

# Why Men Fight

## Brainstorming:

### ① Physiological Needs

- ↳ Survival, Food, shelter
- ↳ Scarcity, Resources, famine
- ↳ Aggression, Violence, Competition

### ② Safety Needs

- ↳ Security, Protection, Stability
- ↳ Threats, Danger, Instability
- ↳ Defence, Territory

### ③ Love and Belonging

- ↳ Relationships, Family, Friends
- ↳ Exclusion, Rejection, Loneliness
- ↳ Acceptance, Belonging, Social ties

### ④ Esteem Needs

- ↳ Self-worth, Dignity, Pride
- ↳ Status, Recognition, Achievement
- ↳ Power, Control, Leadership

### ⑤ Cognitive Needs:

- ↳ Knowledge, Learning, Exploration
- ↳ Freedom, Thought, Speech
- ↳ Truth, Fact, Justice

### ⑥ Aesthetic Needs

- ↳ Beauty, Art, Nature
- ↳ Heritage, Culture, Traditions
- ↳ Preservation, Environment, Monuments.

### ⑦ Self-Actualization

- ↳ Growth, Potential, Achievement
- ↳ Freedom, Expression, Creativity
- ↳ Purpose, Fulfillment, Identity

## Outlines 1

### I. Introduction

### II. Physiological Needs:

- a. The fight for Basic Survival.
- b. food, water, shelter and health.
- c. Survival instincts driving human aggression.

### III. Safety Needs:

- a. The fight for protection and stability.
- b. Need for physical security
- c. Need for emotional safety and security

### IV. Love And Belonging:

- a. The fight for emotional concern
- b. Emotional pain from rejection
- c. fighting for belonging and support

### V. Esteem Needs:

- a. The fight for Respect and Recognition.
- b. Desire for power and social standing
- c. Need for dignity and personal self-worth.

### VI. Cognitive Needs:

- a. The fight for knowledge and understanding.
- b. conflicts over freedom of thought.
- c. fighting for cognitive autonomy.

### VII. Aesthetic Needs:

- a. The fight for Beauty and cultural Preservation
- b. conflicts over aesthetic values
- c. Emotional attachment to beauty.

### VIII. Self-Actualisation:

- a. The fight for personal Growth and fulfillment.
- b. fights against societal norms and oppression.
- c. Desire to reach ones full potential.

Why do men fight? This question has been asked throughout the history, from the battlefields of war to everyday struggles in our personal lives. Whether it's fighting for survival, protecting loved ones, or standing up for what they believe in, conflict is a part of the human experience. But what makes men fight? One way to understand this is through Abraham Maslow's Hierarchy of Needs, a psychological theory that explains how people's actions are driven by different levels of needs. According to Maslow, people have a range of needs that must be met in order, starting with basic things like food and shelter, and moving up to more complex desires like love, respect, and personal growth. When any of these needs are threatened or unmet, men are often pushed to fight to protect or fulfill them whether it's a struggle for basic survival, the need for safety, or the desire for recognition, each level of Maslow's hierarchy can explain why men might feel the need to fight. The essay will explore each of these levels - physiological needs, safety, love, esteem, knowledge, beauty, and self-actualization - and demonstrate how unmet needs at any stage can lead to conflict. By understanding these needs, we can better understand why men fight, not just out of anger, but because their fundamental needs are at stake. Thus by examining Maslow's Hierarchy of Needs, we can gain a deeper understanding of the reasons behind conflict and why men engage in it.

At most basic level, men fight to meet their physiological needs - the essential things required for survival, like food, water, shelter, and the need to reproduce. These needs are the most basic and when they are in danger, they can cause strong reactions. Through out history, men have fought wars over important resources like land, water and food, because these are necessary for survival. Even today, ~~the~~ conflicts happen when the basic needs are threatened.

For instance, in some parts of the world where resources like clean water and food are hard to come by, people often fight to get what they need to survive. The fight for survival doesn't just apply to war - it can be seen in everyday struggles, such as when individuals fight for access to work or housing. In modern times, even things like job security or access to basic economic resources can lead to violent behaviour, such as robbery or gang wars. The need to secure these resources is so deeply rooted in human nature that when it's threatened, fighting becomes a natural response. Whether it's a battle over food or a fight for economic survival, men often fight to protect their ability to meet basic needs. This fight for survival is not just a matter of securing food, but of ensuring they can provide for their families and themselves. A lack of basic resources can trigger fear and desperation. When people are desperate, fighting may seem like the only way to secure their survival.

Once basic survival needs are met, men fight for safety - both physical and emotional. Safety needs refer to the desire for security and protection from harm. This includes having a stable environment free from violence, danger, or fear. When men feel their safety is in danger, whether from physical threats,

financial problems, or emotional insecurity, they often react by fighting to protect themselves and their loved ones. On a personal level, this could mean a man fighting to defend his home or his family from harm. This kind of fight is driven by the instinct to protect those one loves. On a larger scale, it might involve a nation going to war to defend its borders or protect its citizens from external threats. Safety also includes emotional security,

which is why men may fight to protect their emotional well-being in relationships. For instance, when a man feels betrayed or threatened by a partner, he may become aggressive or confrontational to protect his feelings and maintain control over the situation. Similarly,

emotional threats such as the fear of losing loved ones or facing personal failure can drive men to fight. When men feel their place in the world is insecure, whether emotionally or

physically, they often feel the need to fight for what they believe will give them peace. Whether it is physical defense or emotional protection, the need for safety is a key motivator for men to engage in conflict. Safety is something everyone craves, and when it is threatened, men can react forcefully.

When men's basic needs for survival and safety are met, they move on to seek love and belonging — the next level of Maslow's pyramid. Humans are social creatures, and the ~~need~~ need to feel connected to others is an important part of life. Men often fight for their relationships, whether with family, friends or partners. These conflicts can arise from jealousy, rivalry, or the need to feel loved and accepted. Men are often seen as providers or protectors in many cultures, and the desire to maintain close relationships with those they care about can lead to conflict. For example, men may fight to protect a loved one from harm or to maintain their place in a social group. Men often seek social validation, and when they feel excluded or isolated, they may act out in aggressive ways. In friendships or communities, men might engage in fights to assert dominance or prove loyalty. This need for belonging and social acceptance is so strong that men may feel compelled to engage in fights to protect their status or relationships. They might be driven by the fear of losing their place in a group, or by a desire to prove themselves worthy of affection. Men may also fight when they feel unappreciated or misunderstood by others. Whether it's standing up for someone they care about or asserting themselves in a social group, the desire to belong and feel loved is a powerful driver of conflict. The need for connection with others is so fundamental that when threatened, it can spark fights in many different contexts.