

Self-Actualisation: A Comparative Study with Reference to Abraham Maslow's Theory of Needs and the Teachings of Some *Sutta* Sermons in Early Buddhism

R. P. Chamil Hesanth Perera

Department of Philosophy, University of Peradeniya, Peradeniya, Sri Lanka
chammm2233@gmail.com

The concept of self-actualisation is one of the most discussed concepts in the contemporary Western world. As we consider the contemporary world rather than the human beings of the past have desired to actualise their highest goal in life and to become a better version of themselves. Thus, the term self-actualisation is more familiar to human beings today when they search the way to achieve their highest potential in life. However, the concept of self-actualisation is defined by both the Eastern and Western worlds in two different ways mentioning their highest achievements. In the Western world of thought, Abraham Maslow was the pioneer who introduced the concept of self-actualisation in his theory of Motivation and Personality as the highest level of psychological development where the 'actualisation' of full person potential is achieved. On the other hand, in the Eastern world of thought, early Buddhism recognised the term self-actualisation in two different ways, such as attaining Nirvana or becoming Chakravarthi King. So the main purpose of this research is to compare both these perspectives and try to solve the problem of how far both Maslow's and early Buddhist perspectives on self-actualisation differ from each other. Several philosophical methodologies, such as content analysis, critical and comparative methods were used to analyse and develop this stands. Mainly primary and secondary sources have been used in analysing Maslow's teachings in Early Buddhism on the concept of self-actualisation. According to the comparative analysis of this research, it can be seen that both Maslow's and Early Buddhist view on the concept of self-actualisation has a considerable connection, even though people may tend to find a paradoxical combination between them.

Keywords: Abraham Maslow, Chakravarthi King, Early Buddhism, Nirvana, Self-Actualization