

CYSE 201: Week 4 Journal

Maslow's Hierarchy of Needs is structured around five levels, each building upon the previous stage. To begin, at the physiological level, technology aids basic needs that support daily living. Next, in regard to safety, digital security measures such as password managers and multi-factor authentication (MFA) protect personal information, ensuring safety in online environments. This leads to the next level of love and belonging stage. Social media platforms like Facebook help maintain connections with friends and family, fulfilling the need for social interaction. In addition, the esteem level is addressed through professional networking on LinkedIn or online communities where individuals can share knowledge and receive recognition for skillsets. Finally, self-actualization is reached through learning and creativity; platforms like Udemy and YouTube provide opportunities for self improvement and pursuing passions. Each level of Maslow's hierarchy is met in various ways through my digital experiences, enhancing both personal and professional aspects of life.