Recently in my home county of Los Angeles there was rollout of a 1 billion dollar plan that aims to provide every teacher and student with an iPad that is meant to enhance the way they conduct classes and learn information. Technologies allow businesses to flourish due to their connectivity and capabilities of advertising and delivering their services, all across the world.

With the advent of the Internet, we now regularly see online college courses being offered. What we may be losing sight of in all of this instant connectivity and opportunity are the principles of social interactions that led us here in the first place. People are becoming blinded and “cocooned” by the technologies that are meant to make their lives easier.

Games require an intense amount of immersion as they require you to devote a number of your sense entirely to them, and social networks are a large factor in people losing a sense of reality because they feel like they are connected to their friends and family, but in reality they are not generally exchanging meaningful, in-depth information that could be classified as a healthy conversation.

While something like a computer can have so many beneficial uses, people instead choose to use them to check social networks or play games.

Yet these same people find themselves stuck in a pattern in which communication via ICT leads to poor performance and neglect of responsibilities, loss of sleep, and less personal communication. This elevates their stress levels and causes them to seek social support from the way they prefer – technologies.

many will openly admit they prefer these methods despite also admitting they know face-to-face interaction is the best support to help stress. This creates an unhealthy, looping cycle of behavior in which the person uses technology to help cope with their added, perceived stresses

In our world today, everything has become automated via use of technologies and this has caused a change in social interactions on a daily basis compared to when people would go out into the world in the past. Gordon (1990) also referenced this notion he called “cocooning” in which technology causes people to stay close to home and not interact much with the outside world because they feel they now have access to a majority of what they need at their home. People now have opportunities that didn’t exist in the past to access entertainment and shop from home. Businesses now use this automation provided by technologies to replace workers. All of this leads to the notion that all parties of users of technologies seem to be trying to keep their interaction with other people to a minimum.