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 hierarchy of needs when it comes to technology can be applied in many ways. When looking at physiological needs, even though technology isn't an actual need, I tend to treat it like one mentally, much like the body starts to suffer without food, water, or rest. It brings an awareness of needing to take a break from it front and center. Safety doesn't really exist on the internet. However, it is a lie that is sold as we think it's safe for us to go online and say whatever, even though there is a way to track who said what. Belonging can occur, especially if you're into mobile gaming or forums, where individuals can get familiar with each other on some level, even if it's superficial. Esteem is applicable in terms of professional life being showcased digitally. This can come in many forms, chief among them uploading a resume or badge or announcing a milestone on Facebook. It allows me to share information quicker when I want a set of people to know about something, I guess. For me, self-actualization isn't a big thing right now. However, I do showcase edited and cleaned-up photos I've shot on my personal Instagram page