**Journal Entry 4**

Maslow’s Hierarchy of Needs relates to our everyday lives in many ways, even with technology. Maslow’s Hierarchy has five categories: physiological, safety, belongingness and love, esteem, and self-actualization. A common example of a physiological need that I run into from time to time is internet access. Sometimes I’m just sitting there and enjoying a game that I’m playing, and my internet goes out. It’s something that I physically need in order to play my online game. Even though I might be disappointed at first that I don’t have internet, it comes back on eventually. The next need, security, can be like when I forget my password. The password to my accounts allows me to log in and do various tasks, like completing schoolwork. If I forget my password, I might need to reset it to a new secure one. Some accounts, like the school accounts, require two-factor authentication. When I created my password, I needed to have two-factor authentication set up to add a layer of protection to stay secure. Everyone uses social media to interact with each other and add friends. Having friends online gives us the sense of belonging. We interact with each other online, which affects our self-esteem in many ways depending on the context. I might play a video game, get better at it, that boosts my self-esteem, and makes me realize I can be good at video games, which makes it a good hobby, then fulfilling self-actualization by making gaming a hobby, one that I’ve been doing for 19 years now.