**Abraham Maslow’s Hierarch of Needs**

Abraham Maslow’s hierarchy of needs suggests that all people have needs that fall in a hierarchal order. As shown below, you have physiological, safety, belongingness, love, esteem, and self-actualization needs from bottom to top.

In today’s age, technology is prevalent in what seems to be almost everyone’s lives and is constantly growing. Where does the need for technology fit? Well, technology can be included in every block. In my case, here is how I would describe it.

* **Physiological need:** My cell phone. Like many others, my phone is a big part of my day-to-day life. It can be used for many things, whether work-related or personal leisure. It may sound bad, but I first check my phone for any essential notifications I missed while sleeping before rolling out of bed.
* **Safety needs:** McAfee. McAfee assists me with securing the safety of my devices.
* **Belongingness/Love needs**: Positive social media presence. All this would be positive online relationships, whether connecting with family through Facebook, connecting through LinkedIn, or even interacting with random Twitter followers. I have no desire to go viral for any of the wrong reasons.

Now, esteem needs, and self-actualization is where it gets tricky for me. I don’t feel that technology helps much with either of these. Social media presence may boost my self-esteem if I ever make it big on social media, but that’s still not a driving factor for me because I do not want to be “social media famous.” Heated toilet seat technology may be a part of self-actualization and symbolize that I have reached my full potential, but I doubt it even though that will be a sign I made in life (lol). I do think results may vary between generations, though. For example, technology means more to Gen Z than it would to a boomer.

Ultimately, one’s needs are on a case-by-case basis. Maslow’s hierarchy is accurate in providing a visual of those needs. If he was still here today, I'm sure he would add technology somewhere because it is a part of most people’s daily routine.

A pyramid of maslows with Mediterranean Sea in the background

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