

Perspective of Humanistic Psychology *Hierarchy of Needs:* Loneliness of Adolescents Living in Orphanages

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Abstract: Loneliness can lead to severe issues that adversely affect the mental and physical health of adolescents. Loneliness in adolescents living in orphanages tends to be higher than in adolescents living with their families. This can cause them to have negative expectations of the future and put them at risk. Loneliness can also affect adolescents' social anxiety, delinquency, aggression and depression. This paper is library research on the phenomenon of loneliness in adolescents living in orphanages studied through the Abraham Maslow-Hierarchy of Needs humanistic approach. The results show that of the five hierarchies of human needs, the needs are met at the level of physiological needs and safety needs. Unmet needs are love and belonging needs, self-esteem needs and self-actualization needs. The review found that it is necessary to increase the need for affection to be able to go towards self-esteem needs and self-actualization needs.

Keywords: Adolescent, Hierarchy of needs, Loneliness, Orphanage.

1. INTRODUCTION

Loneliness prevalent in diverse age demographics especially for adolescents (Lodder et al., 2015; Zhang et al., 2015). Loneliness is a subjective experience of social isolation. (Luhmann & Hawkey, 2016). Loneliness can be defined as an unpleasant experienced by adolescents when social relationships are lacking in quantity and quality (Russell, 2014). Often feelings of loneliness arise when individuals perceive others as a threat because of the barriers individuals feel that cause them to be alienated from society (Bartholomeusz et al., 2021). In a sense, loneliness can be a complex emotional reflection that arises from not being able to fulfill social relationship needs such as love and affection. (Ayazlar & Güzel, 2014). Loneliness experienced by adolescents has various impacts on health, can damage the mental and physical health of adolescents (Cacioppo et al., 2015). The results of the study found loneliness positively predicts future states of social anxiety, paranoid and depression (Lim et al., 2016). Loneliness also triggers problems experienced by adolescents such as behavioral problems, delinquency and aggression (Matthews et al., 2015). Adolescents who experience loneliness often feel misunderstood and have less meaningful relationships (Lim et al., 2016). Adolescents who feel lonely tend to feel negative feelings such as sadness, disappointment, anger and feel alienated by their peers (Hogi & Putra, 2019). Loneliness in adolescents can occur due to a lack of socialization with peers (Okwaraji et al., 2018), loss and divorce (Lasgaard et al., 2016). Likewise, adolescents who lose support from their parents can experience feelings of anxiety, lack of affection and loneliness (Durualp & Cicekoglu, 2013). Loneliness in adolescents living in orphanages tends to be higher than in adolescents living with family (Durualp & Cicekoglu, 2013). Adolescents who are in orphanages due to separation from their families can prevalent them to have negative expectations of the future and place them in at-risk groups (Durualp & Cicekoglu, 2013). Living in a new environment and being separated from family can make them vulnerable to hopelessness and feelings of loneliness (Durualp & Cicekoglu, 2013). Orphanages provide children who have lost their parents with basic needs and a place to receive care and support (Hassan et al., 2017). Orphanages provide the best support to achieve balance in children's lives but have not been able to replace the role of society towards those living in orphanages (Alqahtani, 2021). However, there are several reasons why adolescents living in orphanages experience loneliness such as poor relationships with care staff, lack of love from the community and memories of parental death (Tadesse et al., 2014). The challenges faced by adolescents living in orphanages may be due to the inability of orphanages to deal with the problems they experienced due to psychological challenges such as anger, sadness, anxiety, bullying, discrimination, poor attachment and isolation that require caregivers who can take good care of them (Christopher & Mosha, 2021).

