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Active and Proactive Characteristics of Physiological Needs

Abdul Ghafoor, Ph.D. Scholar

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Abstract

Active and proactive characteristics of Physiological Needs are the greatest wealth of stimulation. It is concluded that when anyone fills his needs, the foremost effects of those needs are called active characteristics, but after quenching those needs, the final or end effects/ results are called proactive characteristics of those needs.

There is an urgent need to explore the characteristics of human needs which are the complete reflection of active and proactive characteristics of human behavior, attitude, aptitude and habits etc.

The needs stimulate a body from cradle to grave. These needs are so overlapped they cannot be separate easily. The net of these needs is very complicated, it cannot be understood. They are different in coloring, glowing, intensity and potency. Their scarcity, dearth and their excess can create restlessness, anxiety, worries and frustration.

These are the basic needs which are called fundamental needs of a body. They build the

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character, behavior, attitude and aptitude of the personality. Their dearth can ruin the human beings as well as other beings. There excess also can create destruction in the world.

Every need of physiological needs is the storage of energy. This power can dominate the whole body, world and the universe.

Basic needs are the essential part of a body. They provide energy, light and life to all the beings. The people, who share the needs to be fulfilled of one another, feel relationship with one another. They establish harmony and brotherhood.

These needs are the sum of thousands characteristics. They stimulate a body to continue its struggle for life. They have everlasting traits. They also have their own mobility, gravity, Perennials, novelty, erection, eternity, restoration, sensuality, duplicity. They teach how to get, eat, feel, search, and find the required needs and how to fulfill them. They also give the perception of thankfulness. These characteristics of needs establish the habits, conduct and attitudes and aptitude of the beings. They are derived from the review of related literature and from their own properties.

Key words: Characteristics of Physiological Needs

Introduction

With the expansion of knowledge, the Physiological Needs also open an ample page of characteristics which have their own standard, potency, intensity and efficiencies. These traits also have their own active & proactive characteristics which cannot be measured or calculated so easily. It also seems impossible to make the lists of these characteristics of needs because Physiological Needs are the sum of hundreds and thousands of elements which have billions of characteristics and effectiveness. Their characteristics are so interrelated and interconnected, that they cannot be segregated from each other

This article will reveal the purity, entity, eternity, morality, stability, reliability, novelty, richness, freshness, aliveness, uniqueness, fairness and worth of the characteristics of physiological needs. This article will also describe the supply, availability, non-availability and fulfillment of physiological needs. This will also clear that there should be equity, equality, accuracy, accountability and justice to fill the physiological needs.

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It is also declared that as far as my knowledge and information goes, neither any active & proactive characteristics of Physiological Needs have been discussed, nor calculated so far. It is also concluded that when anyone fills his needs, the foremost effects of those needs are called active characteristics, but after quenching those needs, the final or end effects/ results are called proactive characteristics of those needs, e.g.

“When a drinker or an eater began to drink or to eat something, he will try to judge its Smell, color, freshness, aliveness, coldness, hotness, goodness and taste. Thus these are the traits which are called active characteristics of those needs. But after the Fulfillment of those needs, the final or end effects of those needs like as, energy, intoxication, aliveness or destruction are called proactive characteristics of those needs.’

There is an urgent need to explore the characteristics of human needs which are the complete reflection of active & proactive characteristics of human behavior, attitude, aptitude and habits etc.

Review of Related Literature

The most basic, powerful and obvious of all human needs is the need for physical survival. Included in this group are the needs for good drink, oxygen, activity, sleep, and sex, protection from extreme temperature and sensory stimulation and shelter to sit or live in. Maslow (1970:37) stated that these physical or physiological drives are directly concerned with the biological maintenance of the organism and must be gratified at some minimal level before the individual is motivated by higher-order needs. But another way, a person who fails to satisfy this basic level of needs won't be around long enough to attempt to satisfy higher level needs. Lester D. Crow and Alice Crow (1956:128) related that a need for food leads to the hunger drive, although the hunger drive does not necessarily become stronger as the intensity of the food increase. Water, oxygen, sex and security of body is very essential. The two lowest orders of needs can be satisfied by goals that sustain life such as shelter and water, and provided protection from physical or psychological threat, until these needs have been met. People cannot be motivated toward higher level goal (Bryce B. Hudgins and his associates, 1983:394). Breckenridge (1960: 192-193) stated that "home is a place where the child's physical and psychological needs are met. It feeds, clothes and protects. He also commented that the energy requirements for 14+ to

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16+ year youth are, in terms of calories 3200 to 3500 per day but this amount of energy varies from individual to individual. This sufficient food (with minerals, vitamins, proteins carbohydrates and fats) is available and the child is well and has a good appetite, he will meet his energy needs. Ann Miles Gordon (1989:114) concluded that "the humanists would strongly advocate a school breakfast or lunch program and support regular rest and nap times in programs with long hours".

