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Introduction In an era where technology drives almost every aspect of human interaction, its role in shaping modern relationships has become a topic of both fascination and concern. From social media platforms like Instagram and Facebook to dating apps such as Tinder and Bumble, the digital age has revolutionized how people connect, communicate, and form bonds. These advancements have provided tools that enable constant connectivity, helping people overcome geographical barriers and maintain relationships even under challenging circumstances. Yet, alongside these conveniences come significant challenges that disrupt traditional interpersonal dynamics, particularly in areas such as communication, trust, and emotional intimacy. The impact of technology on modern relationships is complex and multifaceted. While technology facilitates accessibility and enhances communication, it also introduces challenges that can undermine trust and emotional connection. For example, social media can foster jealousy and insecurity, as partners often struggle with the ambiguous nature of online interactions. Similarly, dating apps have redefined the process of seeking romantic partners, offering convenience and customization through matchmaking algorithms but also raising concerns about authenticity and safety. This report seeks to explore the question: How does technology influence communication, trust, and emotional connection in modern relationships? By analyzing existing literature and survey data, it examines both the positive contributions and the potential pitfalls of digital tools in shaping interpersonal relationships. The findings aim to provide insights into how individuals and couples navigate the evolving digital landscape while striving to maintain meaningful connections. The

scope of this report includes themes such as the erosion of trust through online surveillance and cyber infidelity, the transformative yet challenging role of technology-mediated communication, and the successes and complications associated with online dating platforms. These themes are vital for understanding the broader implications of technology on relationship quality and sustainability. The report is organized into five sections. It begins with a literature review that highlights relevant research and theories. This is followed by a description of the research methodology employed. The findings are then analyzed in the results and discussion section. Finally, the report concludes with key implications, practical recommendations, and suggestions for future research on this important topic.

Literature Reviews Theme: The Impact of Technology on Trust in Relationships

Trust is a cornerstone of any intimate relationship, but the digital age, particularly the rise of social media, has introduced both opportunities and challenges to how trust is built and maintained within partnerships. While social media can facilitate connection and communication, it can also lead to concerns about privacy, jealousy, and unrealistic expectations, potentially impacting the foundation of trust between partners.

1-Jealousy and trust erosion due to online surveillance

Social media platforms, such as Facebook, have been implicated in fostering feelings of jealousy among partners [1]-[3]. This is often due to the constant availability of information and the ambiguous nature of online interactions [4]. Individuals who are heavily invested in social media may become more insecure and prone to monitoring their partners' online activities [5]. Excessive social media use can lead to misinterpretation of online interactions, fuelling suspicion and undermining trust [6]. Interpersonal electronic surveillance (IES) is another factor that can erode trust in relationships. Social media has become a tool for partners to spy on each other, leading to increased jealousy and mistrust [7]. Online surveillance is easier and more pervasive than traditional offline monitoring, making it simpler for individuals to engage in such behaviors [8]. This can lead to heightened anxiety, marital dissatisfaction, and ultimately, erosion of trust. However, it's important to note that the time spent on social media itself may not directly impact marital satisfaction; rather, it's the specific activities, such as surveillance, that have a significant impact [7].

Theme: The Impact of Technology on Communication in Relationships

Technology has irrevocably transformed the way individuals interact and maintain relationships. While it has undoubtedly facilitated more accessible and continuous communication, it has also introduced complexities that can significantly impact relationship dynamics, including commitment, trust, and fidelity.

1-Relationship Commitment and Communication

Abassi [1] found a correlation between the number of social media accounts a partner possesses and their level of relationship commitment, suggesting that increased social media use may lead to decreased commitment. This aligns with Bradbury and Karney's [10] assertion that positive communication behaviours are crucial for strong relationships. While technology enables frequent communication, it also presents potential distractions that may affect relational priorities and focus. Furthermore, Rusbuldt et al. [9] demonstrated the strong link between relationship satisfaction, communication quality, intimacy, and commitment. Anderson et al. [12] identified trust and communication satisfaction as key predictors of relationship quality in online contexts, emphasizing the importance of mindful technology use to maintain trust and emotional bonds.

