

## **Social Conditions & Causality: Secondary Research**

### **ARTICLE 1**

#### **SOCIAL CONDITIONS:**

- people have less face-to-face social interaction with neighbors
  - CAUSE: lengthy working days, long commutes, both parents work
  - CONSEQUENCES:
    - lose personal interaction
    - bad for your health; people surrounded by tight-knit group of friends live 15 years longer
    - lose skill of making friendly conversation with people who are different from you; neighbors are people you didn't choose to have a relationship with
    - lose good habits of compromise
    - bad for politics: people can't make decisions with people who are different than them or people who are not close to them
- people have occasional sense of community
  - CAUSE: sports teams loyalties
- people work to separate themselves from relationships and social norms that restrict them
  - CAUSE: talking to people who are different than us, or people who we aren't close with, is uncomfortable
- people live alone with vibrant social networks of like-minded souls ("networked individualization")
  - CAUSE: desire for comfort
- people consider a good neighbor to be someone who doesn't bother them
  - CAUSE: digital era allows for more autonomy and less uncomfortable encounters with strangers
- people divide their attention between those dearest to them, and those who think like them
  - CONSEQUENCE: in-person relationships moved online can disappear in 18 months
- 150 people is the size of network that humans can handle (the max capacity for meaningful relationships)
- greater mutual ignorance than a generation ago between people who live in close proximity
  - CONSEQUENCE: bad politics, due to no habit of compromise

### **ARTICLE 2**

#### **SOCIAL CONDITIONS:**

- patients can be truly engaged with their health as the care gap between doctors & patients is closed

- CAUSE: app “PatientReach Mobile” allows easy, convenient, and secure communication between doctor and patient outside of the office

### **ARTICLE 3**

#### **SOCIAL CONDITIONS:**

- 7/10 people ages 18-31 can’t go longer than an hour without checking their phones (2012 survey)
  - CAUSE: smartphone compulsion is a learned behavior; the more you reinforce it, the more it becomes an obsession
- couples carrying smartphones while conversing feel less empathy and have lower quality relationships (2012 British survey)
  - CAUSE: you’re never alone because smartphone is “megaphone to broader conversational audiences”
- relationships have increased levels of worry
  - CAUSE: abbreviated nature of texts leads to misinterpretation of what isn’t sent rather than what is
- people don’t enjoy listening to other people’s stories and don’t ask good questions while listening; people follow partners on social media
  - CAUSE: they already saw an abbreviated version of the story on social media, so hearing it is not exciting
  - CONSEQUENCE: less satisfaction and less intimacy in relationships
- people check their phones in a situation of distress
  - CAUSE: brain is trying to find psychological comfort in a scenario that’s physically difficult to control
- people daily experience “smartphone time warp”
  - CAUSE: smartphone tasks are so quick, brain doesn’t register them as time spent; micro-accomplishments intensify urge to check smartphone
- increased excitement and commitment when planning trips
  - CAUSE: storyboard of ideas on Pinterest
- enjoy quick funny moments with partner throughout the day
  - CAUSE: Snapchat (more visual than texts)
- enjoy quality time while apart
  - CAUSE: scheduled Skype/FaceTime dates

### **ARTICLE 4**

#### **SURVEY RESULTS/WHAT PEOPLE THINK ABOUT SOCIAL CONDITIONS:**

- technology allows people to easily access their spouse in emergency situations
- texting: potential to misinterpret messages
  - CONSEQUENCE: barriers in problem solving and intimacy development
- couples stay engaged and discuss concerns/responsibilities throughout the day
- technology helps people meet like-minded people

- technology makes people get to know people quickly and easily
- texting gives people time to think before typing and to fully explain themselves to manage conflict
- technology reduces anxiety during difficult situations
- technology is accessible and quick, allowing people to maintain long distance relationships
- technology is impersonal and allows people to hide beyond technology; removes risk and pain, gives easy outs
  - CONSEQUENCE: reduces social skills
- technology is distancing
  - CONSEQUENCES:
    - trust issues
    - lack of boundaries

## **ARTICLE 5**

### **RANDOM INFORMATION:**

- individuals are embedded in social networks in which they communicate with others in their daily lives
- smooth face-to-face communication is the key to maintaining networks
- indicator of smooth communication: similarity of body movements
  - estimate smoothness of communication by measuring synchronization of body movements
- temporal and spatial changes in body movements alter social networks