Deanna J. Sands (2000:278) stated that "in inclusive classrooms, school professionals attend to the physical and health needs of their students through the way they design the classroom environment as safety features, lighting, seating arrangements and temperature are very necessary". Jan H. Stubble and his associates (2004:128) analyzed the timing of meals. "These times in turn are superimposed on a back ground of several interacting rhythms that dictate meal time in the absence of other controllers. We further believe that signals reporting energy content of the body to the brain set a back ground level or tone the influences the behavioral responses to a host of internal and external stimuli. A complete understanding of the control of eating behavior requires that the factors that determine meal on set or off set Therefore home, school or society should meet the needs of food, water, shelter and environment to learn and educate the generation. Justin Yifu Lin (2004:2) concluded "In 2002, there were about 690 million people in Asia still in extreme poverty". Those poor people have no guarantee for their basic daily nutrition needs, access to improved sanitation and so on. "How to educate poverty"? Who will provide "basic needs" to the growing children and who will fulfill the educational requirements of the young ones? Society, family and Government are responsible to meet the needs of their individuals.

For our chronically and extremely hungry man, Utopia can be defined simply as a place where there is plenty of food. He tends to think that, if only he is guaranteed food for the rest of his life, he will be perfectly happy and will never want anything more. Life itself tends to be defined in terms of eating. Anything else will be defined as unimportant. Freedom, love, community feeling, respect, philosophy, may all be waved aside as fripperies that are useless, since they fail to fill the stomach. Such a man may fairly be said to live by bread alone(Maslow, 1970: P. 37).

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Physiological needs are crucial to the understanding of human behavior. The devastating effects on behavior produced by a lack of food or water have been chronicled in numerous experiments and autobiographies. For example, in the Nazi concentration camps of World War II, it was common for prisoners subjected to prolonged deprivation and torture to relinquish their moral standards, steal food from each other, and in other ways surrender the values they had held under normal conditions (Bettelheim, 1943). Another terrifying example of the behavioral effects of prolonged food deprivation occurred when a Peruvian airliner crashed deep in the jungle of South America in 1970. Trapped with a dwindling supply of food, the survivors, including a Catholic priest, resorted to eating the victims of the crash. This incident illustrates how even deeply ingrained social and moral taboos can give way to biological drives under life-threatening conditions. Without a doubt, physiological needs dominate human desires, forcing themselves on one's attention before higher order goals can be pursued. (H. Larry, 1981:369)

All needs of a body have many characteristics from candle to grow. They are different from species to species and their effects also different. Marlow (1970) and other psychologists have done excellent work in the field of motivation. However, this does not mean an end to further research. Still there is need to further undertake research to know about the active & proactive characteristics of needs from psychological to self-actualization needs and how those are influenced in different culture settings.

A Derived List of Hierarchical Human Needs and Their Characteristics

Biological needs or Basic Physiological needs

1. Stomach desires
2. Respiration
3. Excretion
4. Sensations
5. Neural sports/supports

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6. External survival (shelter) and Medical care for healthy living

1. Stomach desires or Nourishment:

i. Food (Balanced Diet)

Containing minerals, vitamins, protein, fats, salt, glucose and carbohydrates with energy requirements and habits

14+ age 2600 calories per day

15+ age 2700 calories per day

16+ age 2800 calories per day

Fruits and Vegetables (to avail food, fruits adequacy

ii. Water or Liquid

Cold drinks or with related climate pure, clean, and tasty water

To provide pure water to drink

iii. Milk

Pure and fresh milk to be provided

2. Respiration:

i. Fresh air to breath

ii. Oxygen in natural form

Free and open air to live

Natural environment for breathing

Oxidation of food substance and significance of energy release with exercise of lungs

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Ventilated class rooms, Halls

Air conditioning or air cooling facilities

Comfortable sitting or seating to be sit in or on

Exercise for developing breathing lungs

Satisfactory temperature

3. Excretion:

To arrange flush system for the elimination of body wastes, nitrogenous wastes and liver function to urinate and defecate

4. Sensations:

Sight 87% (for suitable seating and setting the students)