2-Facilitating Convenient Communication

On the positive side, technology has made communication more convenient. Lindenberg et al. [13] highlighted that social media can help partners stay connected, support relationship problem-solving, and enhance intimacy. Coyne et al. [2] found that married couples, in particular, benefit from various communication tools like instant messaging and social networking, which help them meet their emotional and functional needs. This aligns with Parker et al. [14], who noted that technology can eliminate physical barriers and make maintaining relationships easier, especially over long distances. Social media and communication platforms also provide forums for partners to discuss various topics and express thoughts openly. This fosters dialogue and can strengthen the relationship by enabling frequent and deep communication. Hertlein [4] adds that even online activities like gaming can promote shared experiences, helping couples better understand each other's perspectives and contexts.

3-Challenges of Communication and Infidelity

However, technology's impact on communication is not without its drawbacks. Abassi and Dibble [2] noted

2that excessive social media use can contribute to infidelity

, both emotional and physical. Emotional infidelity, often characterized by online flirtation or seeking emotional support from others, can erode trust and disrupt relationship communication. Fisher et al. [9] found gender differences in responses to infidelity, highlighting the complex role of communication via technology in shaping relationship dynamics. Lumpkin [3] highlighted that improper communication on social media, such as interactions with the opposite sex, contributed to marital conflict and even divorce in 33% of surveyed cases. This aligns with Whitty's [15] findings that online investigations by partners often led to the discovery of infidelity, sparking mistrust and conflict. Thus, while technology facilitates connection, it also provides opportunities for harmful behaviours that can damage communication and trust.

Theme: Success of Online dating apps The adoption and success of online dating platforms have become increasingly prominent, especially among young adults. These platforms have transformed how individuals initiate romantic connections, with apps like Tinder, Bumble, and OkCupid playing significant roles. According to Chan et al [16]., the success of online dating can be attributed to several key factors:

1. **Accessibility and Convenience:** Online dating apps provide a convenient way for users to meet potential partners without the constraints of geographical location or traditional social networks. The ease of use and the ability to browse profiles at any time offer users flexibility that aligns with modern, fast-paced lifestyles.
2. **Enhanced Matchmaking Algorithms:** Many dating platforms employ sophisticated algorithms that take user preferences, behaviors, and location into account. This personalization increases the likelihood of successful matches by presenting users with profiles that better align with their relationship goals and interests.
3. **Social and Emotional Fulfillment:** The study highlights that online dating provides an avenue for individuals to fulfill social and emotional needs, especially during periods of physical isolation such as the COVID-19 pandemic. Users found comfort in maintaining connections and building new relationships when in-person interactions were limited.
4. **Increased Social Networking:** Beyond romantic outcomes, online dating platforms have enabled users to broaden their social circles. The digital nature of these platforms has created opportunities for users to meet people from diverse backgrounds, contributing to a richer and more varied social experience.

Challenges and Concerns: Despite the advantages, the study acknowledges the challenges associated with online dating. Concerns such as user authenticity, the risk of misrepresentation, and potential fraud remain prevalent. These issues can impact trust and satisfaction with the platforms. However, many users continue to engage with these services due to their overall benefits, including the convenience and potential for meaningful connections.

Conclusion: Overall, the success of online dating platforms is marked by their ability to adapt to users' evolving expectations and leverage technology for improved matchmaking and connection-building. While challenges persist, the positive impact on social interaction and romantic success stories highlights the enduring appeal of online dating apps.

Theme: The Impact of Technology-Mediated Communication on Relationships Technology-mediated communication (TMC) has become a cornerstone of modern interpersonal relationships, reshaping how people connect, communicate, and maintain relationships. Lanigan et al.'s comprehensive review explores the dual-edged impact of TMC on relationships, highlighting both its benefits and limitations.

