

Decline of Interpersonal Communication in the Technology Era

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The drop in interpersonal communication has acquired a worrying scale these days, even though people spend more time in social networks, prefer virtual diversities over joint activities, and generally become individualistic. It seems that the abuse of technologies on an everyday basis has distorted conventional ways of communication either in the professional or private spheres of life. It has become clear that the discussed novelties could create significant shifts in technological detachment from typical interpersonal communication to social patterns governed by smartphones, PCs, tablets, and other gadgets.

It is apparent that the impact of the Internet and mobile technologies has already affected the sense and purpose of human communication. In fact, the mentioned technologies are being regularly blamed for destroying the meaningfulness of human interactions. This causes the feeling of isolation in the current global society (Nilles, 2012). It is evident that new options for communication via messaging, emailing, and video chatting have created visible conveniences for people who are distanced from each other or tied up by business relationships of having constant connection between each other. However, the paradox results in the fact that the inventions that initially were created to facilitate interaction lead to the opposite effect of emerging limitations in interpersonal communication. New generations, for instance, millennials, are not used to spending time with friends face-to-face, instead choosing on-the-go messengers to keep themselves attached to social circles. The consequences of such a replacement are well-known in psychology. While interpersonal communication leads to the satisfaction of the psychological need of socialization, technologies often result in emotional stagnation, a frequent sense of anxiety, and the tendency to enter long-term depressive mental states.

According to the study by Emily Drago from Elon University, technological advancements have led to the apparent transformations in the way individuals communicate with each other. In the survey of 100 respondents from the Elon campus who had a smartphone or tablet, the results revealed that the duration of device usage was immensely long. Precisely, 60 percent of respondents indicated that they used their devices more than 4 hours a day, while 18 percent approved the time spent in front of the screens to be more than 8 hours (Drago, 2014). Analyzing the outcomes of communication via smartphones and tablets, it was concluded that most students were irritated when their relatives and friends use technologies in front of them, resorted to the constant holding of their device when moving around campus, and generally believed in the negative influence of technology on interpersonal communication. The evident degradation of the quality of conversations was revealed during field observations considering students who regularly used technologies in front of others (Drago, 2014). The conclusion came in the aftermath of analyzing daily communicative habits of Elon students in random interpersonal encounters with friends, behaviors during food consumption in the dining hall, and time spent in front of screens.

The impact of technologies on face-to-face communication can be said to be a negative one. The reliance on technologies in communication makes people dependent on convenience and portability, while the ability to engage in conversations personally degrades significantly as a result of a reduced ability to read emotional feedback from dialogue partners and invasive self-isolation supplemented with anxiety and alertness. Social detachment caused by technologies also dispels the charm of communication when looking at another person in the eyes. It is vital to maintain the human connection first and foremost, because depersonalization via technologies

can diminish the value of being human even further in spite of the increasing role of gadgets in day-to-day activities. There is the awareness about the long-lasting effects of the dramatic shift in communication in multiple spheres of life. For example, it is unclear whether employees are about to lose the ability to critically express their opinions to employers, whether the next generation of the technologically-affected can engage in face-to-face interaction adequately, or if it makes millennials unable to talk to their own children.

To sum up, the power of technology has indeed changed the way people communicate today on an interpersonal basis given the detachment effect caused by cutting-edge gadgets. The question of whether human communication stays as purposeful and sensual with the rising of technologies has been especially worrying for the past several decades. Technologies create the feeling of isolation and anxiety, still being the attractive replacement of time-consuming face-to-face conversations, so there are no reasons for people to resent such an attractive opportunity. Present studies focus on how technological advancement transforms the ways young people communicate these days, being the target population that justifies new patterns of social interactions. The majority of the youth prefer gadgets to warm and welcoming conversations with friends. It is also pitiful to admit that the magic of eye-to-eye dialogue could be lost entirely in the future considering the growing impact of technologies on the daily life of humanity.

## References

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