## **ARTICLE 6**

### **SOCIAL CONDITIONS:**

- internet users spend more time on social media than any other type of site
  - CONSEQUENCE: too much use of internet to seek information leads to decrease in creativity, concentration span, and originality of thought
- people portray fake happiness on social media to build their image
  - CONSEQUENCE: narcissism
- people are obsessed with updating their virtual world of fake identities and fake intimacies
  - CONSEQUENCE: decreased communication in real world
- people use an abbreviated language on social media
  - CONSEQUENCE: affecting kind of language we use in informal and formal written communication; students forget real worlds
- people are constantly building their social networks
  - CONSEQUENCE: people have weaker inter-personal relations

## ARTICLE 7

### RANDOM INFORMATION:

- the public realm is a vital component of civil society because it minimizes segregation of citizens along traditional lines of differences (values, opinions, gender, race, ethnicity, and life stage)
- exposure to diversity is the cornerstone of deliberate democracy; public settings foster this through unintended encounters with others which leads to sharing information, exposure to alternative viewpoints, and curiosity about new topics; public settings are a fundamental requirement for a well-functioning system of free expression
- absent presence: socially removed from physical surroundings through use of communication technology; because technology is dialogic, not one-way like newspapers, it's more consuming
- forms of mobile-media interaction:
  - logistical/instrumental/coordination of daily activities
  - relational/expressive/maintain personal relationships and self-presentation
  - informational

### SOCIAL CONDITIONS:

- people are more highly individualized
  - CAUSE: technology is selective technologically and socially
  - CONSEQUENCE: people lose skills of conversing with people who are different from them
- using phones for coordination and information leads to increased conversations with strangers in public settings
  - CAUSE: aware of surroundings, thinking about new ideas
- using phones for relational uses leads people to detract from strangers in public settings
  - CAUSE: mobile phones favor depth in intimate relationships at expense of breadth/relationships with strangers
  - CONSEQUENCE: we need diverse social interaction with strangers for our society to function
- phones allow mediated connections, which inhibit opportunities for conversation among strangers
  - CAUSE: phones connect you to a dialogue with anyone anytime
  - CONSEQUENCE: not open, not active, & not diverse civil society

## ARTICLE 8

### SOCIAL CONDITIONS:

- US Citizens have lost the ability to focus. Attention span is decreasing. From 12 minutes 10 years ago to 5 minutes today.
  - CAUSE: Cause: A one second delay in page load time can result in 11% fewer page views, 16% decreased customer satisfaction and 7% lost conversions. (study)

- CAUSE: Older people have longer attention spans than younger people.
- (study)
- CAUSE: In depth analysis is being diminished by instant access to computers and online platforms. “Digital technologies do more to distract students than to help them academically.”

## ARTICLE 9

### SOCIAL CONDITIONS:

- The Internet has a negative effect on the brain. It promotes cursory reading, hurried and distracted thinking, and superficial learning
  - CAUSE: Easy access to information is turning users into shallow thinkers
  - CAUSE: Internet access changes the structures of our brains
  - CAUSE: Easy access to information is turning users into shallow thinkers
  - CAUSE: Internet with it's disruptive nature, weakens comprehension skills (study)
  - CAUSE: We can't learn well. When the cognitive load exceeds our mind's ability to process and store it, we're unable to retain the information or to draw connections with other memories. We can't translate the new material into conceptual knowledge. Our ability to learn suffers, and our understanding remains weak.
  - CAUSE: Lower productivity levels. Every time we shift our attention, the brain has to reorient itself, further taxing our mental resources. Many studies have shown that switching between just two tasks can add substantially to our cognitive load, impeding our thinking and increasing the likelihood that we'll overlook or misinterpret important information.
  - CONSEQUENCE: We are conditioned to interruptions: We want to be interrupted, because each interruption—email, tweet, instant message, RSS headline—brings us a valuable piece of information.
  - CONSEQUENCE: Social Isolation: To turn off these alerts is to risk feeling out of touch or even socially isolated.
  - CONSEQUENCE: Emphasis on the NOW: The stream of new information also plays to our natural tendency to overemphasize the immediate. We crave the new even when we know it's trivial.
  - CAUSE: Overexercising of the neural circuits: We're exercising the neural circuits devoted to skimming and multitasking while ignoring those used for reading and thinking deeply.
  - CAUSE: Web browsing strengthens brain functions related to fast-paced problem-solving.
  - CAUSE: High distraction levels due to multitasking (study)

## ARTICLE 10

### SOCIAL CONDITIONS:

- Internet rewires the brain
  - CAUSE: The Internet may give you an addict's brain with physical and mental withdrawal symptoms. (study)
  - CAUSE: The Internet make you feel more lonely and jealous.
  - CONSEQUENCE: Social media complicates interpersonal relationships in that it can seduce the user into thinking that online and in-person communication are the same.
  - CAUSE: Internet use may heighten suicide risk in certain teens.
  - CAUSE: Memory problems may be more likely with high internet users
  - CAUSE: In moderation, the Internet can actually boost brain function.

