

I believe that all five needs in Maslow's hierarchy of needs are important and can be applied in some way through the digital world, but I believe that self-actualization, esteem, and love and belonging are the needs that are most impacted by having access to the digital world. Starting with love and belonging, the internet provides a permanent connection between users and their family and friends through methods such as texts, FaceTime, and phone calls. The need for self-esteem can be met through social media platforms, for example, through positive comments or likes on a social media post. Lastly, fulfillment of the self-actualization needs can be achieved through engaging in online learning platforms and communities to improve one's skills.