

JOURNAL ENTRY 4

Maslow's Hierarchy of needs comprises a five-tier model of human needs: Physiological, Safety, Belongingness & Love, Esteem, and Self-Actualisation. Lower needs should be satisfied first before attending to higher needs. Technology plays an immense role in helping fulfill these needs.

Physiological Need

While technology does not directly fulfil any of our survival needs, it serves as a tool to help us meet those needs efficiently. I enjoy using technology everyday to get things done easily around the house, such as rice cooker, roomba, and crockpot to prepare food and clean with minimal time and effort. I use my air conditioner and occasionally the electric fan to create a comfortable atmosphere to help me fall asleep. My favorite household gadgets are my microwave, which quickly heats up my food, so I eat and move on to other chores, and my air fryer that helps me prepare healthy meals. On days I'm unable to prepare food, I simply order online.

Safety Need

To ensure my safety, technology is really essential. I use smart locks and video doorbells with the app on my phone and to help monitor and control access to my house, providing me peace of mind. For my digital security, I use strong passwords that I frequently change and also install antivirus and firewall on my laptop. I regularly update them to fix any vulnerabilities. I'm also very watchful for any suspicious emails, I delete those with unknown attachments to prevent malware.

Belongingness & Love Need

The innovative nature of technology now provides a sense of connection between family and friends. I use technology to stay in touch with my family and express my love by calling and checking up on them to ensure they are doing well. I use my laptop and phone to FaceTime my friends who are several miles away and chat with them on WhatsApp or Facebook. I'm a member of an all-female group where I've met sisters from different parts of the world. Without platforms like Instagram and Whatsapp we would never have crossed paths.

Esteem Need

Growing up, I've always loved French. I use the Duolingo app to improve my French; it helps me become fluent in pronouncing words. I use YouTube and social media to learn how to install my wigs, do my makeup, discover new recipes and improve my cooking skills to continually impress my loved ones and gain their admiration. I also use Youtube and CodeCombat to learn how to code; progressing through different levels gives me a sense of accomplishment. Websites like Coursera, Skills for All, Khan Academy and Udemy to deepen my understanding, acquire new skills, and boost my self-esteem.

Self-Actualisation

Finally, technology has aided my journey toward self-actualisation. Before I started learning how to code, I thought it was an impossible task, and I feared I wouldn't know how to fix bugs if I encountered any. But with the vast amount of information online, I overcame my doubts and fears. My first language was Python and I used tutorials from Code with Mosh, W3School and Tutorialspoints to deepen my understanding with practice. I also joined Facebook groups and other forums for support and to exchange ideas with others. It was incredible to see my creative ideas come to life through code.

In conclusion, technology is an essential tool that aids us in fulfilling our various needs. From being efficient in doing household chores and implementing security measures to ensure safety to creating and maintaining connectivity and personal growth. Whether it's catching up with family and friends, acquiring or improving skills, mastering languages and learning to code, the innovative nature of technology has provided us with endless opportunities for improvement and fulfilment.

References

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