Hear .07%

Feel or touch 1.5%

Smell 3.5%

Taste 1.00%

5. Neural Sports:

Exercise for physical growth, physical fitness, maturity of tissues, flexibility of nerve system with doing exercise and playing games

6. External Survival:

i. Shelter (home or school or residence) clean, ventilated, airy light fitted

ii. Medical care or treatment (when ill or injured to be checked up)

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Rest or sleep (Five or six hours per day)

Talking

Walking, Riding

Clothing according to the atmosphere

Conveyance according to the distances and locality

Take part in P.T. classes and in sports

Active Characteristics of Physiological Needs

Physiological Needs are the specific and urgent needs of a body. They give survival and long life to the whole creations. All the beings lead their lives on the blessings of basic necessities of life. In the realm of basic human needs, a man knows how to lead a life and how to begin a pleasant life; and how to spend a contented life. He is taught how to fulfill required needs and how to live a thankful life.

From these needs, all other needs take their birth and begin their lives. These needs are the basis of Safety or Security Needs, Belongingness and Love Needs, Self-Esteem Needs, Knowledge & Understanding Needs, Aesthetic Needs as well as Self – Actualization Needs; generally without the fulfillment of basic needs, other needs cannot spring out in the mind, but when the mind is in fix or in tension, many needs can interact and become. During the gratification of basic needs, one can think, exert and compel to get higher rung of needs. Basic needs are of different kinds, colors, shapes, tastes and weighs etc. It seems impossible to make any list of characteristics of fundamental human needs because the physiological needs are the sum of hundreds and thousands elements which have billions of characteristics, those can not be described and cannot be encircled by a helpless man. This is reward of nature and blessings of God that man is a wanting human being.

Some of the active characteristics of needs are mentioned as under:

1. External Appearance:

i) Color: Colors are the smiling face of the nature.

Basic needs have different colors and some are colorless.

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Some have charming colors which attract the visitor.

- ii) Shape: Shapes of the eatables are designs of the nature.

These essentials have variety of shapes designs, sizes and weighs. Some are shapeless and all have natural identification.

- iii) Fragrance / smell:

They have charming smell and some are smell-less. They invite to relish them and to see the beauty of the creator who has made them attractive and fantastic.

It is the perfume of the nature which creates the sensation of pleasantness. Fragrance elicits feelings of joy, confidence and sense of well being and spark cherished memories.

- iv) Temperature: Photosynthesis, respiration and transpiration are also depend temperature. All the metabolic activities are dependent upon the temperature.

They have different temperature and effects, from locality to locality. Their growing, glowing and producing qualities are also different from ocean to ocean.

- v) Hardness or softness:

Some eatables are hard and some are soft but they have their own traits and virtues.

- vi) Winglessness:

Some essentials are sign less; we can not see them but can feel and perceive only e.g. air, bacteria etc.

- vii) Taste:

They have variety of tastes. They attract the users and compel them to taste them. Some are bitter or tasteless and some are sweet, salty and sour.

2. Revival and Existence:

These needs bring to life. They also give existence to all the beings without these needs, all the living things cannot live a life.

3. Energetic:

All the basic needs are energetic and some are sources of energy having a lot of minerals and vitamins. They give life and energy.

4. Satisfaction & gratification:
They satisfy the body needs and urgent necessities of the beings. They gratify the soul and the body.
5. Survival:
They are necessary for the survival of life. The life cannot exist without these needs. Allah made the beings according to their nature.
6. Delicious:
They are very delicious and tasty. They attract the people to relish them. Some are without any taste and color.
7. Enlightenment:
Fulfilled needs lighten the vision and the body. All the eatables grant glowing colors to the body.
8. Enhancement:
They have value and attraction for the users. They satisfy their hunger and thirst. They produce A.T.P (Adenosine Triphosphate) which we use in our daily activities. They remove the wrinkles on the skin and give the beauty.
9. Freshness:
They are fresh. They grant freshness and aliveness to the body for ever. Fresh water, fresh air and fresh foods are most important which refresh our mind and body for new adventures of life. Rotted things discourage. The users and spoils the body. Freshness adds the taste and beauty in the things.
10. Glowing:
They brighten the body. They have glowing colors.
11. Magnificent:
They are pleasant and remarkable. They widen the scope of mind.
12. Perfection:
There are all perfect and natural. They perfect the body, limbs and muscles.
13. Entity:
They have unique performance, their own existence and entity.
14. Eternity:

