – animator Douglas Kirkland – photographer Vangelis – composer, musician James Caan – actor, producer Raquel Welch – actress Walter Mirisch – producer, former President of the Academy List of submissions to the 95th Academy Awards for Best International Feature Film ^ Jerome Robbins and Robert Wise first achieved this distinction for co-directing West Side Story (1961). Brothers Joel Coen and Ethan Coen later earned this same feat for their direction of No Country for Old Men (2007).[12] ^ Many consider Merle Oberon, who was nominated for her role in The Dark Angel (1935), to be the first Asian nominee in this category, but she hid her mixed-race heritage due to fears regarding discrimination and the impact it would have on her career.[14] ^ Flam, Charna (March 3, 2023). "Vanessa Hudgens, Ashley Graham, Lilly Singh to Host ABC's Countdown to the Oscars Pre-Show". Variety. Archived from the original on March 6, 2023. Retrieved March 8, 2023. ^ Santilli, Tom (March 13, 2023). "Oscars 2023 Aftermath: A Safe and Focused Show Gets the Awards Show Back on Track". WXYZ-TV. Archived from the original on March 13, 2023. Retrieved April 25, 2023. ^ a b c "With Viewership Up 12% from Last Year, Oscars Win the Ratings Week". Los Angeles Times. March 15, 2023. Archived from the original on March 15, 2023. 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