INTRODUCTION TO BASIC NEEDS

Basic needs are those essential to a human being to define all the necessary resources for long-term physical well-being. There is what we call “Immediate Basic Needs” which includes food (and water), Shelter, clothing, and air we breathe. Some modern lists show the minimum level of consumption of not just the immediate basic needs but also includes sanitation, education, and healthcare.

MASLOW’S HIERARCHY OF NEEDS

Introduced by Abraham Maslow in 1943. It focuses on describing stages of human growth. He used 6 terms to describe the pattern that allows the moving through of human motivations are Physiological, Safety, Belongingness and Love, Esteem, Self-Actualization and Self-Transcendence needs to describe the pattern that human motivations generally move through.

PHYSIOLOGICAL NEEDS

Physiological needs are the bodily requirements of a single human being in order to survive. If the Physiological needs of a person is not met, then the body of the person will not function properly which will lead to an overall failure of the body.

Physiological Needs is said to be the most important and is supposed to be fulfilled first. Food and Shelter are one of the most important Physiological Needs that a human being must have in order for it to survive

SAFETY NEEDS

When the Physiological Needs are met the safety of a person must be assured. In wars, typhoons, earthquakes, tsunamis, riots, etc. people may experience trauma or post-traumatic stress. Safety needs include:

- Personal Safety - refers to physical safety and psychological safety.
• □ Financial Security - the condition to maintain a standard living, now and in the future.
• □ Health and Well Being
• □ Safety net against accidents and illness and their adverse impacts.

**LOVE AND BELONGING**

This is the third level of Maslows Hierarchy of needs. In this stage feeling of belongingness is involved. The need of belongingness is strongest in the childhood stage of a person. Insufficiency within this level due to ostracism, shunning, hospitalization, neglect, etc. has a huge influence on a person's ability to create and preserve significant relationships with other people. A sense of belonging and recognition in a social group of an individual is very important. Many people become lonely and get depressed because of the absence of this element. Records of suicides and self-inflicted injuries are rising all over the world all because of the lack of this element. Large groups or small groups as long as there is a feeling of belongingness and acceptance that is what's most important.

**ESTEEM**

Esteem is the feeling that we get when we are valued and accepted by our peers and the people around us. Individuals often slot in a profession or hobby to gain gratitude. These types of activities make a person feel good about himself. Inferiority complex is obtained when there is an imbalance during this stage of the hierarchy. People with low self-esteem may feel the need to seek fame and glory. But fame/glory is not the solution to Inferiority complex. Accepting who you really are is the only way and the most important thing that an individual can do.

**SELF-ACTUALIZATION**

This is the last level of the Maslow's hierarchy. This refers to individuals’ full potential and the realization of that potential by the individual. Maslow described this stage as the desire of an individual to do everything that he can within his/her ability. For a person to achieve Self-actualization one must masterall the previous stages of the hierarchy. "WHAT A MAN CAN BE. HE MUST BE".
Introduction to Housing

A necessary measure to the progression of human life is adequate housing. Housing is an essential means for the survival of human beings. Housing provides security and shelter from the weather and climate. It provides a sense of personal space and privacy. Housing offers itself as a ground for social gatherings and the like. More importantly, housing serves as the bondage to a human family.

Adequate housing is deemed as a basic human right. It is given that the right to housing is the right of every woman, man, youth and child. Everyone has a right to acquire a secure home and a secure community with which one can leave peacefully without depriving himself of dignity. This right to housing, as stated in the Universal Declaration of Human Rights, is as follows:
Figure 2. Eleanor Roosevelt with the Universal Declaration of Human Rights.

“Everyone has a right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.”

The inclusion of such property in the universal rights emphasizes its importance to human life and human development. But not only does adequate housing pertain to the development of a human being, it also associates itself to the measure of development in a nation or country. Adequate housing is involved in development planning and building of a better nation, giving accent to urban development. This backbones economic growth and which leads to poverty alleviation and inequality reduction among citizens of a country.

**Adequate Housing**

The Committee on Economic, Social and Cultural Rights (CESCR), in the General Comment 4, accounted for determining the scope of “adequacy” for the purposes of the Covenant. The factors which are to be taken into account, strictly stated, are the following:
Legal security of tenure. Security of tenure means that all people in any living arrangement possess a degree of security against forced eviction, harassment, or other threats. States are obliged to confer this security legally.

