

Learning Competencies:

- Discuss the relationship among physiological, cognitive, psychological, spiritual and social developments. **(EsP-PD11/12DWP-Ib-2.1)**
- Evaluate his/her own thoughts, feelings, and behaviours. **(EsP-PD11/12DWP-Ib-2.2)**
- Show the connection between thoughts, feelings and behaviours in actual life situations. **(EsP-PD11/12DWP-Ic-2.3)**

What is Holistic Development?

⁽¹⁾A **holistic development** involves a comprehensive approach that respect your complexity and acknowledges that you are a multi-dimensional being.

A holistic personal development is determined by a personal initiative and personal effort to develop and address the following aspects:

- Emotional intelligence and resourcefulness
- Mental prowess and creative intuition
- Physical wellness and fitness
- Social and interpersonal effectiveness
- Spiritual collegiality and maturity
- Supportive environments and ecologies

Attention and time are provided so that this aspect can maximize their growth. Holistic development's end goal is to pursue the possibility that persons can experience an exceptional quality of life defined by happiness, productivity, and contentment when they strive to reach their potentials.

Following is a definition of each of the dimensions and their functions.

Emotional Dimension- allows a person to develop an awareness and acceptance of one's feelings. It reflects the degree to which an individual can feel positive and enthusiastic about one's self and life. This involves the capacity to manage feelings and behaviors, self-acceptance, and enable oneself to cope with stress, tension and other challenges he/she goes through.

- ❖ Nurture ability to give and to receive love.
- ❖ Enables the person to understand, handle and express feelings/emotions.

Cognitive (Intellectual) Dimension- allows a person to use one's intellect to search for and pursue for life's meaning and purpose. It enables a person to attain a greater understanding and appreciation of oneself and others. It involves one's capacity to think creatively and rationally.

- ❖ Cultivates and develop creativity and innovativeness
- ❖ Interprets and process information and data effectively

Physical Dimension- allows a person to ensure proper wellness and health through a rigor of and participation in personal activities that promotes cardiovascular endurance, muscular strength, balance and flexibility. It promotes healthy lifestyle attitudes and habits, and curbs negative and excessive behavior.

- ❖ Physical activity and fitness
- ❖ Immune system function
- ❖ Body composition

Spiritual Dimension- allows a person to seek and pursue one’s or *raison d’etre* or reason for being. It defines personal moral values and addresses ethical standards.

- ❖ Feeling connected to someone or something beyond and greater than oneself.
- ❖ An experience of transcendence

Ecological/Environmental Dimension- allows a person to develop an attitude for and to commit to ecological/environmental issues and concerns. It establishes one’s interconnectedness with the natural environment.

- ❖ Feeling good about one’s contribution to the world
- ❖ Developing greater sensitivity to environmental changes and their repercussions
- ❖ Seeking ways to promote environmental care and concern.

Social/Interpersonal Dimension- allows a person to establish, maintain, and empower healthy relationships, it enhances social responsibilities and sensitivity.

- ❖ Quality and quantity of relationship
- ❖ Fostering a social network through personal relationship
- ❖ Commitment to social reach out and social development task
- ❖ Promotes social justice

ACTIVITY NO. 1

Instruction: Give the definition of the following words based on what you understand in the lesson. Write the letter of the correct answer in the blank provided.

Column A	Column B
_____1. Holistic Development	
_____2. Physical Dimension	A. It enhances social responsibilities and sensitivity.
_____3. Cognitive Dimension	B. It involves one’s capacity to think creatively and rationally.
_____4. Spiritual Dimension	C. Pursue one’s or <i>raison d’etre</i> .
_____5. Social Dimension	D. It promotes healthy lifestyle.
	E. A comprehensive approach that respects your complexity and acknowledges that you are a multi-dimensional being.

Holistic Development: Thoughts, Feelings, Behaviours

Thoughts- usually originate from things we have learned both in a right way and a wrong way. That is why there are terms such as malcognition and maladaptation mechanisms.

