

From an individual standpoint, technology has demonstrated its integration with Maslow's hierarchy in several manners. During the COVID-19 epidemic, the utilization of Zoom technology served to satisfy my Love and Belonging requirements by facilitating connections with individuals who had significant emotional value in my life. Concurrently, the utilization of online courses offered by platforms such as Khan Academy and edX has played a pivotal role in enhancing my intellectual capabilities and competencies, hence catering to the domains of self-esteem and self-actualization.

Physiological needs encompass the fundamental requirements necessary for human survival, such as the intake of air, water, food, provision of shelter, and the fulfillment of sleep-related necessities. In contemporary society, technology plays a pivotal role in facilitating the satisfaction of our fundamental physiological requirements through many means. As an illustration Online grocery shopping applications or platforms, such as Amazon Fresh or Instacart, provide users with the convenience of ordering food and essential supplies and having them delivered directly to their doorstep. Smart home technologies have the capability to effectively manage the temperature within a room, hence ensuring optimal comfort for its occupants.

Safety Needs - After physiological needs are met, the need for safety and security becomes primary. Technology offers a range of instruments that have the potential to augment both our personal and digital security. The utilization of smartphone-monitored home security systems, as well as virtual private networks (VPNs) and antivirus software, serves to safeguard our digital data from potential risks and unauthorized access.

Love and Belonging Needs - Once individuals feel safe, they look for affection, intimacy, and a sense of connection/belonging. The digital realm is abundant with many platforms and tools that enable the facilitation of communication, social interaction, and the establishment of relationships. Social media sites such as Facebook, Instagram, and Twitter provide individuals with the opportunity to establish connections with their family and friends, share personal experiences, and maybe engage with new acquaintances. Messaging applications such as WhatsApp and video conferencing platforms like Zoom provide uninterrupted connection, effectively crossing geographical gaps.

Esteem Needs - After love and belonging are met, esteem needs, both self-esteem and recognition from others, become more important. The internet and many platforms present individuals with the potential to attain fame, cultivate personal brands, and exhibit accomplishments. LinkedIn provides a platform for professionals to showcase their achievements and obtain endorsements from their colleagues. Content creators utilize various digital platforms such as YouTube or TikTok as a means to engage with viewers, amass a following, and obtain feedback, so enhancing their sense of self-value and acknowledgment.

Self-actualization Needs - Self-actualization, situated at the apex of Maslow's hierarchy, pertains to the attainment or satisfaction of an individual's inherent abilities, potentials, and vocational purpose. Technology provides a multitude of learning platforms, self-expression tools, and channels for individuals to explore and cultivate their passions or hobbies. Online platforms such as Coursera and Udemy offer a wide range of educational courses spanning several disciplines, hence facilitating students' acquisition of knowledge and professional development in their chosen areas of interest. Platforms such as Medium or WordPress provide writers with a means to articulate their thoughts and

ideas. Digital art tools such as Procreate and Adobe Creative Suite provide artists with the means to explore and engage in creative endeavors.