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## Understanding Extremism : Psychological Perspective Human Givens Approach

The Human Givens approach is a set of organizing ideas that provides a holistic, scientific framework for understanding the way that individuals and society work. At its core is a highly empowering idea : Human beings come into this world with a set of needs. If those needs are met appropriately, it is not possible to be mentally ill.

To get our physical and emotional needs met, nature has gifted us with our very own internal 'guidance system', which together with our needs, make up what we call the human givens. We come into the world with an instinctive knowledge of what we need and with a set of inner resources that can help us get our needs met, provided we use them properly and are living in a healthy environment.

Humans have several basic emotional needs :

- Security : A sense of safety and an environment in which people can live without experiencing excessive fear so that they can develop healthily.

- Autonomy and control : A sense of autonomy and control over a person's life economically, emotionally and professionally.

- Status : A sense of status - being accepted and valued in the various social groups we belong to.

- Connection to the wider community : We have evolved as a group of animals and need to feel part of something larger than ourselves.

- Intimacy: Emotional connection to other people-friendship, love, intimacy, fun.

- Competence and achievement: A sense of our own competence and achievements, that we have what it takes to meet life's demands , which boost our self-esteem

- Meaning and purpose and spiritual sustenance: A sense of meaning and purpose which comes from being stretched in what we do and how we think. It is through 'stretching' ourselves mentally or physically by service to others, learning new skills or being connected to ideas or philosophies bigger than ourselves that our lives become purposeful and full of meaning.

The Human Givens model also consists of a set of 'resources' (abilities and capabilities) that all human beings are born with, which are used to get the innate needs met. These constitute what is termed an 'inner guidance system'. Learning how to use these resources well is seen as being crucial to achieving and sustaining robust bio-psycho-social health as individuals and as groups.

These resources are : Memory, ability to communicate with others, imagination, rational thinking, the ability to know and understand the world, the ability to step back and be objective and the ability to dream.

What happens when our needs are not being met ? Humans in this case will get emotional and often act foolishly. When one loses control over his life he/she will also lose control over himself/herself, and when he/she loses his self-esteem

he/she will be disoriented and when he/she becomes anxious he/she will get depressed. If these disturbances occur with means to fulfill human innate need for recklessness and adventure, he/she will use his/her resources such as memory, imagination and ability to acquire new skills in reckless gears such as terrorism.

As for the triggers that turn youngsters to extremism, he spoke about their growth in sick environments, preventing them from fulfilling their needs and obstructing their advance and the nurture of their internal guidance system. He also spoke about mental illness or defect of the brain caused by physical or psychological reasons.

Human beings need a rational mind to organize their thoughts and to possess a clearer view of the world's issues. They need a systematic way of thinking more than beliefs and ideologies.