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The **Maslow Hierarchy of Needs** is a theory demonstrating the different levels of needs a person desires to fulfill and achieve. These levels are physiological, security, social, esteem, and self actualization. These needs can also correlate to our daily technology use, especially due to how frequent technology is used in our modern day.

**Physiological.** These are the needs that are essential to our physical health such as food, sleep, water, exercise, etc. I can use technology to access applications such as doordash or even the online web to order food. Additionally, I could also use my phone or my Apple Watch to track my sleep and my daily exercise.

**Security.** When it comes to my safety, technology is used in various forms. I can implement Ring cameras in my apartment to ensure home safety. I can also use passwords for my mobile devices to restrict any unwanted access.

**Social.**  This one is probably the most obvious. With social media platforms such as Instagram, Facebook, TikTok, etc. using technology to socialize is quite easy to do.

**Self Esteem.** Self Esteem can go hand in hand with social media as posts can be shared and interacted with. A good post with positive feedback could bring me that sense of validation.

**Self Actualization**. This need is simply the desire of being the best you can be. I can use my phone to make notes of certain goals for myself and track each goal; checking each one once they’ve been accomplished.