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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.

Abraham Maslow created the Hierarchy of Needs based on human emotional needs by stating 5 levels, the first two indicate basic needs, the third and fourth focuses on psychological needs, and the top level is self-fulfillment needs. We can see how there is a connection when it comes to technology usage since it has integrated into our daily lives.

The first level indicates physiological needs, which are food, water, etc. We can essentially see how technology has become a need in our daily lives. From my experience, I can't go anywhere without a phone. I would panic if I didn't have my phone with me thus creating a demand with technology. The next level focuses on safety needs, which technology provides. In a state of emergency, I can dial 911 from my phone, I can see the news if there is a crisis present, and so on. The third level shows belongingness and love needs. With technology I can connect with family and friends from anywhere and anytime, I can meet new people online and forge connections with them. The fourth level talks about esteem needs, such as prestige and feeling of accomplishment. With technology I feel like I can meet my goals while gaining recognition, such as if I post my accomplishments on social media I will receive praise for what I've done, and potentially get recognized with more opportunities. Finally, the fifth level is self-actualization, meaning achieving one's full potential including creative ideas. From my experience, I can use

technology to create art and express myself on social media. It allows me to discover new things that I would never have known or liked.

Overall, the connection between technology and Maslow's Hierarchy of Needs, shows how technology has deeply affected me in more positive ways. I feel I can accomplish more with my life with the use of technology than without the use of technology.

References:

Module 4 Slides