According to Maslow's Hierarchy of Needs Theory, all humans have a desire to meet physiological needs, security needs, social or affection needs, self-esteem needs, and self-actualization needs (Fergeus et al., 2019). Underlying this hierarchy is the assumption that humans must fulfill each level of their needs. When one need is met, the individual will be motivated to reach the next level. If there are needs that are not met, there will be negative impacts (Ang, 2016). Loneliness, isolation, rejection, and not having friends are the most important things felt by individuals when the need for love is not fulfilled as a form of giving and receiving affection (Bland & DeRobertis, 2017). Maslow conceptualizes that without the need for love, individuals will expect a relationship excessively with people in general (Bland & DeRobertis, 2017). Some previous studies have focused on individual needs such as the need for affection which correlates with loneliness, self-esteem correlates with loneliness. However, there are few reviews in analyzing the level and fulfillment of needs based on the hierarchy of needs aspect. Research reveals that loneliness needs to be analyzed with a humanistic approach because it can explain loneliness through individual needs and can find solutions to the loneliness experienced. (Perjan et al., 2017). In addition, previous studies have neglected loneliness and orphanage adolescents as research subjects. Therefore, the author considers examining the phenomenon of loneliness in adolescents living in orphanages from the perspective of humanistic psychology as an analysis. The purpose of this study is to look at the loneliness of adolescents living in orphanages viewed through Maslow's hierarchy of needs theory approach.

2. MATERIALS AND METHODS

This paper is a library research. Library research is a research method with references from various sources of systematic scientific library information related to research targets through research abstracts, indexes, journal reviews and reference books (Sugiyono, 2021). The method used is a literature study using secondary data obtained from journal articles, book chapters, proceedings or research reports related to the theme to be studied. This literature review is based on collecting literature regarding Abraham Maslow's humanistic psychology (hierarchy of needs) and loneliness in adolescents living in orphanages. Therefore, the author uses the humanistic psychology approach, namely Abraham Maslow's hierarchy of needs theory in reviewing loneliness in adolescents living in orphanages. The steps taken in this paper are collecting, identifying, analyzing and synthesizing data. Then interpret the existing data by the formulation and objectives of the research to get a conclusion regarding the related discussion.

Material

This paper analyzes writings related to loneliness in adolescents living in orphanages and the humanistic psychology approach, namely Abraham Maslow's hierarchy of needs theory. The source of data is literature using primary sources and secondary sources related to Abraham Maslow's hierarchy of needs theory and loneliness in adolescents living in orphanages. Sources of data obtained include books, journal articles, proceedings and others related to the theme under study.

Procedure

The author conducted a random literature search through online sources and the Google database, Google Scholar, Web of Science and several other websites. The journals used were from 2014 to 2024 or within the last 10 years. The keyword search strategy used also varies to identify literature and get relevant topics (Snyder, 2019).

Data Analysis

Several references were found and analyzed in 36 journals from various journal publications and used 2 books as references. Based on the journals found, the authors screened the titles to abstracts and removed irrelevant publications and read the full text of the identified studies that met the eligibility criteria (Frandsen et al., 2021). The author confirmed the author's name, year of publication, place of publication, edition and page number, type of publication, theme studied, and the results found were also summarized by the author. This process assisted the researcher in identifying relevant themes regarding this research question. The author collected journals that discussed adolescents living in orphanages and their relation to Abraham Maslow's theory - *hierarchy of needs*. To classify needs, the author categorized based on Maslow's five needs consisting of physiological needs, security needs, affection needs, self-esteem needs and self-actualization. This aims to get an overview of the needs that are met and those that are not met in adolescents living in orphanages. The author also looks for links to loneliness based on the *hierarchy of needs* theory itself. Furthermore, the author conducts a comparative analysis and connects the articles found.

3. RESULTS AND DISCUSSION

Abraham Maslow's Hierarchy of Needs Theory

Maslow's theory of personality as is a holistic-dynamic theory. Individuals are continuously motivated by one need or another and have the potential to grow towards psychological health, i.e. self-actualization (Feist et al., 2021). Maslow's hierarchy of needs concept assumes low-level needs must be met before individuals have a strong desire for higher needs (Trivedi & Mehta, 2019). The five needs that make up this hierarchy are conative, meaning they are striving or motivational (Feist et al., 2021). Maslow arranged the order of needs starting from physiological needs, security, affection, self-esteem and self-actualization. Individuals who are motivated by self-esteem or self-actualization must first meet the needs for food and security (Feist et al., 2021).

