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## Comparison of Virginia Henderson's Theory to Abraham Maslow's Theory of Basic Human Concepts

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### ABSTRACT

*Basic human needs are a series of elements needed by humans to survive in order to remain in optimal conditions, there are various theories regarding basic human needs including the theory of Virginia Henderson and Abraham Maslow. This study aims to describe the comparison between Virginia Henderson's theory in more detail in discussing basic human concepts, compared to Abraham Maslow's theory. Nurses in carrying out nursing care must be in accordance with the principles of philosophy and nursing ethics in providing action to patients or clients. This research method uses an approach. Literature Study by identifying, reviewing, evaluating and interpreting all available research, the data obtained were analyzed quantitatively to describe the correlation between Virginia Henderson's theory and Abraham Maslow's theory. The results show that the comparison of Virginia Henderson's theory describes the definition of nursing by identifying 14 needs that underlie nursing care, while Abraham Maslow's theory describes the definition of nursing with 5 needs that underlie nursing care.*

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## 1. INTRODUCTION

Needs are something that is needed by humans to achieve a level of well-being, so that if the human needs are not met properly then humans feel uneated. It can be said that necessity is a thing that must exist, because without it our lives become un sejahtera or at least less prosperous. In fact, humans have certain needs that must be met, both physiological and psychological. Basic human needs are the elements that humans need to maintain their life and health. In fact, humans have certain needs that must be met, both physiological and psychological. There is a connection between Virginia's theory and Abraham Maslow's. The Virginia theory provides details to Abraham Maslow's theory, but only 4 of Abraham Maslow's 5 theories have a relationship with Virginia: physiological needs, security needs, ownership and love needs, actualization needs, for reward needs unrelated to virginia's 14 theories. Physiological Needs: Breathing normally, eating and drinking adequately, elimination, moving and maintaining desired posture, sleep and rest, dress needs, maintaining body temperature within the normal range by adjusting the clothes worn and modifying the environment, working in such a way as to finance the necessities of life. The need for security: maintaining personal and appearance hygiene, avoiding dangers from the environment and avoiding harm to others, worshipping in accordance with religious beliefs and beliefs. The Need for Possession and Love: communicating with others in expressing emotions, needs, concerns, and opinions, playing or participating in various forms of recreation. SelfActualization Needs: learning, discovering or satisfying curiosities that lead to normal development, health, and use of available health facilities. Man in maintaining his life and health requires the Basic Concept of Man because the basic concept of man itself is the elements needed for survival. To get a decent and universal life, every human being will definitely need the Basic Concept of Man, which is why the Basic Concept of Man is the main factor in maintaining the life and health of

every human being. A nurse must meet every need of the patient or client he cares for, ranging from physiological needs, security needs, ownership and love needs, appreciation needs, and self-actualization needs. Because if a patient or client gets these 6 needs can certainly be able to provide positive effects and help in healing and recovery. In providing nursing care, a nurse must be able to do so by following the steps of the nursing process, ranging from assessment to evaluation and documenting steps whose application must be carried out sequentially. As a nurse who has a professional profession that is a health team and must be responsible for the needs of clients both in sick and healthy. To achieve the basic needs of the client optimally and perfectly. That is why in carrying out the responsibility as a health worker a nurse must understand and understand about KDM in order to be able to use it to the maximum to the client or patient he treats.

## 2. METODE PENELITIAN

The method used in this study is the Literature Study method. The Literature Study Method is used to identify, review, evaluate and interpret all available research in the chosen topic area. Virginia Henderson's Comparison of Abraham Maslow's Theory of Basic Human Concepts. The use of literature studies methods can be reviewed and identified from sources that are accurate, relevant and can be accounted for academically its validity and validity of scientific sources such as books, journals, magazines, monographs, research reports, encyclopedias and other credible materials based on line. The data obtained, analyzed quantitatively to illustrate the correlation between Virginia Henderson's theory and Abraham Maslow's theory of basic human concepts.