## **ARTICLE 11**

### **SOCIAL CONDITIONS:**

- Internet usage encourages multitasking which is harmful to individual development.
  - CAUSE: Heavy media multitaskers performed worse on a test of task-switching ability, likely due to reduced ability to filter out interference from the irrelevant task set.

## **ARTICLE 12**

### **SOCIAL CONDITIONS:**

- As society become more complex, the world is left with an increasing need for social collaboration. Our reliance on each other grows as societies became more complex, interconnected, and specialized. Connection is a prerequisite for survival, physically and emotionally.
- Our need for survival through connection plays out through every successful social technology.
  - CAUSE: Collaboration and teamwork allow us control our environment
  - CAUSE: Reciprocal and trusting relationships create effective collaboration
  - CAUSE: Social comparison establishes organizational structure, leadership and order
  - CAUSE: Social validation and social identity maintain emotional engagement and enhance attachment to our mates and our group
  - CAUSE: Competence contributes to the survival of our group and our sense of security and safety

## **ARTICLE 13**

### **SOCIAL CONSEQUENCE:**

- CONSEQUENCE: People fail to look at others upon passing. It causes feelings of disconnect: People who had gotten eye contact from the research assistant, with or without a smile, felt less disconnected than people who had been looked at as if they weren't there (study).

## ARTICLE 14

### SOCIAL CONDITIONS: SOCIAL CONDITIONS:

- People can not stop looking at their phones! Smartphone Compulsion
  - CAUSE: Seven out of 10 people between the ages of 18 and 34 can't go longer than an hour without checking their phones (study)
  - CAUSE: Smartphone compulsion is a learned behavior, and the more you reinforce that behavior, the more likely it is to become an obsession. The good news is that reversing the compulsion is also a learned behavior. It's about using the smartphone in a smart way.

## ARTICLE 15

### SOCIAL CONDITIONS:

- Social interaction is on a decline because of constant use of technology in the public realm.
  - CAUSE: Lack of social interaction in the public place encourages segregation of citizens along traditional lines of difference such as values, opinions, gender, race, ethnicity, and life stage.
  - CAUSE: Lack of free expression: Social encounters is important because they may lead to the sharing of information, exposure to alternative viewpoints, and curiosity about new topics resulting in further investigation of them. Unplanned exposure to information and views is a fundamental requirement for a well-functioning system of free expression.
  - CAUSE: Mobile communication affects the frequency with which one engages in conversation with strangers in public settings: the mobile phone tips the balance in the favor of the intimate sphere of friends and family.
  - CONSEQUENCE: In a situation where there otherwise might have been the opportunity for talking with a stranger (e.g., waiting for a bus or standing in a checkout line), we can instead gossip, flirt, or joke with friends, intimates, or family members.
- People talk with strangers less with heavy mobile usage
  - Unless: We anticipate that the more one utilizes mobile communication for purposes of coordination, the more likely one will be to engage in conversations with others in public settings
  - CAUSE: lack of open public dialogue. Intensive mobile-mediated contact among friends, family, and intimates hinders open public dialogue among autonomous individuals, thus replacing this basic element of civil society with small enclaves of strong network ties, which he characterizes as monadic clusters.

- CAUSE: social withdraw. Mobile communication contributes to a form of social withdrawal, characterized by the primacy of maintaining existing close relationships over developing new ones. That frequent relational use of mobile telephony will be associated with fewer interactions with strangers over time



## REFERENCES (APA format)

### ARTICLE 1:

Bethune, B. (2014). The end of neighbours. *Maclean's*, 127(32), 40-43.

### ARTICLE 2:

New Mobile App Uses Secure Technology to Connect Patients with their Doctors. (n.d). (Aug 6, 2014), p. n/a

### ARTICLE 3:

KITA, P. (2014). LESS TEXT MORE SEX. *Men's Health* (10544836), 29(4), 84-85.