Positive Impacts of TMC TMC provides unprecedented convenience, allowing people to stay connected despite geographical distances. Platforms like video calls, messaging apps, and social media enable consistent and immediate communication, fostering a sense of closeness even when physical interaction is not possible. The study identifies relationship maintenance behaviors facilitated by TMC, such as:

- **Regular Check-ins:** Quick updates via messaging apps or social media posts help individuals stay informed about each other's lives, reducing the strain caused by physical separation.
- **Emotional Support:** Digital communication can serve as a medium for offering emotional support during times of stress, particularly for long-distance relationships.

Challenges and Limitations Despite these advantages, TMC often lacks the richness of face-to-face communication, which includes nonverbal cues like tone, facial expressions, and gestures. This limitation can lead to:

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Miscommunication: Text-based interactions, such as messaging and email, are prone to misunderstandings due to the absence of context and nonverbal signals. • Reduced Emotional Intimacy: Over-reliance on TMC may weaken the depth of emotional bonds, as digital interactions may not fully replicate the connection achieved through physical presence. • Screen Dependency: Excessive use of technology can detract from quality time spent together in person, creating a paradox of connected disconnection. Implications for Communication and Emotional Connection While technology enhances accessibility and convenience, it also risks diluting the quality of interpersonal interactions. For example, couples who primarily communicate through digital channels may experience difficulty interpreting emotions or resolving conflicts effectively. However, the flexibility provided by TMC cannot be overlooked, as it caters to the evolving needs of modern relationships in a globalized world. Theme: Trust and Technology in Interpersonal Relationships Johnson et al. conducted a detailed review on the evolving dynamics of trust in relationships mediated by digital technology. The study emphasizes the dual impact of technology on trust, examining both the opportunities for fostering trust and the challenges introduced by digital platforms. Positive Impacts on Trust Digital platforms have created new avenues for building and maintaining trust in relationships. The review highlights: • Transparency: Tools like shared calendars, GPS tracking, and instant messaging promote accountability and help partners stay connected, particularly in long-distance relationships. • Better Communication: Technology enables frequent and reliable communication, reducing misunderstandings and reinforcing trust over time. • Access to Information: The ability to share and receive information instantaneously fosters a sense of security, as partners feel more informed about each other's activities and intentions. Negative Impacts on Trust While technology can strengthen trust, it also introduces unique challenges: • Cyber Infidelity: The review discusses how social media and dating apps have increased opportunities for infidelity. Secretive online interactions can lead to feelings of betrayal and suspicion. • Privacy Concerns: Features like read receipts, activity trackers, and social media updates can create pressure to be constantly available, eroding personal boundaries and trust. • Mistrust Amplification: Overuse of monitoring tools, such as GPS and message tracking, can signal a lack of trust in the relationship, often leading to conflict. Trust in Social Media and Online Platforms The study further explores how trust is shaped by interactions on social media. Public displays of affection or relationship statuses can strengthen trust, but negative behaviors, such as comparing partners to others or oversharing, may have the opposite effect. This dual nature highlights the nuanced role of technology in trust-building. Implications for Modern Relationships The review concludes that while technology offers tools to strengthen trust, it also creates scenarios that can weaken it. For example, a partner's overreliance on digital monitoring tools might reflect insecurity, while a lack of digital presence can sometimes be misinterpreted as disinterest or dishonesty. Theme: Impact of Online Platforms on Trust and Emotional Connection In a recent study by Pew Research, Vogels (2023) surveyed 6,034 individuals to understand the role of dating apps in modern relationships. The findings reveal a significant impact of these platforms, particularly among young adults, with 30% of respondents indicating they had used a dating app, and 53% of these being young adults. Additionally, 10% of partnered adults reported meeting their current partner through an online app. Mixed User Experiences The research highlights the contrasting experiences of men and women on these platforms: • For Women: A majority (54%) felt overwhelmed by the sheer volume of messages, which often included unsolicited or explicit content. Many women also reported feeling unsafe due to harassment, threats, and offensive messages. • For Men: On the contrary, men reported feeling insecure due to receiving fewer messages than they anticipated. This insecurity was echoed across 55% of all respondents, who expressed concerns about not meeting perceived expectations for message volume. Trust and Safety Concerns The study underscores trust issues, particularly for women, who are disproportionately affected by harassment and explicit messaging on these platforms. This imbalance contributes to a gender skew, with over 76% of dating app users being male. Such dominance can be attributed to women's reluctance to engage fully due to safety concerns. Positive Impacts Despite these challenges, dating apps have eased the process of finding potential partners for some users. Approximately four in ten adults reported that these platforms simplified

