

Owin Ifill

Professor Diwakar Yalpi

Cybersecurity Social Science

25, September 2024

Week 4 Journal Entry

Maslow's Hierarchy of Needs can be closely linked to digital experiences. Physiological needs, such as food and sleep, are addressed through apps like MyFitnessPal for tracking meals, DoorDash for meal delivery, and the alarm clock on my phone for managing sleep. Safety needs are met with cybersecurity tools and password managers, ensuring personal data stays secure. Social needs are fulfilled through platforms like Instagram, where connections and relationships are maintained. Esteem needs are supported by LinkedIn, allowing users to showcase achievements and gain recognition. Finally, self-actualization is pursued through online learning platforms like Hack The Box for cybersecurity, and YouTube for learning new skills from videos. Technology plays a vital role in addressing each level of need.