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CYSE 201S

02/24/2024

<div align="center">Journal Entry 4: Maslow's Hierarchy of Needs</div>

Maslow's Hierarchy of wants, in my experience with digital encounters, offers a useful framework to comprehend how technology satisfies different levels of human wants. Physiological needs, which include necessities for survival including food, water, and shelter, are fundamental. In the context of technology, these demands are met by having access to digital gadgets and the internet, which offer necessary resources and information. One way that online food delivery services provide the physiological demand for sustenance is by providing access to meals without requiring customers to physically visit a store.

As one moves up the ladder, it is clear that safety is necessary. Cybersecurity safeguards and privacy settings are essential in fulfilling this requirement in the digital sphere. Feeling safe in the digital world requires having faith that my personal information is protected while making purchases online or exchanging data. Technologies that fulfill the demand for safety include virtual private networks (VPNs), two-factor authentication, and the use of secure password procedures.

The need for connection and belongingness is included in the category of social wants, which is represented by the third level of the hierarchy. Social media platforms, messaging applications, and online groups enable social interactions and relationships. Social networking sites such as Facebook and Instagram, for example, meet my desire for social belongingness by

allowing me to share experiences, remain in touch with friends and family, and get social validation through likes and comments.

Esteem needs, which include sentiments of accomplishment, acknowledgment, and self-worth, are included in the fourth level. Online networks like LinkedIn provide chances for networking, professional recognition, and self-promotion. Posting accomplishments, getting recommendations, and interacting with business leaders all help me feel more competent and recognized in my sector, which helps me satisfy my desire for esteem.

Self-actualization, which entails reaching one's full potential and pursuing personal development, is at the top of Maslow's hierarchy. Through the availability of educational materials, online courses, and self-improvement applications, technology promotes self-actualization. For instance, I can follow personal hobbies, learn new skills, and increase my knowledge base by using language learning applications like Duolingo or online learning resources like Coursera, all of which are in line with the goal of self-actualization.

To sum up, Maslow's Hierarchy of wants provides insightful information about how technology interacts with different facets of human wants. Technology has a major impact on how we live our lives and meet our various demands in the digital era, from enabling self-actualization to meeting our basic physiological needs.