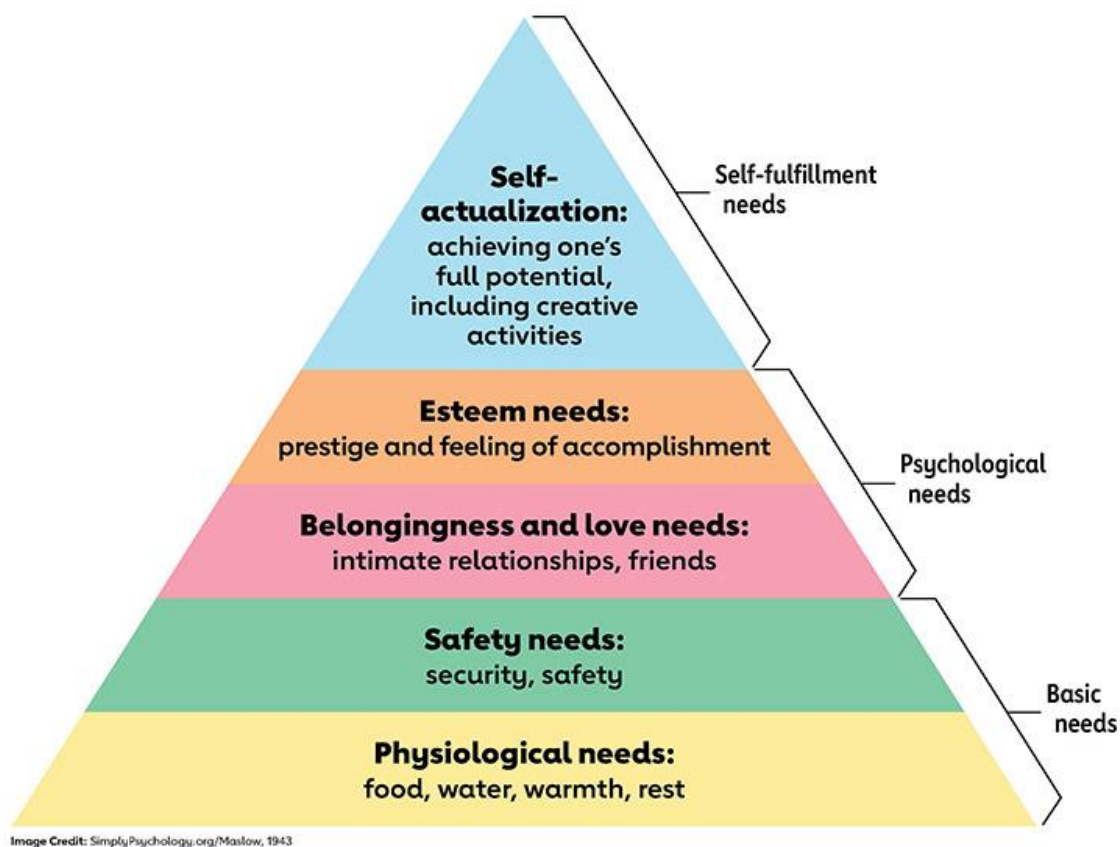
Feelings- no one is exempted from the experience and the color that emotion brings into our life, be it, again subconscious and conscious.

Behaviour- is the primary output of our attitudes. It also affects our thoughts and feelings, ultimately leading back to its source – attitude.

Maslow and His Hierarchy of Needs

(2) There are many ideas surrounding personal development and its aspects, one of which is **Abraham Maslow’s Hierarchy of Needs** and the process of self-actualization. Maslow (1970) suggest that all individuals have an in-built need for personal development which occurs through a process called “**self- actualization**”.