The five needs can be explained as follows (Taormina & Gao, 2013): The first level, namely physiological needs, is defined as a lack of nutrients, chemicals, internal conditions (exercise/health) or mental environment that the body needs to survive so that its prolonged absence can manifest psychological stress. The second level of safety needs is the of protection in the form of protection from mental hazards, environmental disasters, personal protection from physical harm, financial protection from poverty or lack of stability in one's life. The third level of love and belonging needs is the lack of close, enduring and emotionally pleasurable interactions with others in both group and intimate relationships that result in personal relationships characterized by mutual effective care. The fourth level of self-esteem needs is the lack of respect one has for oneself or the lack of respect one receives from others. The fifth level of self-actualization needs is the process of a person becoming what they are and unique.

If the needs are not met, there may be no physical indications but the individual will feel anxious and feel tension within themselves (Trivedi & Mehta, 2019). Maslow revealed that if the needs at the lower level are met, it will automatically move to the next level. However, once the need for appreciation is met, the need does not always move to the level of self-actualization. Individuals who self-actualized, maintain their feelings of self-worth even when insulted, rejected and belittled by others (Feist et al., 2021).

Loneliness in Adolescents Living in Orphanages as viewed from the Hierarchy of Needs Theory

Adolescents residing in orphanages undergo diverse emotional states including boredom, deprivation, rejection, feelings of helplessness, and experiences of loneliness (Boadu et al., 2020). Loneliness denotes a negative affective state characterized by a perceived deficiency in both the quantity and quality of social relationships experienced by individuals (Russell, 2014). Loneliness in adolescents living in orphanages can be reviewed through Maslow's hierarchy of needs. Maslow's most basic hierarchy of needs is physiological needs. Physiological needs such as

clothing, food and shelter including food, water, oxygen, maintenance of body temperature and others (Feist et al., 2021). Lack of satisfaction with physiological needs results in malnutrition, fatigue, loss of energy and so on (Feist et al., 2021). Orphanages receive the assistance needed to meet their needs from various donations, and governmental and non-governmental organizations (Pilapil, 2015). Research suggests that orphanages provide food, shelter, clothing and water so that the physiological needs of children in orphanages are adequately met (Pilapil, 2015). Adolescents living in orphanages get food, water, clothing, shelter or various basic needs provided by the orphanage (Abdullah et al., 2023). Therefore, the basic needs or physiological needs of adolescents living in orphanages are adequately met. When these physiological needs are satisfied, the following needs will arise (Deep & Goyal, 2021).

The second fundamental need is the need for security. When individuals have partially fulfilled physiological needs. They will subsequently be driven by the need for security. Among them are physical security, stability, dependence, protection, and freedom from threatening things such as disease, fear, anxiety, danger, and natural disasters (Feist et al., 2021). Lack of satisfaction with the need for security results in fear and a sense of insecurity (Feist et al., 2021). Adolescents need a sense of security in themselves due to the loss of family and limited circumstances while in the orphanage (Rahmawati & Amalia, 2020). The fulfillment of these needs can make them feel more secure in living their lives (Rahmawati & Amalia, 2020). Adolescents in orphanages receive protection such as education, health/medical care provided by government agencies and several other donations (Pilapil, 2015). Research suggests that children in orphanages have more complex medical needs than their peers such as skin diseases, infectious diseases, infections and allergies (Steenbakketers et al., 2018). When children are identified with diseases, the orphanage will provide medical treatment to improve the health outcomes of the children in the orphanage (Steenbakketers et al., 2018). This illustrates that the need for security in adolescents in orphanages is adequately met.

