Impact of Technology on Expressing Emotions

**Abstract**

The advancement in technology and paced digitalization has led to the Computer-Mediated Communication. Emotions are very strong psychological aspect of an individual and society, but unlike old times back to late 90’s , they are no more face to face rather they are expressed by emojis,by posting status on various social media and through personal chats on various social apps like whatsapp, instagram, facebook, snapchat etc.We communicate to people not only in our vicinity but with people far away from us.In this extant digital age, the style of writing a description and personification used serves as a substitute for facial expressions . The ability of people to migrate to places and countries away from home could have been very difficult and homesick if such amazing technology and virtual platforms which drove emotional bonds would not have been there.We have brought our emotional bonds on virtual grounds to such an extent that they have more or less become like flick of electricity with can diminish in no time. We have objectified relations and emotions by the gadgets and now they have acquired a more faithful place in our lives rather than physical humanoid bodies that have been family for us since humanity existed. So, our term paper would review the assets and liabilities of technology in expressing emotions and positive small changes that could be put forward to strengthen these virtual bonds to minimize the gap of emotional scrutinization.

**Key Words** : Communication, Emotion, Facial Expression, Technology, Emojis

**1. Introduction**

Emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behavior. Emotions involve physiological arousal, expressive behaviors, and conscious experience. These can be short flashes or long lingering responses, lucid or vague.

A man interacts with the world through feelings. All things considered, technology is developing and we’re progressing with it as well. Innovation did numerous impacts on human lives some great and some terrible. It Changed the way we approach our issues, it changed how we think, it changed our day by day solaces, lives and above all ,the way of expressing our emotions.

We can not control all the signals we are constantly sending off about what we are really thinking and feeling. And the harder we try to fake them, the more aberrant and freakish our signals are likely to come across. Facial Expressions is a form of nonverbal communication which can’t be faked.

“How are you?”, the most asked but possibly also the most avoided question in the world. Despite how people really feel, their answer will always be “Fine and you?” or something similar, which implies that we expect an equally pointless answer from the other person as well.

In past time, When words failed, tears expressed what words were meant to. But now, Either emojis expressed the same with no words and tears or we find it difficult to describe our feelings and to communicate with them. With the inevitable growth in technologies and changed time, we have changed the way of expressing our emotions.

**2. Main Themes**

In the last decade, Internet saw a huge increase in online relationships but at the cost of the decrease in offline relationships. Which is one of the major issue almost every user is facing? A research revealed that an average teen spends 7.5 hours a day on gadgets. Whether time is spent on social media, internet research or any other device. Nowadays classes are also using digital technologies. But the role of technology is different for a parent and children. Due to overuse of technology and most of the time being on social media have changed our way of communication.. Even it has affected the sacred relationship of a mother and child, as a child is more comfortable in expressing his emotions on a social media rather than talking to his own parents. When out to a mall, restaurant, or doing some household chores parents engage their children in phones and tablets. This has contributed in the escalating extrovert nature of many childrens in some or the other way. Although it may seem negative it can also be positive if children are enforced with some limit and taught the way to utilize technology. Instead of devoting whole time on a device they should be taught as how to interact with others.

We may appreciate online connections utilizing web-based social networking destinations like Facebook or Twitter, for instance, however, the contrasts between these sorts of collaborations and communications with individuals in the physical world are unmistakably immense. We are moving towards the era where people are more comfortable relaying their emotion through a text rather than expressions and human interaction. Although we are able to make new friends on social media each day, we cannot connect with them emotionally due to the lack of face-to-face communication. What we present on the social media or post publicly is highly selective. Most of the things people post are fabricated that does not portray their true self-image. We are highly cautious of what we post instead of what we think. Some people benefit from such a platform as they can relay their thoughts to the thousands which were not possible before. But a huge amount of people have lost the sense of emotions as they only convey their thoughts on a screen and not interacting with even a soul. Today we feel safe behind a screen and are afraid when we have to express ourselves in front of a live audience.

The people are becoming more and more anti-social. We are wasting our precious time on making the friends virtually, playing online games instead of actual physical sports. And forget about the society. Innovation especially web-based social networking constrains us to sit in our spaces for quite a long time alone. Additionally, there is a general tendency of the people when they move to a new place, they prefer talking with their old friends rather than making new ones and interacting with the neighbors around. They are consequently lost in their virtual world and are present in the new place only physically but not mentally and emotionally. For uncommon events, rather than taking consideration by and by and physically, we simply send SMS and greets individuals which in the long run acquires no upgradation in our relations. Bargh and McKenna (2004) found that over a billion text messages were sent daily through mobile devices. Based on the results of the study, it can be suggested that the digital generation is utilizing the convenience of text messaging to communicate in a non-face-to-face environment rather than expressing ourselves. Not only that, but people like to communicate to a robot instead of a human. Virtual reality seems so perfect to us that we do not even like speaking to our own kind.

Technology hampers our health and changes our lifestyle. We are too much engaged in our virtual world that we do not know where we are really. Spending many hours using technology forces us to just sit in the corner and consequently curtail all our physical exercises.The lack of any physical exercise and social interactions are making us both mentally, emotionally and physically unhealthy. Kids who were supposed to play with their grandparents are now liking to spend time on playing computer games, video games, which not only results in their bad health but also affect their emotions and feelings towards their grandparents. Addiction of these diversions can sometimes make them uncomfortable to talk in between people and affects emotions badly. We have lost our way of expression. Prior people used to gather to tell their stories and share their experience. Nowadays no one is interested in helping others emotionally, we live in a world where our emotions are slowly fading away.

Surely, technology gave us many things which improve our day to day life chores and errands but at what cost. If we rely blindly on technology their overuse can change our society. We must always remember our traditions and cultures. The humans have come so far solely cause of living as a society if something is dividing us emotionally, it’s usage should be kept in check. If this continues for long the later generation may suffer a lot and may not be able to live in peace and harmony. Advancement in technology may seem like bad at times but it is just to keep moving forward. So yes, innovation isn't a bad thing, how you utilize it makes what it is for you. As it is believed too much dependency on a thing will always cause some damage.

**3. Conclusions**

Technology is ruining our ability to scrutinize emotions.

“Today’s generation misses everything going on around them because they’re staring at their phones.” Because of vast digital media technology, most of them can not infer people’s emotions states based on facial expressions and nonverbal cues. To deal with this, they should give limited access to digital media so that they spend their time doing other activities like outside games, hiking, archery, cycling and learning while experiencing. This will significantly improve their ability to recognize emotions because increasing face to face interaction will improve their social skills. Obviously, our ability to recognize how other people are feeling is an essential skill in our lives too. Many marriages break down due to a lack of communication. So Understanding how to read a partner’s nonverbal cues can greatly influence relationship contentment..

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