Module 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.

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6/9/2024

Maslo’s hierarchy of need is a psychological model that allows for categorizations based on how important the subjects within a sector are to survival. In a modern society it is not difficult to argue that technology has become something that helps to fulfill each category within the hierarchy. To start with is the two categories of basic needs, physiological needs and safety needs (Poston, p.348). Physiological needs can be defined as, “the needs that must be met to maintain physiological balance” and keep you alive (Poston, p.349). As it relates to technology this would be things like infrastructure technology that allows for water to be purified and come transported to your house or management of septic resources to prevent disease from popping up, and the thermostat that regulates the temperature within your house, so you don’t freeze in the winter. Then there are safety needs defined as things needed to create a sense of security, which often change throughout life, (Poston, p.350). Safety needs would be things like electricity for lights that allow you to see in the dark or communication systems that allow you to contact emergency responders. The next level is psychological needs, broken down into two categories, belongingness and love needs and esteem needs (Poston, p.348). Belongingness and love needs are things that allow us to connect with others and our communities, this is what helps us feel a part of our society (Poston, p.350). In the technological sphere this is most covered by communication and social technologies like cell phones that allow us to stay in contact with loved ones even far away and social media sites that have groups or communities based on interest that allow us to connect with those around us (Poston, p.348). Next are esteem needs which are needs that allow for the construction of one's own ego, things that give us self-esteem (Poston, p.351). Things that would fulfill esteem needs are things like online news boards and bulletins that post notable achievements and figures or online schooling or instructional that allow people to learn and earn certificates or help us complete a project. The last category is self-actualization also known as self-fulfillment needs (Poston, p.348). Self-actualization is the fulfillment of factors that define who they are or better themselves (Poston, p.352). I think this category especially when it relates to technology is much more personal as many define themselves as separate from technology, only using it for the necessities of fulfilling other needs, but I think it is common for people to fulfill this need through technology with many achieving careers within tech or becoming social media influencers, these are part of what define who they are and fulfills that need.

References

Poston, B. (2009). Maslow’s hierarchy of needs. *The surgical technologist*, *41*(8), 347-353.