The third is the need for affection including the desire to make friends, and have a partner, the need to be part of the family, and the environment (Feist et al., 2021). Individuals with physiological and security needs met will be motivated by the need for affection (Feist et al., 2021). Lack of satisfaction with the need for affection can result in an individual becoming socially defensive, aggressive or fearful (Feist et al., 2021). Adolescents need affection to grow psychologically and to fulfill this need. Children in orphanages may experience difficulties in establishing and maintaining social relationships (Steenbakketers et al., 2018). The absence of parents can lead to feelings of isolation and loneliness in adolescents in orphanages. They need other roles such as caregivers and peers. However, some orphanage caregivers lack the necessary knowledge to understand adolescents' emotional needs (Bettmann et al., 2015). Research shows that caregivers do not show affectionate attachment to children living in orphanages (Vedasto et al., 2023). Adolescents feel a sense of rejection when their caregivers are insufficiently responsive and lack individualized attention (Boadu et al., 2020). Attention, guidance and support that caregivers cannot provide individually due to the large number of children in the orphanage (Resty, 2016). As a result, adolescents who do not receive proper attention from caregivers are more likely to experience emotional problems such as loneliness (Sahad et al., 2017). Adolescents living in orphanages lack emotional support from family, lack caregiver conditions that must divide attention to many children and weak and defensive relationships with the social environment (Pilapil, 2015). Therefore, the need for affection in adolescents living in orphanages is not met. This can be attributed to Maslow's expression of the need for love as giving and receiving affection (Feist et al., 2021). Without the need for love, a Person has a desire to have a relationship with their environment and eventually becomes lonely (Bland & DeRobertis, 2017).

The fourth is the self-esteem needs. If physiological, safety and affection needs are met, The subsequent need that fosters a sense of acceptance in individuals is the need for appreciation (Deep & Goyal, 2021). Maslow identified two levels of need for appreciation, namely reputation and self-esteem. Self-esteem is the feeling of worth and confidence that a person possesses. (Feist et al., 2021). Lack of satisfaction with the need for esteem results in self-doubt, self-depreciation, and lack of trust (Feist et al., 2021). When individuals can fulfill the need for affection, they are free to

pursue the need for esteem. However, the needs of orphanage adolescents stop at the need for affection, so they have difficulty in pursuing the need for esteem. Feeling unloved, and unaccepted by the environment can interfere with self-esteem in adolescents living in orphanages.

The highest need is self-actualization. Maslow revealed that if the individual has been able to fulfill the need for appreciation then he is on the verge of self-actualization (Feist et al., 2021). Self-actualization includes self-fulfillment, the realization of one's potential and the desire to be creative in the true sense of the word (Feist et al., 2021). Needs at the highest level can be met if the lower levels are met first. However, in adolescents living in orphanages, only physiological and safety needs are met. Research shows that children who are left behind have physiological needs and security needs, but the lack of emotional connection with parents and social anxiety due to difficulty getting along with peers causes affection needs not to be met (Ren et al., 2017). The unmet need for affection causes them to experience loneliness. Finally, the level of need for appreciation will also be hampered and unable to achieve self-actualization.

4. CONCLUSIONS

Loneliness is an unpleasant experience when an individual's social relationships lack quantity and quality significantly. Loneliness in adolescents living in orphanages can be viewed from the perspective of Abraham Maslow's humanistic psychology – hierarchy of needs. Unmet needs are the need for affection, the need for appreciation and the need for self-actualization. Needs at the previous level, namely physiological and security needs, have been met. This makes adolescents living in orphanages unable to achieve higher-level needs. The needs of adolescents in orphanages stop at the need for affection so they have difficulty in pursuing the need for appreciation. In the end, it makes individuals unable to reach the highest level of self-actualization.

Considering the unmet needs, namely the need for affection the orphanage can help in improving social relationships and establishing friendships in orphanage adolescents. This can be done by creating activities such as sports activities, religious activities and entertainment. Activities can be carried out both among friends in the orphanage and with other orphanages.

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