

Cybersecurity and the Social Sciences (CYSE 201S)

School of Cybersecurity

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Week 4 Journal Entry - 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.

Starting from the bottom of the hierarchy, the physiological need regarding technology is one like that of anxiousness. My phone is with me mostly 24/7 and is my link to my family and friends. It is my entertainment throughout the day, so reluctantly it makes it a "vital" part of me. Obviously, it isn't in the scheme of things, but physiologically if I forget where my phone is I instantly start searching for it like it's a dire situation. For safety needs, I am always vigilant towards malware and getting it on my phone or PC. When I may get one, I am upset, and everything stops around me until I get those devices fixed. I would run malware scans repeatedly to make sure that my devices are clean. I get paranoid sometimes if there is compromise and would check to see if data has been stolen. For belongingness and love needs, my phone is the only means of communication with friends and loved ones outside of physical contact. It is usually the most common means for us to communicate. Social media has a role in this too with my experience throughout life. I have made a lot of friends in my life, but I only have contact with them through Facebook. Which is the only real reason I still have an account. I feel belonged and loved through these means when I use them while I am away from home. Social media for me plays a big part in both self-actualization and esteem needs. I love posting funny memes and videos to get good reactions from people. It makes me happy to make people laugh and I feel accomplished knowing that I made someone's day. In addition to posting pictures of my accomplishments and what I have done in my life.