

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.

The first level is psychological needs. I personally reach for my phone upon waking up to check social media and doing this presents that I have a dependency on using technology on a daily basis. Security and safety is the next level. I have two factor authentication enabled on most social media platforms to ensure that my account and information are secure. Having this enabled provides more security within my accounts to protect my information. The next level is belongingness and love needs. Through social media I am able to interact with friends and stay up to date with them and make new connections. Lastly, self-actualization needs, when I first started my bodybuilding journey I was not seeing the results right away. My coach told me stay with the course and I would see my full potential if I continued to follow the protocol he gave me.