Smart Phones and Destabilization of Relationships

Ms.Anitha.B

Program Manager, Dept. of Social Work, AIMS IHE

Introduction

Man is a social animal, who's life is surrounded with people with out which he/she cannot find any interest in life. The feelings which bonds the people together can be termed as relationship. To sustain on healthy and long term relationship one needs constant love and care, which totally follows the principle of give and take. This will be the only one aspect which develops the intimacy between individuals. Earlier before 21st century the relationship was taken first place in everybodies priority lists as and then the technology has been developed the list got the greater surgery. Now the people are more attracted towards the digital world than the real world. They are more attached and worried about the meaningless online relationships in cost of real people around them.

Technoference is a term that is used to describe interference in personal relationships due to technology such as smart phones, computers, tablets, and other electrical devices. **In 2014, Brandon McDaniel and Sarah Coyne published their research with 143 women in married or committed relationships says 74% of the respondents commits that smart phones destructed their personal relationships and in the same study respondents are admitting that smart phones are filling the time of boredom. So from this study we can say people prefer to spend their boring time with material for refreshing themselves where they forgetting that refreshment should lead to reenergising themselves towards their life rather than reducing it.**

People are obsessed over how our lives look to others through digital glasses rather than how it is significant for the present moment.Any relationships starts with and binds with two things i.e. love and trust. this can happen between any people, at any place, at any time and through anything like digital media. But to sustain with those relationship the expression and exchange of those needs should happen with both of their physical presence.

Smart phone to go with the word meaning is the digital communication media with smart features. **what do you mean by Smartness?** general answer for this might be **"intelligence as manifested in being quick and witty."** **the word meaning of** smartness in terms of phones explains about the outlook, picture quality and handy features(light weight), if it is so it can be understood that it is smart looking phone. People with smart phones often complain about the usage of it. In its contrast again these smart phones are used by men not by any machine, to use the applications of the same here men needs to be smarter. Elder people with lesser knowledge on smart phone feel its complicated and its usage is not relevant. Again there will be so many inbuilt applications which were not generally used. In spite of all these disadvantages, smart phones are created with the objective of making our communication easy, to increase productivity, reduce stress and to have better work life balance. but its exhaustive or an addiction on it(WHO groups it under behavioural addiction) lead to a damaged life cycle. Many breakups are happening between the couples, children were found with motor and optical sensory problems, behavioural problems in adolescents and hurdles in parent-children relationship etc., are the evidences for its negative shade.

Advocate **Revathy Rohira**, a divorce specialist, the founder of Matrimonial Law Chambers in one of her public speak says "Smartphones have taken over the lives of not just IT guys or upper middle class people, small businessmen and petty shop owners too are affected. she also narrates the case where the man complained that his wife was so obsessed with WhatsApp that she used it even when they were in intimate relationship**(Daily news and analysis , march 2014).**

The communication through digital media is sabotaging the real communication. Effective or a successful communication uses observation and eye contact as more important skills and techniques to understand the client. Here in the digital media our emotions will be predicted through emoticons showing smiles, hearts etc., but we really don't know are they replicating the same emotions of the people who sending it. This is where social media gets dicey.

People are more attentive to the mobile beeps than their heart beats of their people. Even people at their important and serious discussion they can not stop themselves from seeing their cell phones for every fraction of a minute. It has become addiction to the people. The people have their phones in between sitting at the opposite

side of the table busy in scrolling their mobile phones for no reason as if he/she is looking for some emergency or relevant points for discussion . It will be common seen even in the board room meetings.

People believe more the imaginary world and their imaginary relationship rather than the real ones. Here is the real life incident.

The Father Mr. X is a father of two children was looking at the videos posted by his friends in his whatsup group on sunday at around 3.30pm the son ran and came to his dad and pulling his hand and says

Son-'dad dad come out and see what sister is doing'

Father- What is that don't disturb me, go and call your mammy

Son- again pulling his hand with the tears in his eyes, dad please come fast mummy is also not there, see the little one please....

Father - on sunday also I can't be peaceful. (same time he is posting smilies, thumbsup icons in the whatsup group) what is that why you are shouting like that. suddenly he realised the daughter is crying outside he rushed to see what happened. The baby was caught between the grills. Since mother has been to buy things for house and the dad was busy in his mobile children were waiting at the compound grill for the mother since the road was not clearly visible the 2yrs baby pushed her head into the grill which she couldn't able to taken it back.

By that time the cry of baby gathered the attention of neighbours, they rushed to help the baby. Then slowly with the help of his neighboursMr.X pulled her head out and feeling the victory. Here the incident shows how much people addicted to this digital media. with the above incident good and surprising thing is Mr. X had not tried of finding the ways or for a welder from the google! People finding the happiness with the imaginary world means that they never tasted with the real happiness. during 1980's and before of it children were considered as the wipers of worries. With any tension looking at the faces of children worries will vanish but now the children will be busy in playing video games and they didn't even realize the presence of their parents(many times parents also happy about their silence at home and they might be thankful for that smartphone).

 Smart phones have shrunk the world and has brought far way people closer while it has threatened to push the closer familial relationships apart. To enjoy its advantages smart phones has to be used with good judgment and should be able to prioritise its need and not compromise on spending quality time with the loved ones. The dangers of smart phones in destabilizing relationships is that it can lead to social isolation. When people substitute electronic relationships for physical ones it actually leads to a sense of social isolation. Excessive usage of smart phones leads to poor etiquette. People forget to acknowledge the person in front of you over a dining room rather send and get involved in the electronic deviced relationships over a chat or sending smiley. Emotional invisibility is the result of not attending to a conversation happening with you and It's as if the part of our nervous system that registers the feelings of others has been paralyzed or removed when we're communicating electronically, as if we're drunk and don't realize or don't care that our words are hurting others. Frequency in usage of smart phones should not hamper the key relationships in ones life. A person should be in a position to understand when to plug in and unplug the usage of smart phone so that that he can keep a balance between his relationships with family and his electronic relationships. he should be able to take control over the technology and his life so that he can rediscover the wonderful treasures that are buried deep within our mind.

By Concluding it can be said that smart phones are spoiling the life of the people who they think smart in technology usage but unfortunately they do not know their shorter and smarter life has been taken away from them. Man is by nature itself a social animal said by greater sociologist Professor Aristotle and he further explains that no man can live alone means man needs to be in their social relationship for to satisfy certain natural basic needs in order to survive and also says no man can break the shackles of mutual dependence. He also admits this begins perhaps between the embryo and the mother and continues till the last breath of the person. This smart phones breaking the law of nature which is admitted by the legendary sociologist Professor Aristotle . Until and unless people reconditioning themselves with actual social network rather than depending on the imaginary digital network they can't find the real sense of life. There are no technology found to bind the broken relationship its only the self lined biological software.

References

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