- Their productivity is everlasting from the beginning to the end.
15. Everlasting:
They cannot be deleted but their kind and shapes can be developed. They cannot be rooted out for ever.
 16. Richness:
They have richness and re-freshness in their existence.
 17. Safety:
They save the body from the all kinds of diseases and contaminations.
 18. Brightness and colorfulness:
They create brightness and they glow the color of the users. Some are bright colors.
 19. Pleasantness:
They have pleasantness from species to species and man to man.
 20. Softness and flexibility:
They are soft and flexible in nature.
 21. Species to species different:
They have different kinds. They have different effects as well.
 22. Dried and Juicy:
Some are dried and some are juicy with different tastes.
 23. Purity & chastity:
They are pure and some are covered with a cell wall. They maintain the conscious state of body.
 24. Reliability:
They are reliable and protective but some are not reliable.
 25. Stability:
They have stability and have self – growth and self -worth.
 26. Availability:
They are ready available everywhere.
 27. Durability:
They are durable and everlasting.
 28. Perennial:

- They are perennial in nature and their effects are also perennial.
29. Cell membrane:
They are protected by cell membrane. So the germs and bacteria of different diseases cannot attack on them.
 30. Juicy Appearance:
They have different colors, taste and viscosity.
 31. Attraction:
They have different charming attraction for the users.
 32. Novelty:
These are different in kind, in color, in size, in shapes in weighs.
 33. Neatness and cleanliness:
They are neat and clean and have grantee for health.
 34. Seasonal:
They are seasonal. Different kinds of food cereals are grown in different seasons. Food and drinks are also different from day to day.
 35. Differ from area to area:
They have different growth, different color and taste from area to area or country to country.
 36. Healthy:
They create health, power and grace.
 37. Preservation:
They preserve the body from all the harmful diseases.
 38. Storage:
They are the storage of power and energy. They create ability in a body to store energy.
They can be stored also, but some cannot be stored.
 39. Profitable:
They are profitable trade. They also benefit the beings. Some are available without any price.
 40. Useful:
They are very useful. A man cannot live without them.

41. Flexibility:
Some are flexible and hard in character.
42. Valuable:
They are valuable and precious.
43. Motivation:
They motivate the individual to eat, drink and grow the suitable species.
44. Mobility:
They move the body to get relish forever.
45. Everlasting:
They have everlasting effects and tastes.
46. Buffer systems:
These systems mainly regulate the acid and base balance in the body.
47. Functions:
They create different functions. They develop and grow with the life.
48. Immunity:
They increase immunity and decrease the sensitivity pain.
49. Develop Memory:
They develop our memory and our eye -sight.
50. Potential:
They have potential to regulate the body function. They help to recover the body from all sorts of diseases.

Proactive Characteristics of Physiological Needs

When any need is fulfilled, the intensity of that need fades away for the time being. After a short time that need again springs out and then it is being quenched. This circle remains continuous forever from species to specie. If they are retarded, the needs create more energy and strength, which cannot be control. This power dominates the whole body, whole community and the whole world. The basic needs spring out for a very short time. They are everlasting and they continue from cradle Basic needs are the essentials of everybody. Their lack or non-availability can cause many other needs. They can divide themselves into many kinds from body to body and time to time. They split into many other needs. Their complex fabric of web can puzzle, compel

to think and can afraid to us. Basic needs are interrelated and Interconnected with other that they cannot be separated.

Needs are the complex web of desires which follow each other. If one is quenched or fulfilled another flows. If one is retarded, the many more wants stem out or create hopelessness and frustration. Needs do not exist under the skin of the individual in isolation from the physical and social environment. They are in continuous interaction with each other. Therefore they can not be adequately described or defined without taking into account the environmental or social aspects of the nature. The man is a wanting entity who cannot reach a state of satisfaction. If one need is satisfied, another need comes to attend. It is the characteristic of human life. That people are almost always desiring something like as having lots of money, secure a job, a house, home, family, car, no debts, health insurance faith or personal conviction, to be guarded in friends, family or in a community.

The people who share the needs of one another feel relation with one another but the people who do not share their needs, will have a hard time to live and to conduct with each other. This realm is the collection of stomach desires, respiration, excretion, sensations, neural sports and external survival and medical care for healthy The most basic, powerful and obvious of all human needs is the need for physical survival included in this group are the needs for food, drink, oxygen, activity, sleep, sex, protection from extreme temperature and shelter to sit or live in, etc. The needs of this group have following proactive characteristics:

1. Mobility:

Needs drive us day-to-day.

