

Maslow's Hierarchy of Needs

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Question: Review Maslow's Hierarchy of Needs and explain how each level relates to your experiences with technology. Give specific examples of how your digital experiences relate to each level of need.

Firstly is physiological needs. In this I understand this as all the necessities needed to help me survive. Before college I would rely on my mom for food, shelter, etc. Now being in college and working I have to rely on myself for all that stuff. Example if I do not budget right then I will not have enough money to do proper groceries.

Safety needs relate to my technology experiences now because there is a lot of identity theft going around. We need there to be security physically and online. I feel as though when I use the internet I feel safe because of the precautions that have been put in place to give me that experience. They have also come out with ways for you to spot any suspicious actions being taken online without your consent. The way the internet has evolved from when I started using it is different. In middle school we did not have two step authentication, but now you need it when you login into social media or your email. An example would be our student accounts. To be able to access canvas or the portal we have to use the duo push to make sure no one is getting our personal information.

Belongingness and love needs help me keep in touch with people on the internet. I am able to chat with family that are in a different country and friends in different states. Because of technology we are able to go to social media to relate to other people. We can see what other people are going through that we do not know and not feel alone. Technology has allowed us to be able to facetime. Being able to do things there that we would usually not be able to do, and

would have to do in person. An example is me and my friends using facetime and being able to watch movies with screen share because we were long distance.

Esteem needs is getting appreciation from others and making sure you are always feeling good about yourself. Doing something good and others noticing your abilities. Tiktok has taken over the world with everyone showing their talents and others commenting on how they like it.

Lastly, self-actualization is like reaching your fullest potential and making improvements to yourself. Us in this generation are always coming up with different ideas to do things that are conventional. Tiktok has made it so that everyone can create their own way of doing what they love. There are people that love to dance like me and have gone viral doing it and are now dancing for famous people. In this generation we are always trying to achieve the look for the next best thing to conquer.