Investigating Factors Affecting Students' Self-Actualization at University Spaces*

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Abstract: ***Introduction:** Self-actualization is a high level of human requirement and as an existing need, which is the tendency of an individual to grow and realize available potentials. **Aims:** In the present crossover study, we aimed to identify the factors affecting self-actualization of students at spaces of universities. **Methods:** The method which used in this research was a qualitative research method, including documentary and Delphi method in two rounds. **Results:** The results showed four factors affecting students' self-actualization at university spaces: 1. 1- Understanding one's own nature: Understanding one's own nature and finding concealed and potential talents. 2- Individual evolution. 3- Understanding facts and truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom. 4- Seeking beauty: Pay attention to the beauty which is liked by the human. Also conceptual strategies to reach these factors were extracted. **Conclusion:** In summary, we obtained the model. The model has showed the four factors affecting students' self-actualization at university spaces. Four factors affecting students' self-actualization at university spaces, it consists of four factors: Understanding one's own nature, finding concealed and potential talents; Individual evolution; Understanding facts and truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom; Seeking beauty: Pay attention to the beauty which is liked by the human. Also conceptual strategies consist of: Freedom of choice, Access to facilities and opportunities for growth, Control, Creating a context for going from outward to inward, Persuading to think and creating the context of thinking away from chaos, Comfort and psychological safety and create a context to connect with nature.*

Keywords: Factors; Students; Self-Actualization; University Spaces.

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1. Introduction

Maslow introduced self-actualization as the highest level of human need (Maslow, (1943, 1954, 1959, 1968, 1976, and 1988); (Mayer, 1967)). Maslow indicated that self-actualization is an attempt to strengthen individual potentials, capacities and talents (Maslow, 2011). Self-actualization is the ability to move toward goals and to activate the potentials (Bar-On, 2001). Maslow's theory has aspects of a point of view which creates a theory indicating that humans are capable of something bigger than what they are (Goble, 1970). Maslow's hierarchy of needs on this basis starts with physiological needs and continues to need for safety, dependency, self-actualization, and self-actualization. The highest level of need which is expressed as self-actualization (an existing need) and is a motive for growth and excel is against the first four levels of needs which are affinities for survival. It is also a growing need which cannot fully provide the satisfactoriness as the previous items because the need for self-actualization needs to be done to the highest ever potential of an individual which is constantly expanding. Maslow emphasized that the process of self-actualization does not need to wait until the fundamental needs are fully met, even to be satisfied up to the point of not being frustrated. During the study, it was concluded that top academic students had high levels of self-actualization, as well as high independence and individual experiences (McClain & Andrews, 1972). A person who is at the stage of self-actualization knows all his potential talents and is brought to action (Khodapanahi, 2010). Factors affecting self-actualization include: Understanding one's own nature; Individual evolution, Understanding facts and truths; Seeking beauty (Rogers, 1951; Faqih & Moqadam, 2008; Schultz, 1996).

One of the influential factors in new education is the architecture of educational spaces. Designing educational spaces is considered as one of the effective educational factors in the education system. Factors such as teacher, student, teaching methods, curriculum, management, education, family, social environment, designing and coloring educational environment having impact on learning and teaching process have been considered by researchers and planners, and they have reviewed and explored (Glascoe & Shapiro, 2006). In addition, school is an environment for student's talent flourishing, but lack of attention to ergonomic factors affects students' health and gives them the discomfort in their adulthood (Greer, 2010). Color is a powerful design element that produces profound psychological and physiological reaction (Frankl, 2002; Tehran beautiful, 2017; Schultz, 1996). Studies have also shown that there is a relationship between academic achievement and mental health

(Saeedi & Darabi, 2014; Shilling, 1994; Siasi, 1995; Motalebi, 1998; Frankl, 1996). So in this paper we analyzed the factors affecting students' self-actualization at university spaces and their importance.

