

Reflection on Maslow's Hierarchy

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The psychological theory, titled Maslow's Hierarchy of Needs, focuses on five tiers of needs of humans; those being physiological, safety, belonging, esteem, and self-actualization. These tiers of needs will build on top of each other, and each can be found in daily life, and even affected by technology.

- First, the **Physiological Tier**, which is simply the basis of people's true needs such as food, water, and sleep. Technology has a positive effect on assisting with the acquisition of these materials. With health apps such as MyFitnessPal and MyNetNutrition, I am able to keep a good track of what I eat in order to stay healthy. Not only that, I regularly use the clock app on my phone in order to wake up at the proper time every day.
- Second, the **Safety Tier**, which is overall safety in day to day life. Starting off, my house does not use keys, rather it uses a keypad in order to unlock the door. Safety also is affected by technology with multi factor authentication on most devices I use require an authentication action in order for me to have access to them.
- Third, the **Belonging Tier**, which is how you simply keep connection with those close to you. I use things such as Instagram and other messaging platforms in order to keep in contact with my close friends and family.
- Fourth, the **Esteem Tier**, which is based around the idea that you can do things such as gain recognition through different actions, that being academic or professional. Using the facilities I have been given allows me to make an Eportfolio which lets me show off my different works and skills, which gives me not only validation from others, but also confidence to put in more work.
- Lastly, the **Self Actualization Tier**, which is essentially reaching your full potential. Through educational resources online, such as Github and Udemy, I am able to grasp a proper understanding of different codes and functionalities of different softwares. With those devices, I am able to maximize my learning and better myself.

All in all, technology has a major impact on all different tiers of Maslow's hierarchy. They shape everything throughout my life, and how I can function daily.

References

List your References in APA Format Below

McLeod, S. (2023). Maslow's hierarchy of needs. Simply Psychology.
<https://www.simplypsychology.org/maslow.html>