

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.

Maslow's first pillar related to physiological needs, things people need to survive, such as water, food, shelter, etc. In 2023 it has become almost evident that technology is close to a physiological need, every time Wi-Fi goes down or there is a power outage, people act in almost a frenzy, working quickly to get technology once again usable. Maslow's second pillar deals with security needs. In my life the security systems in homes and cars have almost always been technological, security systems in homes are usually all online and connect to people's smartphones. Because of this connection between the system and a smartphone, people can always feel like their homes are being watched 24/7. Maslow's third pillar is related to belonging and love needs. People often feel more belonging when they relate to others through social media. It is out of the norm to not be active on social media, so when people find others that they relate to on social media, they feel like there's more people out there that they can relate to. Continuing the theme of social media, Maslow's fourth pillar relates to people's self-esteem. Social media can affect people's esteem both positively and negatively. Positive reinforcement from people on social media can help people to think higher of themselves, however comparing oneself to the way others look on social media can cause someone to think less of themselves. Maslow's final pillar relates to achieving one's full potential. At the end of the day, technology has helped to advance society as far as it has come today. Artists use technology to improve their art through digital drawing, scientists use the internet to help further their research, overall, almost everyone uses technology to help them reach their full potential in whatever fields they pursue.