2. Method and materials

The method which used in this research was a qualitative research method, including documentary and Delphi method in two rounds. For this purpose, the relevant literature was studied, and then at the Delphi method, an open questionnaire was distributed among the experts of the considered field. Each of the experts was asked to express and confirm the factors affecting self-actualization and conceptual strategies that respond to the factors and they freely expressed their ideas and comments. After collecting questionnaires, responses were analyzed by qualitative content analysis, and finally, the initial list of factors affecting self-actualization and conceptual strategies were extracted.

3. Results

The content and construct validities of questionnaires were confirmed by factor analysis and internal consistency, and the reliability of the study was confirmed by Cronbach's alpha. Hermance questionnaire was used in the previous studies in Iran. The validity of the Hermes questionnaire was proved by internal consistency and factor analysis. Cronbach's alpha co-efficient and retest method were established for reliability of questionnaire with the rate of 84⁰% and 74⁰% respectively ²¹.

The results showed four factors affecting students' self-actualization at university spaces: 1. 1- Understanding one's own nature: Understanding one's own nature and finding concealed and potential talents. 2- Individual evolution. 3-Understanding facts and truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom. 4- Seeking beauty: Pay attention to the beauty which is liked by the human. Also Conceptual Strategies were extracted (see table 1).

Table 1: factors affecting students' self-actualization at university spaces

Factors affecting self-actualization	Conceptual Strategies
1- Understanding One's Own Nature: Understanding one's own nature, finding concealed and potential talents	<ul style="list-style-type: none">• Freedom of choice• Access to facilities and opportunities

2- Individual Evolution	for growth • Control
3- Understanding Facts and Truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom.	• Creating a context for going from outward to inward. • Persuading to think and creating the context of thinking away from chaos. • Comfort and psychological safety
4- Seeking Beauty: Pay attention to the beauty which is liked by the human	• Create a context to connect with nature

So the model of factors was obtained as follows:

Figure 2. Model of model of factors affecting students' self-actualization at university spaces

4. Discussion

This study was preformed to investigate the factors affecting students' self-actualization at university spaces. Maslow introduced self-actualization as the highest level of human need. A person who is at the stage of self-actualization knows all his potential talents and is brought to action (Khodapanahi, 2010). Factors affecting self-actualization include: Understanding one's own nature; Individual evolution, Understanding facts

and truths; Seeking beauty (Glascoe & Shapiro, 2006; Greer, 2010; Schultz, 1996).

In this research, results showed that, Understanding one's own nature, finding concealed and potential talents; Individual evolution; Understanding facts and truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom; Seeking beauty: Pay attention to the beauty which is liked by the human, are the factors affecting students' self-actualization at university spaces.

5. Conclusion

The self- actualization is an existing need and it's defined as tending to grow and realize our potential. In order to satisfy this need, human needs a space with the right conditions, and the student -as a human- needs a space in the university to satisfy his/her need for self-actualization. In the present crossover study, we aimed to identify the factors affecting self-actualization of students at spaces of universities. Research question was answered in the results. Four factors affecting students' self-actualization at university spaces, it consists of four factors: Understanding one's own nature, finding concealed and potential talents; Individual evolution; Understanding facts and truths: Understanding the facts and truths, learning science and virtue, seeking rightness, seeking justice, freedom; Seeking beauty: Pay attention to the beauty which is liked by the human. Also conceptual strategies consist of: Freedom of choice, Access to facilities and opportunities for growth, Control, Creating a context for going from outward to inward, Persuading to think and creating the context of thinking away from chaos, Comfort and psychological safety and create a context to connect with nature. Identifying and factors self-actualization in the spaces of the university can be useful in identifying the current status and knowing the weaknesses and strengths with the aim of creating the appropriate condition for satisfying this need for students. Generally, it can be possible to meet the need for self-actualization of the students in the spaces of the university and as a result, increase educational efficiency and academic success, and consequently, the society will be promoted.

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