

# CYSE201S (Module /Week 4)

Cybersecurity and Human factors (Journal Entry)

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As technology becomes an enormous presence in our lives, we can consider “Maslow’s Hierarchy of Needs”, a pyramid to point our needs as humans like a form to organize and have guidance. As Maslow (1943, 1954) expressed, our needs as humans were organized “ with physiological needs at the bottom, and the more creative and intellectually oriented needs at the top”(para 1). In technology, as I was growing up a computer became part of my lifestyle. It was my entertainment as a kid after a day of school or playing outside. As I became an adult, the phones came into our lives and it became important as you need it to organize and schedule your time. The computer, phone became part of my physical needs. For example, many times my computer broke and I had to be without days, waiting for the technician to come fix it. This would affect my emotions of sad or boredom as I could not get back into my routine. The second step in the hierarchy is safety. In relation to my experience, I was naive and trusted people close to me. I was robbed many times in my video games online due to malicious people putting keyloggers in my computer. I was not aware of the safety of my devices giving me a lot of frustration as my time was invested in a virtual world and I was emptied out by people breaching my safety. In the third place in the hierarchy, we find love and belonging. In this modern world, everything is social media and a broad reach of people. For example, when I started with my video games I met people from other countries, I learned about their culture and even fell in love with another person from a far. This experience was an important part of my life as I migrated to another country and it helped me have stronger relationships and as an adult respecting others peoples traditions without judgment. The fourth, esteem needs. Going back to my video game, I earned a lot of prestige and respect in that virtual community, but as you move to other stages in life, you will find again those days in different things we do. Lastly, the fifth, self- actualization needs. In my experience with technology, I have not reached this peak as I am in the developing stage by attending university again. As I joined the arm force, specifically the “U.S Navy” it dragged me away from technology.

## References

-Maslow’s Hierarchy Of Needs, “SauMcleod,PhD”

[“https://www.simplypsychology.org/maslow.html”](https://www.simplypsychology.org/maslow.html)