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CYSE 201S

Date 02/05/2025

Week 4 - Journal Entry 4

Maslow's Hierarchy of Needs can be related to my experiences with technology in many ways. Technology meets the physiological level through food delivery services or health apps. The safety level is through digital security features, such as two-factor authentication. Social media platforms meet social needs, allowing me to connect with friends and family. Esteem level: The recognition at professional networking sites like LinkedIn gives me extra confidence. Self-actualization: Technology makes learning platforms accessible, using which one can have growth and creativity in life. Every digital experience thus reflects some aspect of how the Maslow hierarchy is getting fulfilled in daily life.