As a humanist, Maslow believed that inherent in each person is a desire to reach his/her full potentials, or in his language, self- actualization. However, in order to achieve this, more fundamental and basic needs must be attended to first. These are the needs for food, safety, love and self-esteem in which he illustrates in a pyramid form starting from the base consists of the most basic needs, and as the hierarchy moves up, the more complex needs are identified, culminating with the ultimate goal of self-actualization.



MASLOW’S HIERARCHY OF NEEDS

BIOGRAPHY OF ABRAHAM MASLOW

⁽³⁾ Abraham Maslow was an American psychologist who developed a hierarchy of needs to explain human motivation. His theory suggested that people have a number of basic needs that must be met before people move up the hierarchy to pursue more social, emotional, and self-actualizing needs.

Maslow's Early Life

Abraham Maslow was born on April 1, 1908, in Brooklyn, New York, where he grew up the first of seven children born to his Jewish parents who emigrated from Russia. Maslow later described his early childhood as unhappy and lonely. He spent much of his time in the library immersed in books.

Maslow studied law at City College of New York (CCNY). After developing an interest in psychology, he switched to the University of Wisconsin and found a mentor in psychologist Harry Harlow who served as his doctoral advisor. Maslow earned all three of his degrees in psychology (a bachelor's, master's, and doctorate) from the University of Wisconsin.

Career and Humanistic Theories

Abraham Maslow began teaching at Brooklyn College in 1937 and continued to work as a member of the school's faculty until 1951. During this time, he was heavily influenced by Gestalt psychologist Max Wertheimer and anthropologist Ruth Benedict.

Contributions to Psychology

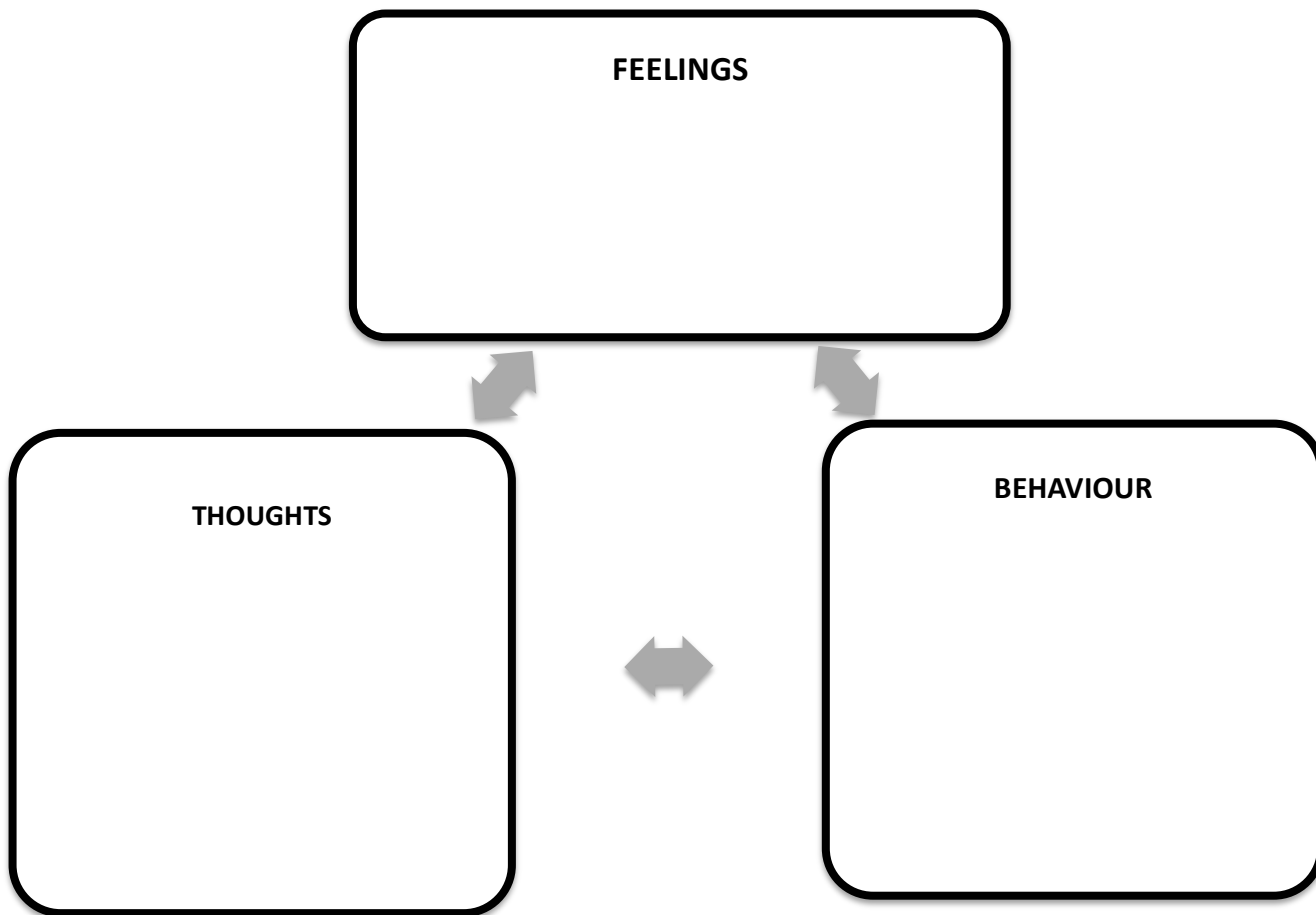
Maslow made a number of important contributions to the field of psychology. Today, he is remembered as one of the most influential psychologists of the 20th century. Among his contributions:

