

Journal Entry #4

Maslow's Hierarchy of Needs

Maslows hierarchy of needs is an idea proposed by Abraham Maslow in 1943. His theory contains five levels of need, at the bottom, there is physiological, safety, belonging and love, esteem, and at the top self-actualization. There are many ways that these needs can be applied in my day-to-day life using technology. Physiological needs contain things like your necessities, clothing, and food. I can use my phone and different platforms and websites to order food and clothes to make sure that I always have those necessities. I can use technology concerning safety by having security cameras installed in my house. One thing that I do use is the ring doorbell camera. I also have an app that allows me to look at my ring doorbell, and camera activities whenever I want. For belonging and love are use social media platforms like Facebook and Instagram to stay connected with my friends and family, who I know support and love me. Using technology for things like self-actualization is easy because self-actualization is when you're bettering yourself or improving yourself and learning new things. Are used platforms and different websites like YouTube or even TikTok to learn new things or skills.