

Maslow's Hierarchy of Needs

Abdias Noel

June 21, 2026

Maslow's Hierarchy of Needs is a psychological theory proposed by Abraham Maslow in 1943 that suggests that human needs are arranged in a hierarchy, which goes as follows (From the bottom-up): physiological needs, safety needs, love and belonging needs, esteem needs, and self-actualization needs.

The theory argues that people focus on satisfying lower-level needs before moving to higher-level ones. For example, a person struggling to find food and shelter is less likely to focus on personal growth or creative endeavors.

Its ideas remain influential in psychology, education, and management to this day, however, researchers noted that people do not always follow the hierarchy in a strict order as some higher-level needs can sometimes motivate behavior even when lower-level needs are not fully met.

While technology itself is not part of any level in Maslow's hierarchy, it is noteworthy to point out that it can help satisfy needs at multiple levels of the pyramid.

For example, agricultural technology helps produce food, medical devices support health, and utilities provide clean water and electricity which satisfy the needs of the first level.

Similarly, cybersecurity, home security systems, emergency communication, banking systems, and transportation technologies increase security and stability which are the needs of the second level.

The third, fourth and fifth are amplified in reach with the emergence of social media, dating apps, instant messaging, professional networking platforms, educational technology, certifications, online learning, research tools, digital publishing, and many other tools that empower people to learn, create, and pursue their full potential.

This morning alone, I used technology to work on needs that are at different levels of the pyramid. My coffee and breakfast were ready in less than five minutes, and mess-free, due to the use of electricity. This leaves me more time to keep a healthy lifestyle through exercises and enjoy the company of the company of my family. While my needs at level four are not yet met, I am nonetheless enabled to pursuing my Bachelor's degree, which belongs in level five, by the use of the internet and a mobile computer.

References

Maslow, A. H. (1943). *A Theory of Human Motivation*. *Psychological Review*, 50(4), 370-396.