Journal Entry 4

In Maslow’s Hierarchy if Needs has fives levels including physiological, safety, belongingness and love, esteem, and self-actualization needs. The hierarchy could relate to cyber behavior as well. Starting with physiological, one of the basic needs is like a mobile phone. Whenever I lose my phone it’s like losing a basic need since I’m really used to using my phone every day it has become a need since it is used to communicate with others and at my job. Next level is safety, another basic need. If my phone were to ever become infected with a virus, it would be very stressful, and I would lose access to my phone. Next is belongingness and love, one of the psychological needs, I use my phone post on social media and to communicate with family and friends. Next is esteem, a psychological need, the more Instagram likes your post receives the more self-confidence you’ll get about your content posted. Lastly, is self-actualization, a self-fulfillment need, whereas my phone could be used to become the best version of myself by achieving my goals of self-improvement. For example, I use my phone at the gym to search up new exercises I’m unaware of to reach my goal at the gym.