

## **Week 4 Journal Entry: Maslow's Hierarchy of Needs**

*Review Maslow's Hierarchy of Needs and explain how each level relates to your experiences with technology.*

After reviewing Maslow's Hierarchy of Needs, it is apparent that it can be related to technology. I will start by going over the levels of the hierarchy and then explain how each one can be related to technology. First there is physiological needs, then safety, love and belonging, esteem, and self-actualization.

When it comes to physiological needs, my apple watch and the Health app track many things such as sleep, heart rate, calories burned, and can even detect atrial fibrillation. As far as safety goes, it is very interwoven within cybersecurity. I use a password manager everyday and have 2FA as well as biometrics set up to protect the safety of my data. Social media pretty much covers the need for love and belonging. I am able to easily and immediately contact friends and family any time I want. Self-esteem is shown in the fact that I am back in school finishing my degree and able to do so online which is a great thing. Self-actualization was a tricky one but I tied it into the self-esteem and the ability to continue to learn and further my career by having access to so many resources provided by the internet and other technologies.