

**Trinity Watson**

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**Week 4 - Journal Entry 4**

Physiological Needs, In my case, before I can engage or benefit from technology, I need to ensure these needs are met. For instance, if I'm tired, I might be less inclined to use my devices. The next level is safety and security. In the context of technology, this means ensuring that the devices and platforms I use are secure. My experience with technology might involve using secure passwords and enabling two-factor authentication to safeguard my information. Next, Love and Belongingness: technology plays a significant role here, as it allows me to connect with friends and family through social media. Engaging with others online helps fulfill my need for belonging and creates a sense of community. For self-esteem, technology can influence this by enabling me to showcase my skills or achievements through platforms like Instagram or TikTok. To end with, technology can facilitate self-actualization by providing access to educational resources, creative outlets, and platforms for self-expression. For instance, tutorials can help me learn new skills.