

Technoference

Are you **struggling**¹ to get your partner's attention because they are always looking at their phone? It sounds like a case of technoference. **Janet Sandford** investigates this modern **curse**² and how to **deal with**³ it.

60 PERCENT OF PEOPLE CHECK EMAILS IN THE BATHROOM, AN UNRELAXED 85 PERCENT CONTINUE TO CHECK WORK MAIL WHILE ON HOLIDAY.

To quote⁴ a line from a recent Samsung advert⁵, "I love my phone," and indeed⁶, many of us have formed a close bond with⁷ our mobile phones and other devices⁸, developing not only brand loyalty but emotional attachment⁹ and in some cases, compulsive use. If you think that does not apply to¹⁰ you just recall¹¹ the last time you left your phone at home, lost battery power and could not recharge¹² or worst of all¹³, thought you had lost your phone. Maybe it was akin to¹⁴ a panic attack – such reactions are typical of the high anxiety¹⁵ that accompanies addiction¹⁶. However, high dependency on¹⁷ our devices, particularly phones, as well as causing personal stress, can also impact negatively on¹⁸ personal relationships. While you are chatting online, you may well be ignoring your nearest and dearest¹⁹ in the same room.

Understanding the Issue

Back in 2016, B.T. McDaniel and S.M. Coyne wrote an article in the journal, *Psychology of Popular Media Culture*, entitled, *Technoference: The interference of technology in couple relationships and implications for women's personal and relational well-being*²⁰. In it, they defined technoference as "everyday intrusions²¹ and interruptions²² due to²³ technology devices." Their study surveyed 143 married or cohabiting²⁴ women, the majority²⁵ of whom reported the overuse²⁶ and/or intrusion of technological devices in the home affecting²⁷ conversation and

communication, mealtimes, and sexual relations. The negative effects were manifest in conflict, lower relationship and life

¹ to struggle *tə 'strʌɡl* zmagać się

² curse *kɜ:s* przekleństwo

³ to deal with sth *tə di:l wið 'sʌmθɪŋ* po/radzić sobie z czymś

⁴ to quote sth *tə kwəʊt 'sʌmθɪŋ* za/cytować coś

⁵ advert *'ædvɜ:t* reklama

⁶ indeed *ɪn'di:d* w rzeczy samej

⁷ bond with sth *bʌnd wið 'sʌmθɪŋ* więź z czymś

⁸ device *dɪ'vaɪs* urządzenie

⁹ attachment *ə'tætʃmənt* *tu:* przywiązanie

¹⁰ to apply to sb *tu ə'plai tə 'sʌmbədi* *tu:* dotyczyć kogoś

¹¹ to recall *tə rɪ'kɔ:l* przypominać sobie

¹² to recharge *tə ˌri:tʃɑ:dʒ* doładować (baterię)

¹³ worst of all *wɜ:st əv ɔ:l* co gorsza

¹⁴ akin to sth *ə'kin tə 'sʌmθɪŋ* zbliżony do czegoś

¹⁵ anxiety *æŋ'zaɪəti* niepokój

¹⁶ addiction *ə'dɪkʃn* uzależnienie

¹⁷ dependency on sth *dɪ'pendənsi ɒn 'sʌmθɪŋ* zależność od czegoś

¹⁸ impact on sth *'ɪmpækt ɒn 'sʌmθɪŋ* wpływ na coś

¹⁹ nearest and dearest *'ni:st ənd 'diərist* najbliżsi, czyjaś rodzina

²⁰ well-being *'wel bi:ɪŋ*; dobrostan, dobre samopoczucie

²¹ intrusion *ɪn'tru:ʒn* wtargnięcie, wtrącanie się, napór

²² interruption *ˌɪntə'rʌpʃn* przerywanie, przeszkadzanie

²³ due to sth *dju: tə 'sʌmθɪŋ* z powodu czegoś

²⁴ cohabiting *kəʊ'hæbɪtɪŋ* żyjący w konkubinacie

²⁵ majority *mə'dʒɔrəti* większość

²⁶ overuse *ˌəʊvə'ju:s* nadużywanie

²⁷ to affect sth *tə ə'fekt 'sʌmθɪŋ* wpływać na coś

