Module 4 Journal Entry

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Maslow's Hierarchy of Needs is a psychological theory by Abraham Maslow, It outlines five levels of human motivation: physiological needs, safety, love/belonging / esteems, and self actualization. Each level can be seen in digital experiences that shape how people interact and benefit with modern tools.

1. Physiological
   Some would say technology plays a role in satisfying our basic needs as people like access to water and food through delivery services. Smart homes can make life at your house more enjoyable as well. These technology services can make your life more comfortable and overall feel better than if you didn't have them.

2. Safety
   Digital Tools can provide personal and financial safety. I use antivirus software to guard against my identity being stolen through phishing or smishing. I also set up antivirus on non technical family members to provide them with the same protection. Families may also use things like Life360 for device tracking to make sure family members arrive safely.

3. Love and Belonging
   Social Media is credited to having a large connection with the younger generations. Young people are using social media for everything from checking in with friends to dating. Services like FaceTime became vital during the covid lockdowns or whilst family members are deployed.

4. Esteem
   Technology may help people build their confidence by allowing anyone to set up for example portfolio sites that show off their accomplishments. Social media can also be used to build self-esteem like using YouTube for learning new skills.

5. Self-Actualization
   Finally, technology can help support growth and achievements through continued learning. Like I said before using YouTube or GitHub to learn new skills that will help better yourself in your hobbies or profession.

References

Wikipedia. (n.d.). Maslow's hierarchy of needs. In Wikipedia. Retrieved June 16, 2025, from https://en.wikipedia.org/wiki/Maslow%27s_hierarchy_of_needs