## 3. HASIL PENELITIAN

Linkage to The Basic Human Concepts of Abraham Maslow's Theory Virginia Henderson's theory is related to Abraham Maslow's theory, Virginia Henderson outlines the definition of nursing by identifying 14 needs based on nursing care, 8 of these needs are directly related to bodily functions, while the remaining 6 relate to safety and finding meaning in life

Table 1.1: The Linkage of Abraham Maslow's Theory with Virginia Henderson From the table above it is known that Virginia Henderson's theory provides a more detailed explanation of Abraham Maslow's theory.

ABRAHAM MASLOW	VIRGINIA HENDERSON
Physiological Needs	<ol style="list-style-type: none"> <li>1. Breathe normally</li> <li>2. Eat and drink enough</li> <li>3. Elimination</li> <li>4. Move and maintain the desired posture</li> <li>5. Sleep and rest</li> <li>6. Dress needs</li> <li>7. Maintain body temperature within the normal range by adjusting the clothes worn and modifying the environment</li> <li>8. Work in such a way as capital to finance the needs of life</li> </ol>
Kebutuhan Rasa Aman	<ol style="list-style-type: none"> <li>1. Maintaining personal hygiene and appearance</li> <li>2. Avoid dangers from the environment and avoid harming others</li> <li>3. Worship in accordance with religious beliefs and beliefs</li> </ol>
The Need for Ownership and Love	<ol style="list-style-type: none"> <li>1. Communicate with others in expressing emotions, needs, concerns, and opinions</li> <li>2. Translate the whole document.</li> </ol>
Self-Actualization Needs	Learn, discover or satisfy curiosity that leads to normal development, health, and use of available health facilities
Need for Rewards	

## 4. PEMBAHASAN

### 4.1. Virginia Henderson's theory

#### 1. Human Need Theory (Virginia Henderson)

Henderson affirmed the importance of art in nursing and introduced the 14 basic human needs on which nursing care is based.

A nurse is responsible for helping both sick and healthy individuals. In carrying out activities that affect need and healing (or facing peaceful death). The individual may not need help if he or she already has



the necessary things such as selfstrength, desire, or knowledge, and with this condition the nurse still needs to make efforts to help the individual increase his or her freedom as quickly as possible (Yani Achir & Ibrahim Kusman, 2018).

Furthermore, Henderson's definition of nursing is used by icn (the International Council nurses) and disseminated, it continues to be used worldwide. In his book *The Nature of Nursing: A Definition and Its Implications for Practice, Research, and Education*, Henderson (1966) introduces 14 basic human needs that are the basis in the provision of nursing care:

- a. Breathe normally
- b. Eat enough food and drink
- c. Removing body waste (Elimination).
- d. Moving and maintaining posture
- e. Sleep and rest.
- f. Choosing the right clothes; Choose between wearing or taking off clothes.
- g. Maintain body temperature at normal limits by adjusting clothing and environmental modifications.
- h. Maintain the cleanliness of the body, decorate appropriately, and protect the skin.
- i. Prevent activities that may harm others and the environment
- j. Able to communicate and express feelings, needs, concerns, and opinions to others
- k. Worship according to his own beliefs.
- l. Work so that you feel accomplished.
- m. Participate in various recreational activities.
- n. Learn, discover, or satisfy curiosities that support self-development and normal health, as well as using available health facilities (Yani Achir & Ibrahim Kusman, 2018).

The fourteen basic human needs can be classified into four categories, namely the biological, psychological, sociological, and spiritual needs component of points 1-9 including the biological needs component, points 10 and 14 including the psychological needs component, points 11 including spiritual needs, and components 12 and 13 including the component of sociological needs.

## 2. Key Concepts of Henderson Theory

The main concept of Henderson's theory is; human, nursing, health, and environment.