Needs motivate us to satisfy the basic needs.

Needs develop the methods of distributing food etc.

Needs stress to grow the food cereals.

Needs derive to get fresh food, air and pure water.

Needs create many other needs.

Needs initiate food taking activity and food taking is essential to the maintenance of life and body.

Needs remain powerful in determine the behavior throughout life.

Needs make the body mobile to maintain maturity of tissues, requirements, flexibility and

power, development of nervous system, with health exercises.

Needs stress to dance, to suffer, and to bear the difficulties.

2. Gravity:

Needs make a complex net like a cobweb?

Needs insist to avoid physical pain, heat, cold and hunger.

Needs stress to take balanced diet.

Needs want satisfactory temperature.

Needs change their phase, potency and intensity with the passage of time.

Needs are held to be personal and social in character.

Needs make life to run out and run over.

3. Perennialism:

Needs develop the sense of producing the food, tools and other necessities of life.

Needs provide freshness.

Needs create the ability to fresh them.

Needs regulate the functions of a body.

Needs cannot be ended. They will continue to the end.

Needs change their potential, shape and intensity.

Needs are the life leading.

Needs run the life and life runs the needs.

Needs create everlasting struggle to lead a prosper life.

Needs grant life and life grant existence.

Needs exert to live long with new spirits.

4. Novelty:

Needs are the blessings of novel nature.

Needs convince to eat good and pure diet.

Needs exercise to produce novel things.

Needs stress to acquire new subject, new thinking, latest equipment, information technology and other subjects.

Needs urge to seek better atmosphere to live, to breath and to enjoy.

Needs urge to seek fresh air.

Needs regulate the daily work and routines of life.

Needs create dare to produce new variety of things.

Needs cause spirit to do more and more.

Needs stress to build the new notions.

5. Erection:

Needs builds present and future generation.

Needs stress to eat, drink and use sacred things.

Needs cause the sense of protection.

Needs accept or reject the various substances.

Needs create dare to struggle for life.

Needs unite the people to get freedom.

Needs scatter the united people to get their individual benefits.

Needs build the pillars of the nation up to the sky.

Needs frame the objectives of the life.

Needs erect to do work and to die for the humanity, for the nation and for our self.

6. Sensuality:

Needs compel to satisfy the desires

Needs stress to accumulate the wealth and money

Needs cause greediness

Needs covet to get more shares

Needs stress to steal the goods

Needs move to do wrong evils

Needs motivate to get the others rights

Needs stimulate the men to eat, get and drink the pure and sacred things

Needs compel to do improper or invalid

Needs force to get the more knowledge

7. Duplicity:

Needs have a double face

Lake of Needs can destroy the life, society and the world and,

Excess of Needs can also run the self and the world

Fulfillment of needs can cause happiness.

The deficit of Needs can cause illness of mind, thoughts and motives and,

Lack and excess of Needs can cause disturbance.

Needs cause greediness, dishonesty and robbery.

Needs cause contented life

Summary

Active & proactive characteristics of Physiological Needs are the greatest wealth of stimulation. They stimulate a body from cradle to grave. These needs are so overlapped they cannot be separated easily. The net of these needs is very complicated, it cannot be understood. They are different in coloring, glowing, intensity and potency. Their scarcity, dearth and their excess can create restlessness, anxiety, worries and frustration.

These are the basic needs which are called fundamental needs of a body. They build the character, behavior, attitude and aptitude of the personality. Their dearth can ruin the human beings as well as other beings. Their excess also can create destruction in the world.

Every need of physiological needs is the storage of energy. This power can dominate the whole body, world and the universe.

Basic needs are the essential part of a body. They provide energy, light and life to all the beings. The people, who share the needs to be fulfilled of one another, feel relationship with one another. They establish harmony and brotherhood.

These needs are the sum of thousands characteristics. They stimulate a body to continue its struggle for life. They have everlasting traits. They have their own mobility, gravity, Perennials, novelty, erection, eternity, restoration, sensuality, duplicity. They teach how to get, eat, feel, search, and find the required needs and how to fulfill them. They give perception of thankfulness. These characteristics of needs establish the habits, conduct and attitudes and aptitude of the beings.

We should follow the characteristics of needs to find out the intensity and potency of these needs. They also guide us about their effectiveness, freshness, richness and aliveness. So, on the active and proactive characteristics of needs reveal the behaving, believing, conducting, using, wanting and refusing of the individuals. These also present the behavior, habits, livelihood and livelihood of the individuals.

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