their search for a future partner. However, skepticism about the effectiveness of dating algorithms in fostering genuine emotional connections remains widespread.

Research Methodology Objective The objective of this research was to explore how technology influences communication, trust, and emotional connection in modern relationships. The study aimed to gather primary data on individuals' perceptions and experiences with digital tools, such as social media and dating apps, within their personal relationships.

Research Design A quantitative approach was adopted for this study, utilizing an online survey to collect data from participants. The survey method was chosen for its efficiency in gathering insights from a diverse group of respondents across different demographics.

Survey Instrument The survey consisted of multiple-choice and scaled-response questions designed to address key themes:

1. **Communication:** How often participants use technology to interact with their partners and whether it enhances or hinders their conversations.
2. **Trust:** Participants' perceptions of privacy, online surveillance, and the impact of digital interactions on trust within their relationships.
3. **Emotional Connection:** The role of technology in fostering or eroding intimacy and emotional closeness.

Data Collection The survey was distributed via online platforms, ensuring accessibility to a wide audience. Participants were anonymous to encourage honest responses. Key details include:

- **Sample Size:** Approximately 140
- **Demographics:** Participants ranged in age, gender, and relationship status to capture a holistic view of technology's impact on relationships.
- **Duration:** Data collection took place over 1 month

Data Analysis The responses were compiled and analyzed using descriptive statistics to identify patterns and trends. Key metrics included:

- Frequency of technology use in communication.
- Levels of trust associated with online interactions.
- Perceived impact of technology on emotional connection.

Limitations While the survey provided valuable insights, certain limitations were noted:

1. The sample size may not be fully representative of the broader population.
2. Responses may reflect self-reported biases or inaccuracies.
3. The study focused on general trends and did not account for cultural or regional variations.

Analysis Results The findings from the literature and survey results showed how technology influences modern relationships particularly trust, communication and emotional connection.

1. **Technology's impact on Communication:**
 - Positive Effects:** Technology simplifies communication, especially for couples who are in long-distance relationships. Social media applications, video calls and fast messaging services provide real-time connectivity, helping couples meet their emotional needs. As observed by Cole et al. [1] and Abbasi et al. [2], these are tools that foster relationship maintenance by providing frequent and easy interaction. Survey participants highlighted that technology allowed them to stay connected and share daily experiences despite having physical separation.
 - Negative Effects:** Even though technology has its benefits, technology-mediated communication lacks

1the richness of face-to-face interactions particularly the **non-verbal cues** like **tone and**

gestures etc. As Hertlein [3] stated the limitation of face-to-face interaction may lead to reduced emotional intimacy and miscommunication. The same result was seen in the survey as respondents reported misunderstandings due to text-based conversations.

