

# Week 4 Journal Entry

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Abraham Maslow's Hierarchy of Needs posits that humans have different levels of needs, and as those on the foundation are met, the more one can take care of the needs atop the list. From bottom to top, Maslow's Hierarchy of Needs is as follows: physiological needs, safety needs, belongingness and love needs, esteem needs, and self-actualization needs. As much as it pains me to say this aloud, in the fast-paced, ever connected technological world that we live in, it should come as no surprise that each of these needs can be met via technology.

The first level of the hierarchy, physiological needs, encompasses things such as food and water. These needs I am sure all of us fulfilled during the Covid-19 pandemic thanks to services such as DoorDash and Gopuff, through which I have ordered far too many snacks, beverages, and chicken lo mein. Whenever I go on hikes or aimless drives around my area, I meet my safety needs by dropping a ping of my location to a few close contacts in the event that something goes wrong. Social media platforms have been a gift and curse when it comes to fulfilling the needs on the belongingness and esteems levels.

Being able to reconnect with people I haven't seen since as far back as elementary or middle school has helped maintain and foster many of my current relationships with people; the dopamine rush delivered from receiving likes from a funny comment never fails to make me feel like I've accomplished my goal of making others laugh. Social media was also the means through which I continue to meet the needs of the topmost level of the hierarchy: self-actualization. Being able to share my artwork through platforms like Instagram, ArtStation, and Twitter and receive feedback and critiques from some of the artists that I've looked up to since I was a child, as well as one praising a piece that I did as a spin on one of his older works, are things that I'm not sure I would've experienced without technology. Certainly it wouldn't have been as easy to access some of these creators.