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September 25, 2024

CYSE 201S

Journal

**Maslow’s Hierarchy of Needs**

There are 5 levels of needs in Maslow's Hierarchy of Needs categorizes human needs into five levels. They are arranged in a pyramid structure from bottom to top. The levels are physiological needs, safety needs, love and belongingness needs, esthetics needs, and self-actualization needs. How do these five needs relate to technology?

Physiological needs are necessities like food, water, and shelter. In technology, this could relate to digital services. An example of this is online ordering, which allows you to order basic necessities like food and essential items.

Safety needs encompass physical, financial, and health security. Technology can help us with our physical, financial, and health needs. An example of this is mobile apps for financial management and health apps that can track our heart rate and blood pressure.

Love and Belongingness needs are related to emotional connections, friendships, and community. Technology has helped us stay connected with friends who have moved far away. An example of this is social media platforms like Facebook and Instagram, which allow us to stay connected with family and friends.

Esteem needs can be a desire for respect and self-esteem. Technology can help with this by setting up platforms for achievement. An example of this is LinkedIn, which shows your accomplishments and professional experiences.

Self-actualization needs are at the top for a reason because it's about personal growth and self-fulfillment. Technology can help with personal growth and creativity. An example of this is creative platforms that showcase your work and talents. You can also write a journal about your self-growth.

All five of Maslow’s Hierarchy of Needs can be seen on a personal level and a technological level. I have given an example of each need to show how people can see how technology also helps.

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