2. **Technology and Trust:**
 - Positive Impact on Trust:** Trust can be enhanced by the use of digital platforms by promoting transparency through tools like location tracking and calendar sharing [4]. Quite a similar response was seen in the survey as respondents showed that such tools gave reassurance, particularly in long-distance relationships. It was also noted by Chan [5] that frequent communication improved trust and it was supported by the survey participants who valued these technologies for their accountability.
 - Negative Impact on Trust:** On the other hand, the same technology can erode trust. Marshall [6] discussed social media surveillance, saying that it causes jealousy and mistrust which was supported by the survey participants who experienced conflicts due to excessive online monitoring. Another major concern was pointed out by Abbasi and Dibble [2] that platforms like Facebook facilitate flirtations outside relationships. A lot of the survey respondents also reported feeling

insecure about their partners' social media interactions. 3. Commitment in Relationships: Abbasi and Clayton [7] found a correlation between excessive use of social media and reduced relationship commitment. Commitment is tied to communication quality and relational focus which can be reduced by the distraction caused by social media as observed by Bradbury and Karney [8]. The survey also confirmed the correlation and observation as the participants heavily engaged on social media felt emotionally distant from their partners. 4. Online Dating Platforms: Success Factors: Romantic connections have changed drastically over the years due to online dating apps which offer convenient and advanced matchmaking algorithms [5]. Survey participants reported that the ease of finding potential partners was a major benefit of dating apps. Apps like Tinder and Bumble also remove the geographical constraint, making them extremely popular among teenagers. [5] Challenges: Despite the multiple benefits, these dating platforms do have issues concerning safety and authenticity. Women, in particular, have reported harassment reflecting the trends noticed by Chan [5]. The survey also highlighted issues about misrepresentations where online profiles didn't match real-life interaction. Discussion of Results Communication Quality: The survey results and literature agree that technology greatly improves communication in relationships. However, the limitations of TMC can lead to misunderstandings and reduce emotional intimacy. As Hertlein [3] emphasizes, technology should be viewed as an assistant instead of a replacement for face-to-face interaction. Trust Dynamics: While technology can promote transparency via communication it can also erode trust via digital surveillance and cyber-infidelity. Similar trends are seen in the survey where respondents reported jealousy and monitoring as common issues. Couples need clear boundaries for technology use to maintain trust as told by Marshall [6] and Lumpkin [9]. Commitment Challenges: The survey and Abbasi's [2] research both showed the need for couples to prioritize physical interaction over digital to gain emotional intimacy and commitment. As partners may become detached or distracted due to high usage of social media, it can cause reduced commitment in relationships. Online Dating Apps: Dating apps may be very convenient in finding a match but they still have issues regarding authenticity and safety. The Literature by Chan [5] and survey responses shed light on the dual-edged nature of such apps. The findings by Whitty [10] and the participants reporting's have shown the importance of designing safer and more inclusive dating apps. Conclusion Technology has changed how relationships function in modern society. Features like text messaging and video calling have eased communication, allowing for more convenience and comfort between partners. This has also bridged gaps, helping couples connect in a way which previously would not have been possible. Trust and communication are exclusively increased through such features. However, it is important to note that over-reliance on technology has proven to harm relationships too. Jealousy and insecurity, two emotions which damage healthy relationships are more common in online relationships due to their nature of constant connection with your partner. To avoid such issues, it is important to set boundaries with your partner and make sure your privacy is not invaded through the means of technology - only then can the relationship grow in a healthy manner. Similarly, dating apps like Bumble and Tinder, while they have eased the process of finding a potential 'match', they are also a source of harassment and online bullying which deeply affects individuals in this era. Therefore, it is important to find a balance and to use technology as a means of connecting with your partner but not let it become the only means for your relationship. This will help foster a healthy relationship without taking away the comfort, safety and happiness that people seek relationships for. References [1] I. S. Abbasi and N. G. Alghamdi, "The pursuit of romantic alternatives online: Social media friends as potential alternatives," *J. Sex Marital Ther.*, vol. 44, no. 1, pp. 16–28, 2017. [Online]. [2] I. S. Abbasi and J. L. Dibble, "The role of online infidelity behaviors in the link between mental illness and social media intrusion," *Social Sci. Comput. Rev.*, 2019. [Online]. [3] S. Lumpkin, "Can Facebook ruin your marriage?" *ABC World News*, 2012. [Online]. 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