

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.

Charles W.Pridgen

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Beginning with the basic needs under physiological/safety, I didn't think I really relied on technology very much, but from the perspective of safety and buying food, technology does play a large role. I interact with the self-checkout machines, sometimes I use my phone to pay for food at the grocery, or even order food for delivery with my phone when I don't want to go out. My phone gives me a feeling of security and connectedness with my loved ones knowing I can contact them at any time. I didn't really think I relied on technology that much for basic necessities, but it is required in almost everything I need to acquire my basic needs like shelter, food, water, etc. One example for shelter is the apartment buying process, I wouldn't have been able to rent my apartment and get approved without the use of technology.

When it comes to my psychological needs I don't heavily rely on technology, but in a way I do. I like to have a private life so posting life updates for "likes" online from other people is something I couldn't care less about. I rarely post on social media, but when it comes to contacting my buddies/family for plans, I do rely on my phone to do so. Searching up restaurants and places for everyone to meet up, and coordinating times is something I could not easily do without technology. Same thing with my esteem needs, I don't rely on social media or the internet to fuel any self-esteem, but I do use it to find jobs, and join sports teams and other things like that which fuel my sense of accomplishment.

I do not rely on the digital world for any self-fulfillment, as I mentioned before, my social media presence is there but very small. When it comes to achieving my full potential, I am very much focused on my performance and reliability when it comes to being a good human being. I find these things when I am working on family relationships, sports, and my career. Technology does not really affect my sense and need of self-fulfillment in the context of social media and the likes.

References

- *Maslow's Hierarchy of Needs:*
https://docs.google.com/presentation/d/1_7kb_n72QXeeAeDQ7VKiv_A4PM5S0sn0G5YXRxaHcfg/edit#slide=id.p20