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### Impact of Technology on Interpersonal Communication and Social Relationships

Machines cannot lie, but humans do. The machines are programmed to perform only specific tasks which a developer codes. Although the development of technology has considerably improved our lifestyle, it blocks people to see truths and makes them to believe and make a decision from just looking at a piece of information on the Internet. The Internet is an important medium which people use to communicate and keep relationships with others. There are various Internet communication tools that authorize them to do many communicative activities on the network such as Facebook, Twitter, and Snapchat. It is amazing how someone can find lost friends through the social network sites. However, technology has changed communication in its own paths, and some changes are not for the better lives and well-being of humans. Technology causes negative consequences in term of interaction, such as social isolation, cyberbullying, detrimental effects in the classroom, and reduction of family time.

For most of us, computers and cell phones are used in many fields. From students to teachers, engineers, doctors, government organizations, they all utilize them to perform and finish specific tasks, such as research and office work. It is hard to imagine our lives being without this innovation. Jenna Wortham, who wrote the article “I Had a Nice Time with You Tonight On the App,” says, “As more and more of my daily interactions with friends, colleagues and family happen through a screen.” Wortham affirms from her experience that social

applications heighten her desire for real meeting (396). Nevertheless, the same result does not happen with everyone. Although technology can help people who have the same as Wortham's situation, it swallows the meaningfulness of interactions that a person has with others. Sherry Turkle emphasizes this problem in her writing "No Need to Call," that individuals need to hide behind their cell phones and avatars versus face-to-face conversation. In one of Turkle's interviews, Audrey says that "Face-to-face conversations happen way less than they did before. It's always, 'Oh, talk to you online'" From this, she suggests that things happen online that "should happen in person" (373-379). Some people associate more with cyber friends rather than with their actual friends. This circumstance affects the people's self-esteem and their perceptions of others. Some people might feel like an outcast in their own community but might find a person online to fulfill their social requirements. They have difficulty to find a partner for a collaborative activity. Furthermore, sometimes they sit alone at lunch and play with a smartphone which takes the place of their friends. Technology leads them to a sense of seclusion in society and disconnects them from the world around them.

The Internet allows users to explore and commune with others in a network society behind an avatar without providing their personal details. However, it gives different experiences from face-to-face conversation. In addition, some people tend to behave in completely unusual ways. Although everyone knows these devices themselves cannot hurt anyone, people always blame them for cyberbullying. There are many social media sites that can be used for negative purposes, such as distribution of harmful, unauthorized or embarrassing information about another person. Unfortunately, these tools can be used to hurt other people. Cyberbullying can happen any time of the day or night, even when someone is sleeping. Surprisingly, a large population of children and teenagers are victims and get affected by cyberbullying in the United

States. In a November 2016 survey of almost six thousand students, ages twelve to seventeen years, administered by Justin W. Patchin, a researcher at the Cyberbullying Research Center “Cyberbullying Victimization,” 33.8 percent said that they had been cyberbullied. Among the same sample group, 22.5 percent of students reported they encountered mean or harmful comments online. As a consequence, many of the teenagers committed suicide after experiencing cyberbullying, according to Alison Auld, a journalist with the Canadian Press, in the article “The Links Between Cyberbullying and Suicide Are Oversimplified.” For instance, the suicide of 17-year-old Rehtaeh Parsons reportedly related to sexual humiliation and cyberbullying. She was harassed after online distribution of photos of her allegedly being sexually assaulted. Her suicide encouraged legislation of a law in Nova Scotia, allowing victims to pursue defense from cyberbullying and to prosecute the perpetrator.

In school, educational tools and social media involve the learning experience by allowing students and teachers to stay in touch and interact for assistance and answering questions in convenient ways. Despite this benefit, according to Francisco Brannan, in “Pros and Cons of Social Media Usage for Students,” he argues that there are serious risks to using social media in the classroom. Brannan states that social media and cell phones can be a distraction from instructors and lectures and “There is always a possibility that the students will not use social media for educational purposes.” It has been seen often that students use sites to display their popularity to other students rather than use them as a medium to develop meaningful relationships with the other students. In some cases, Technology ruins face-to-face interaction between a student and a teacher. Many students see as appropriate to learn class materials from the Internet as an easier way that they can learn lessons for a test. Moreover, many online lectures that can play and pause sometimes are more comprehensive than sitting in a class. As a consequence, when

students run into an issue, their ability to solve a problem depends not on the knowledge that they question with teachers but on their capacity to search a place on the Internet where they can retrieve the answer to find a specific solution. The convenience of technology by the push of a button impacts students who have lost the old fashioned culture of the harder work and more become. Google and Wikipedia limit their knowledge of anything. Then, they will lack global knowledge which they can only gain from educators and good advisors, such as actual friends and instructors. Technology minimizes the amount of time that students actually spend in the company of other human beings who provide the knowledge which cannot be found on the Internet.

Social media and cyberspace can take away from face time between families. Some families do not have an opportunity to be together. It is convenient to keep in touch through technology. They all can use such social networks to connect and make them feel physically close. In contrast, in some families in which all members are together, but they feel they are in different worlds. For instance, dinner time is usually the main time of a day for all the family's members to come to share stories, discuss the day's events and talk about tomorrow. However, cyberspace brings undesirable effects if they are in the dining-room while some members are texting or paying attention to their cellphone instead of participating in group discussions. "Survey of nearly 100,000 teenagers across 25 states, a higher frequency of family dinners was associated with more positive values and a greater commitment to learning. Adolescents from homes having fewer family dinners were more likely to exhibit high-risk behaviors, including substance abuse, sexual activity, suicide attempts, violence, and academic problems," according to the Psychology Today article "Is Technology Fracturing Your Family?" by Gary Small, a Professor of Psychiatry. It does not matter to be together while all attentions are not there.

Technology has transformed the way we communicate with each other. Unfortunately, it has the potential to harm people's social interaction and social relationships. However, while technology supports maintaining relationships, it cannot substitute face-to-face communication. Although it builds relationships, it destroys them too. Technology also has created negative impacts indirectly, such as cyberbullying which kills many innocents while many people do not realize that, and they become a part of distribution by sharing harmful information. In order to fully connect with family members, it is important to see them in person regularly when a cellphone is not involved in the conversation. Using technology and media more and more instead of interacting with other people will create an emotional and social disconnect from the people you love and actually like you.

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Dinner is usually when people eat most of their daily veggie requirements, so it's usually more heart-healthy than other meals. But did you know it's also good for your noggin? According to a Psychology Today article, these get-togethers help strengthen the brain's frontal lobe, the area that deals with high mental functions. Family dinners also help alleviate daily stress everyone has, shielding the parts of our brain that deal with emotion and memory.