**How digital social interaction changes social relationships**

——Read "Reconstructing Relationships: The Essence of Digital Socialization"

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"Reconstructing Relationships: The Essence of Digital Sociality": written by Qiu Zeqi; published by Peking University Press.

We are living in an unprecedented era of "ubiquitous connectivity": communication software is active day and night, the circle of friends is constantly updated, and chatting, video, likes, forwarding and live broadcast interactions have become common ways of communication and interaction. The flow of information is everywhere, and interpersonal relationships have also broken through the limitations of time and space. Digital technology has not only changed the way we communicate, but also reshaped our understanding of relationships.

In many discussions about digital social interaction, people always mention "phone-down tribe", which is often seen as a symbol of the degeneration of interpersonal relationships. However, in the book "Reconstructing Relationships: The Essence of Digital Social Interaction" (hereinafter referred to as "Reconstructing Relationships"), the author Qiu Zeqi did not rashly "label". He raised a more fundamental question from a sociological perspective: Is group nature a social attribute of human beings? If so, can digital connection become an optional path to achieve group nature? Furthermore, how can people reconstruct the relationship between individuals and society based on digital social interaction?

The author starts with the most trivial and real life - a retired mother forwarding a large number of links in the family group, a grandmother who went to the city to take care of her grandchildren learned to scan code payment in the WeChat group, grassroots police used social software to help the masses find lost children, a product manager who left the big city re-adapted to the "slow life" in his hometown, and a young mother was troubled by education problems in the parent group... These specific cases were carefully disassembled by the author, revealing a complete and profound sociological logic behind them. He told us: digital social interaction is not just a simple "communication convenience", but a reconstruction of a relationship, a profound change in the way the self interacts with society.

In the book Reconstructing Relationships, the author systematically reveals how digital technology fundamentally reconstructs the logic of four types of social relationships: family, friends, work, and life. In family relationships, digital media makes intimate relationships mediatized, self-centered, and one-dimensional, and the "digital feedback" of young people to the elderly has become the norm; in friendships, digital connections break through the limitations of physical space, so that friends are no longer limited to people around, but digital nodes that are precisely matched based on interests, scenarios, and algorithms, showing new characteristics of transience, one-dimensionality, and spirituality; in work relationships, digital technology breaks the inherent boundaries between positions and tasks, organizations, and individuals, so that individuals are no longer just passive position bearers, but become organizers and connectors of tasks, realizing the transformation from "organizations absorbing people" to "people organizing tasks"; in life relationships, digital life allows the individual's social space to break through the physical boundaries of embodied existence, and life relationships extend from family, friends, and work relationships to become a place for individual self-cognition, spiritual construction, and meaning pursuit. The reconstruction of the four types of relationships indicates that individuals, with the support of digital technology, actively organize relationships, define themselves, and construct society.

"Reconstructing Relationships" is a sociological work that thinks slowly, is deeply rooted in Chinese experience, and integrates academic speculation and reality observation. It is a scholar's calm and affectionate gaze in the digital torrent. Digital social interaction will not disappear, it will only penetrate deeper and deeper into our lives, allowing individuals to gain greater initiative and possibilities. "Reconstructing Relationships" reminds us that understanding the digital society is not only about understanding an era of technological change, but also about understanding how we can become social people again. This is not only a sociological work, but also a mirror that reflects our current situation, guiding us to stay awake and find direction in the digital torrent, and understand the position and meaning of people in the digital society.

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