Availability of services, materials, facilities and infrastructure. To ensure the health, security, comfort, and nutrition of its occupants, an adequate house should have sustainable access to natural and common resources, safe drinking water, energy for cooking, heating and lighting, sanitation and washing facilities, means of food storage, refuse disposal, site drainage and emergency services.

Affordability. Affordable housing is housing for which the associated financial costs are at a level that does not threaten other basic needs. States should take steps to ensure that housing costs are proportionate to overall income levels, establish subsidies for those unable to acquire affordable housing, and protect tenants against unreasonable rent levels or increases. In societies where housing is built chiefly out of natural materials, states should help ensure the availability of those materials.

Habitability. Habitable housing provides the occupants with adequate space, physical security, shelter from weather, and protection from threats to health like structural hazards and disease.

Accessibility. Adequate housing must be accessible to those entitled to it. This includes all disadvantaged groups of society, who may have special housing needs that require extra consideration.

Location. The location of adequate housing, whether urban or rural, must permit access to employment opportunities, health care, schools, child care and other social facilities. To protect the right to health of the occupants, housing must also be separated from polluted sites or pollution sources.

Cultural adequacy. The way housing is built, the materials used, and the policies supporting these must facilitate cultural expression and housing diversity. The development and modernization of
housing in general should maintain the cultural dimensions of housing while still ensuring modern technological facilities, among other things.

**Assistance Agencies**

As given by the Human Rights Education Association, the following agencies play major roles in adequate housing advocacies:

**United Nations Human Settlements Programme (UN-Habitat)**

The United Nations Human Settlements Programme, UN-Habitat, was instituted in 1978 after a world summit in Vancouver, known as Habitat I, for the purpose of coordinating United Nations activities related to housing and human settlements. A second conference in 1996, Habitat II, produced the Habitat Agenda, which directs UN-Habitat's promotion of socially and environmentally sustainable towns and cities with the goal of providing adequate shelter for all.

**International Union of Tenants (IUT)**

The International Union of Tenants is an NGO that seeks to represent, safeguard, and promote the interests of tenants. IUT's priorities include the realization of the right to housing in a safe residential environment for affordable and fair rent; cooperation between tenants and the realization of their rights to participate and organize; the elimination of discrimination with regard to housing; and the spread of secure tenure.

**Centre on Housing Rights and Evictions (COHRE)**

The Centre on Housing Rights and Evictions is an international NGO that works to promote and protect the right to housing through its programed areas involving housing rights training, research and publications, monitoring, preventing and documenting forced evictions, fact-finding missions, housing and property restitution, women's housing rights, and active participation and advocacy within the United Nations and regional human rights bodies.
United Nations Housing Rights Program (UNHRP)

Launched in 2001 as a joint initiative by UN-Habitat and the Office of the United Nations High Commissioner for Human Rights (OHCHR), the United Nations Housing Rights Programme works to help states to follow through on the commitments made in the Habitat Agenda to guarantee the realization of the right to adequate housing.

Difference between: shelter & housing

Shelter is the basic human requirement that needs to be met on priority basis. Shelter is the minimum space for human needs, it contains his minimum requirements.

Housing is an Investments which improves and expands the available stock of housing units, but also improve both the working and living environment. There are links between improvements in housing and increased productivity, health, and other measures of well-being.

The United Nations Centre for Human Settlements (UNCHS) uses a broader term "Settlement conditions" because it extends to all those components of the physical environment with which an individual or a community comes into contact and which are used on a regular basis for a whole range of human activities, such as: services, the dwelling's immediate surroundings, community facilities, transportation and communications network and so on.

Facts

- World population has approached the figure of 6 billion.

- At least 1 billion throughout the world still lack appropriate housing.

- On the other hand, billions live in informal housing settlements.

- People in developed areas are better housed now than they were at the turn of the century, although large numbers still remain without adequate shelter.
• *In contrast* people in developing countries are now living in poorer conditions than at the turn of the century.

• Experts estimate that from one-fifth to one-half of the inhabitants of developing countries live in makeshift shelters ملاجئ مؤقتة, *shantytowns* and various forms of substandard housing.

• Between one-third and two-thirds of Third World urban households cannot afford the lowest-cost dwelling on the market.

![Image of shantytown](image1)

Figure 3, Makeshift Shelters (Shantytowns)