### ARTICLE 4:

Hertlein, K. (n.d). Advantages and Disadvantages of Technology in Relationships: Findings from an Open-Ended Survey. vol. 19, no. 11 (Mar 17, 2014), p. 1-11

### ARTICLE 5:

Higo, N., Ogawa, K., Minemura, J., Xu, B., Nozawa, T., Ogata, T., & ... Miyake, Y. (2014). Interpersonal Similarity between Body Movements in Face-To-Face Communication in Daily Life. *Plos ONE*, 9(7), 1-10. doi:10.1371/journal.pone.0102019

### ARTICLE 6:

Bala, K. (2014). SOCIAL MEDIA AND CHANGING COMMUNICATION PATTERNS. *Global Media Journal: Indian Edition*, 5(1), 1-6.

### ARTICLE 7:

Campbell, S. W., & Kwak, N. (2011). Mobile Communication and Civil Society: Linking Patterns and Places of Use to Engagement with Others in Public. *Human Communication Research*, 37(2), 207-222. doi:10.1111/j.1468-2958.2010.01399.x

### ARTICLE 8:

Plumridge, N. (2013). Is the Internet Destroying our Attention Span? Retrieved October 20, 2014, from <http://psychminds.com/is-the-internet-destroying-our-attentions-span/>.

### ARTICLE 9:

Carr, C. (2010). Author Nicholas Carr: The Web Shatters Focus, Rewires Brains. Retrieved October 21, 2014, from [http://www.wired.com/2010/05/ff\\_nicholas\\_carr/all/](http://www.wired.com/2010/05/ff_nicholas_carr/all/).

### ARTICLE 10:

(2013). This Is How The Internet Is Rewiring Your Brain. Retrieved October 21, 2014, from [http://www.huffingtonpost.com/2013/10/30/shocking-ways-internet-rewires-brain\\_n\\_4136942.html](http://www.huffingtonpost.com/2013/10/30/shocking-ways-internet-rewires-brain_n_4136942.html)

ARTICLE 11:

Ophir E., Nass C., Wagner A. D. (2009) Cognitive Control in Media Multitaskers. Retrieved October 21, 2014, from

<http://www.pnas.org/content/106/37/15583.abstract?sid=113b39d8-d0b5-4f46-b2a5-362ee79d0b61>

ARTICLE 12:

Rutledge, P. (2011). Social Networks: What Maslow Misses. Retrieved Nov 8, 2014, from

<http://www.psychologytoday.com/blog/positively-media/201111/social-networks-what-maslow-misses-0>

ARTICLE 13:

<http://www.sciencedaily.com/releases/2012/01/120125132814.htm>

E. D. Wesselmann, F. D. Cardoso, S. Slater, K. D. Williams. To Be Looked at as Though Air: Civil Attention Matters. Psychological Science, 2012; DOI:10.1177/0956797611427921

ARTICLE 14:

[https://word.office.live.com/wv/WordView.aspx?FBsrc=https%3A%2F%2Fwww.facebook.com%2Fdownload%2Ffile\\_preview.php%3Fid%3D563748873726722%26time%3D1414039269%26metadata&access\\_token=607660010%3AAVKZC2D0j7n5hRksezzovucx1j54Sw9SaBouQzycVIOkTw&title=less+text+more+sex.docx](https://word.office.live.com/wv/WordView.aspx?FBsrc=https%3A%2F%2Fwww.facebook.com%2Fdownload%2Ffile_preview.php%3Fid%3D563748873726722%26time%3D1414039269%26metadata&access_token=607660010%3AAVKZC2D0j7n5hRksezzovucx1j54Sw9SaBouQzycVIOkTw&title=less+text+more+sex.docx)

ARTICLE 15:

[https://attachment.fbsbx.com/file\\_download.php?id=1522320314675099&cid=AStczxxOGDuYOLx--X3GTPGKCMbqxJYhYTRh\\_nE8j7IHEzdCxV4K4ZqoiwKwNWW1vzM&inline=1&ext=1414027280&hash=AStXNQmSaC21EivT](https://attachment.fbsbx.com/file_download.php?id=1522320314675099&cid=AStczxxOGDuYOLx--X3GTPGKCMbqxJYhYTRh_nE8j7IHEzdCxV4K4ZqoiwKwNWW1vzM&inline=1&ext=1414027280&hash=AStXNQmSaC21EivT)