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CYSE 201S

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#### Journal Entry 4: Maslow's Hierarchy of Needs

Objective: Explain how each level relates to your experiences with technology. Give examples.

I have experienced wanting to use technology on a physiological level, but I have not felt that I needed to use it. However, in 2022, my family and I visited the Philippines and stayed in a condo relatively close to a mall; we were renting it from a relative's friend. They promised to set up WiFi for us to use, but they never did. For three weeks, I was Internet-deprived and resorted to reading and writing my novel offline. There were barely any 4G signals there, and most of the time my phone was down. My brother, around eight years old at the time, was the one who was bored the most since his favorite games needed an online connection.

I experienced the safety level back in November 2023. I'd bought a new, expensive laptop during Black Friday deals, and the first thing I did was ensure that it was working and that I carefully handled it. I was going to install some antivirus software, but McAfee was already installed. I wiped the monitors, dusted the keyboard, and updated the laptop regularly. I'm less cautious now, though.

I haven't experienced the belonging/friends level as much as the esteem level because I'm satisfied with having my family as my only contacts. I regularly check on my friends' group discussions; otherwise, I don't participate. On the esteem level, I experienced it when I was getting a chapter of my novel critiqued on social media (Reddit). One of the beliefs of Maslow's

Hierarchy is that our behavior is determined by our needs, and I can attest to that: I was more focused on proving I'm able to write well than worrying if I'm able to access my laptop.

The times I believe I reached the self-actualization level were when I developed a videogame as part of a project for my senior year in high school and when I finished the first drafts of my novels on Office Word. Those were the times I felt a "high" or sadness after finally accomplishing something I was proud of. They may belong more on the esteem level, though; I imagine the self-actualization level would be when people manage to see my work and critique it.