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SMART PHONES DISRUPT AND DISTRACT INTERPERSONAL COMMUNICATIONS AND PHYSICAL PRESENCE

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ABSTRACT

Smartphone users are generally made the man of this age seen less polite and attentive. The irony is that the mobiles are generally manufactured to improve the communications and relationships among men. But the modern tool is hampering the communications rather than building interpersonal relations. The mobile interaction leads to distraction from the physical presence of the distant communicators. Irrespective of the people's age, gender, or mood, they feel more empathy when smart phones are put away. On phones we they do not hear the nuances in their tone of voice or notice their body language. Even in the public places since people's mobile addiction causes serious accidents which is an increasing common sight of the modern society across the globe. There is a great need of self-monitoring to prioritize to respond on mobile communications else the society we face a serious threat.

1. Introduction

Today the rapid spread of modern technology tends to attract the huge masses of people across the globe. The use of updated technology on a smart phone has become a global phenomenon in the process of communication which is the latest trend. This paper tries to explore the negative effects of the smart phone communication on human relationships as well as on their attitude. Though they use these devices in a positive way, it impacts on negative side

which results to disrupt communications of people. As the global man becomes smart it effects his personal relationships and interpersonal communications as well as keeping them away from meeting each other on face to face which caused to laziness among the human community in the disguise of saving time and money. There is a need of further research on this topic.

Today's world technology has made communication more accessible as it is at hand since the invention of the little computers. But it impacts in a negative way in people's communications and relations. As the smartphone demands to communicate with a person from a distant place, it disrupts the individual communication, as the smartphone users prefer to talk to the man on the phone. Due to this unwelcoming, and unavoidable deviation, the mobile users lost their real relations as they forget their personal priorities. It further causes to hurt the persons in his presence who come to talk to him directly instead of using the mobile which results in negative emotions for his relations.

In olden days people were forced to communicate by speaking or writing. But today, on the contrary they are forced to speak on mobiles rather than the healthy ways of meeting and chatting. Unfortunately, today the video conferences, phone interviews, video chatting have become common phenomenon due to speed up communications. The smart phone users really loose the chance of facing real life situations which could be remained as sweet memories. Using these modern little computers are greatly damaging the real presence and the personal relation which is the real communication of a real person. Instead they become mere images on their little screen which creates panic to see their ghostly images on live telecasting.

.Nothing can kill relations faster than pulling out our smart phone, and now the research confirms this fact. It reveals the shadows using mobile phones. People were more dependent on smart phones reported being less certain about their partnerships. As they felt their partners were mere parasites on their devices, they felt less satisfied in their relations. The recent research studies showcase that the use of smart phone fuelled the distraction which is giving a negative effect on people's relationships. A study in the year of 2018 found that when the smart phone user checks the email boxes at home led to harm his relationship with his spouse Spending most of our time looking at the beautiful tiny screens of our smart phones is causing great harm to our life partner, and so the relationship which demands mutual trust, as well as common goals. When the focus is on social media, we are ignoring our personal relationships. Since the year 2000, the number of divorces in the U.S has been increased. Around 90% of these divorces included smart phone, or other tech-media as evidence of infidelity(www.marketwatch.com).

The beauty of talking with an individual with whole attention with facial expressions during a conversation, is unfortunately becoming rare due to the wide spread of smartphones. As the mobile users are stick to their devices for various purposes such as checking the text messages, What's App videos, face book and e mails, their interactive skills are dwindling.as the smart phones are being replaced the computers the users often found busy with checking their boxes on their mobiles they fail to communicate with others in the expected

manner. It becomes addiction of adopting the mobiles as their kids. They are often found with smart phones on palm as an inseparable object of human body. Their real children are also being neglected to pay attention which is regrettable.

The modern man, being busy with his mobile checking and speaking, and typing text messages, his children are neglected. as a result they are unable to share their love and joy since they don't find any time to share their feelings of joy and sorrow. The effects of constant communication can damage the individual's ability to pick up on signals and expression in a face-to-face manner. It is a challenging task to face the telephonic and video interview for the candidate who is answering the questions from a distant place due to the fear of communication.

Dr. Tara Wyne, clinical psychologist and director at Light House Arabia believes that, being overly reliant on phone communication can highly impact a person's ability to pick up on signal and expression in a face-to-face conversation. She pointed out that in a face-to-face conversation, people often mirror others emotions, and share feelings based on another person's emotional state and receptivity. Meanwhile, overmuch reliance on text communication may also affect our behaviour and potentiality, the reward and pleasure we get from direct face-to-face communication. "People in relationships satisfied by phone communication are actually damaging their attachment bonds with their loved ones. In person communication and interaction is by its nature mutual, reciprocal, generous and full of connection and empathy", explained Dr. Wyne (Khamis Staff Reporter, gulf news.com).

When students use their smartphones to check social media for their friends mails and messages during class, it diverts their attention on the lesson which is being delivered by the teacher. It destroys their classroom communication as well as concentration due to his utmost curiosity for his lately received updates. "If the parents want their children to stop using smartphones, they should refrain themselves first from using smartphone", says the psychiatrist Director Dr. Samir Parkish, when the children see their parents, family members and everybody in their surroundings using cell phones, they adopt this as a natural phenomenon", he added.

Today, we see many break ups arguing for hours, all via text messages, which are stunting people's creativity as they are just forwarding their received messages, audios, videos, through WhatsApp, face book, twitter, email, face book etc. They miss out on seeing people to make a rapport and real friendships. Using their mobiles during office hours cause a great disturbance, and destroys the relation between he and his boss, as well as with his team members who should work among themselves to reach their common goal.

Another thing the researchers say it is important to think about when interpreting a text message, is the moods of both sender and receiver. When the receiver is in bad mood, and the sender is in good mood, his message may have been taken wrong way by the person in the bad mood. A difference in communication between genders is another aspect that can have an impact on the interpretation of a text message. As proven by research studies, boys are

more likely to focus on the events described in a text message, where is girls are more likely to focus more on the emotions when sending a text message.(Amin.n.d).although text message is efficient, and builds communicating with others easier, there can be many aspects that can cause the interpreting of the message to be reconstructed.

2. Conclusion

This research paper cannot provide any concrete solutions to the issue of cell phone communication which is keeping the modern man in a real cell as its name implied. It is extremely difficult to judge whether smart phones and social media were good or bad, but- it is a fact that more research is seriously wanted on this issue. A growing number of restaurants already begins to ban the use of cell phones during their client's dinners, which is an effort to attract their increasing number of customers to relish the taste of their delicious food items.

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