- **His theories focused on the positive aspects of human nature.** At a time when most psychologists focused on aspects of human nature that were considered abnormal, Abraham Maslow shifted focus to look at the positive sides of mental health.
- **His work influenced how we see mental health.** His interest in human potential, peak experiences, the improvement of mental health, and personal growth had a lasting influence on psychology.
- **His work continues to exert an influence today.** While Maslow's work fell out of favor with many academic psychologists and some suggest his hierarchy might be due for an update, his theories are enjoying a resurgence due to the rising interest in positive psychology.

Maslow died in California on June 8, 1970 of a heart attack.

ENRICHMENT

Instruction: Fill-out the chart below by stating about your current **FEELINGS**, **THOUGHTS** and **BEHAVIOUR** as of the moment.



Synthesis

It is vital to commit oneself to developing the “whole” person, or those aspects of oneself that makes a person truly human.

To be your “true self” means to take responsibility for it. This experience is the process of striving to be the best that you can be in order to reach and realize your full potential. It is a journey of self- discovery, self- improvement, and self- empowerment.

SOURCES:

- Rochester, Herman G. “*A Journey to Personal Development*”, p. 19-25, FNB Educational, Inc., Philippines, 2016.
- <https://www.stroke.org/en/stroke-connection/stroke-onward/rebuilding-identity--a-critical-step-in-recovery/maslows-hierarchy-of-needs>
- <https://www.verywellmind.com/biography-of-abraham-maslow-1908-1970-2795524>
- <https://www.pinterest.ph/pin/social-emotional-student-checklist--740560732450168599/>

Name: _____ **Date:** _____

PERSONAL DEVELOPMENT
ASSESSMENT NO. 2

Directions: Fill in the information needed. Kindly write your answer in the box provided. (2 points each)

Hierarchy of Needs	Ways You Currently Meets These Needs	New Practices to Meet These Needs
Physiological needs <i>"Basic human needs~ food, water, and comfort."</i>		
Safety needs <i>"The desire for security, stability, and safety."</i>		
Social needs <i>"The desire for affiliation including friendship and belonging."</i>		
Esteem needs <i>"The desires for self-respect, and respect and recognition from others."</i>		
Self-actualization needs <i>"The desire for self-fulfillment"</i>		

Source: <https://www.pinterest.ph/pin/411938697157718656/>

