

Review Maslow's Hierarchy of Needs and explain how each level relates to your experiences with technology. Give specific examples of how your digital experiences relate to each level of need.

Maslow's Hierarchy of Needs is a psychological hierarchy on how humans fulfill their needs. First, Physiological needs are the most basic human needs for survival, like food and water. This relates to technology because of apps that plan meals or like food delivery services. Also, apps that track your fitness and physical activity. Secondly, once our physiological needs are met we focus on safety. This relates to technology because I use a banking app that ensures the security of my finances and has stuff like two-factor authentication. Next is Love and Belongingness. Social Media like Instagram is a good example of this that I use. Esteem needs is next like self-esteem and recognition. This relates to technology because of learning apps like Khan Academy which contribute to self-esteem. Finally, self-actualization needs which relate to interests and passions. For example some people use GitHub to post their coding projects