- a. Man According to Henderson, basic human needs consist of 14 components that are components of handling care and Henderson views humans as individuals who need help to obtain health, freedom, peaceful death and gain independence
- b. Nursing Nurses have a unique function in helping individuals, both in good health and sick. As a member of the health team, nurses have an independent function in handling care based on 14 human needs. Nurses must have both biological and social knowledge, to carry out their functions.
- c. Health Healthy is the quality of life that underlies a person can function on humanity. Treating a disease is no more important than obtaining health status. It takes independence and interdependence, to achieve a healthy condition. If you have sufficient strength, will, and knowledge, the individual will attain or maintain health.
- d. Environment Some things that need to be concerned related to environmental aspects.
  - 1) The condition of illness will inhibit the ability of individuals to control their environment
  - 2) Nurses should be able to provide ekanis injury protection to patients
  - 3) Nurses must have good environmental safety knowledge.
  - 4) The doctor uses the results of the observation and assessment of the nurse, which becomes the basis in writing the prescription.
  - 5) Nurse's advice on building construction and maintenance can minimize the chance of injury to the patient
  - 6) Nurses should know about social customs and religious practices in estimating dangers (Asmadi, 2008).

## 4.2. Abraham Maslow's Theory

Maslow divided the hierarchy of needs into five basic levels of need:

1. Physical needs are the most basic and most dominating human needs. These needs are more biological such as oxygen, food, water and so on. Maslow's thoughts on these physical needs were greatly influenced by postWorld War II conditions. At that time, humans were in such a heartbreaking condition. One of them is hunger. Therefore, Maslow considered physical needs to be the main ones beyond anything else

2. The need for safety needs after physiological needs are met, humans will tend to look for a sense of security, can be the need for protection, freedom from fear, chaos and so on. This need aims to develop human life to be better.
3. The Need for possession and love Needs After physical needs and security are met, humans will tend to seek the love of others in order to be understood and understood by others. The need for love is not the same as the need for sex. In contrast, Maslow asserted, the need for sex is categorized as a physical need. This need for love reinforces that in life, man cannot be separated from others.
4. The Need to be appreciated (The Esteem Needs), After the three needs above are met, it has become a human instinct to be appreciated by others and even society. Maslow classified this need into two parts: First, it leads more to self-esteem. This need is considered strong, able to achieve something adequate, have certain skills facing the world, free and independent. The other need is more about an award. That is, the desire to have a certain reputation and prestige (respect or appreciation from others). This need will have a psychological impact in the form of self-confidence, value, strength and so on.
5. Self Actualization needs(Self Actualization). This need is the highest peak of human achievement after the above needs are met. The achievement of selfactualization has an impact on rising psychological conditions such as changes in perception, and motivation to always grow and develop.



Figure 1.1 Maslow's Pyramid of Needs

## 5. KESIMPULAN

Basic human needs are the elements that humans need to maintain their life and health. In fact, humans have certain needs that must be met, both physiological and psychological. There is a connection between Virginia's theory and Abraham Maslow's. The Virginia theory provides details to Abraham Maslow's theory, but only 4 of Abraham Maslow's 5 theories have a relationship with Virginia: physiological needs, security needs, ownership and love needs, actualization needs, for reward needs unrelated to virginia's 14 theories. Physiological Needs: Breathing normally, eating and drinking adequately, elimination, moving and maintaining desired posture, sleep and rest, dress needs, maintaining body temperature within the normal range by adjusting the clothes worn and modifying the environment, working in such a way as to finance the necessities of life. The need for security: maintaining personal and appearance hygiene, avoiding dangers from the environment and avoiding harm to others, worshipping in accordance with religious beliefs and beliefs. The Need for Possession and Love: communicating with others in expressing emotions, needs, concerns, and opinions, playing or participating in various forms of recreation. SelfActualization Needs: learning, discovering or satisfying curiosities that lead to normal development, health, and use of available health facilities.

## 6. PENGAKUAN

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