

Journal 4

The hierarchy of needs has five steps self-actualization, self-esteem, social, safety, and physiological. Translating these needs to be fulfilled with technology is made possible because of the advancements made over the years. At home I have a ring camera installed this allows me to be aware of every person approaching my house, this fulfills my need for safety. Physiological needs can be satisfied with the app's door dash and uber eats, getting you food without leaving the house. With the continuous rise of social media meeting people and forming connections is easier than ever, they help people reach their social needs without even leaving the house. Self-actualization needs can be met with learning new skills using online platforms, people have used apps to learn new languages and skills they always wanted to know, I have watched multiple YouTube tutorials to learn new skills. With social media and other platforms meeting your self-esteem needs have gotten easier I have posted pictures on social media to meet these needs. Posting a picture and people liking and sharing that picture can help meet these needs.