CYSE201S

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Maslow's Hierarchy of Needs Through My Digital Life

Maslow's Hierarchy of Needs includes five layers of motivation, and I've seen how each one connects to my use of technology in unexpected ways.

At the **physiological** level, my reliance on technology helps with basics like hydration and nutrition. I use a water-tracking app to remind myself to drink enough daily, and I've used online grocery pickup when I couldn't shop in person, which helped me stay consistent with meals.

When it comes to **safety needs**, tech gives me stability. I regularly check job boards and pay stubs through employment portals, which keeps me informed about my finances. I also back up important files on cloud storage so I never lose key documents like my resume or ID scans.

Love and belonging play out digitally too. Group chats with my family and video calls with my kids have helped me stay close even during stressful times or when I'm busy with school. These little moments matter.

For **esteem**, technology boosts my self-respect. When I troubleshoot tech problems or help someone else figure out a setting or app, it reminds me of how far I've come from when I barely knew how to navigate a laptop. Completing assignments on time through online platforms has also strengthened my sense of responsibility.

Self-actualization shows up in the way I use digital tools to learn. I use online courses and tutorials to sharpen skills that have nothing to do with school — just things I enjoy, like learning to budget or exploring digital design.

Reference

McLeod, S. (2023). *Maslow's hierarchy of needs*. Simply Psychology. https://www.simplypsychology.org/maslow.html