

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.

Physiological Needs:

A few aspects of physiological needs that are met or assisted by technology in my life are the utilization of a smart thermostat and occasionally food delivery services. The smart thermostat helps to maintain a comfortable living environment even as the temperature outside fluctuates. Every once and a while when it is more efficient to order food and have it delivered, I am fortunate enough to be able to use delivery services like DoorDash or UberEats.

Safety Needs:

Some of my safety needs are met by my app assisted front door lock and security system as well as antivirus software on my devices to protect from cyber-attacks. My technology enhanced security system helps to protect my house, and antivirus software helps to protect my financial data while using online banking apps.

Belongingness and Love Needs:

Technology like iMessage, Instagram, and Gmail help to keep me connected with my long distance friends and family, thus supporting the need for connection and love.

Esteem Needs:

Esteem needs can also be met by the same communication and social media apps by allowing me to feel accomplished when I am able to make my friends or family members laugh by sending a funny video or meme.

Self-actualization Needs:

Technology can help to aid in self-actualization through the ability to learn through the internet. For example, I am able to complete a college education entirely online. Outside of school I can use specialized social media apps like Goodreads and Fable to both get recommendations for books I might like and communicate with other people who enjoy the same type of reading that I do.