

Analysing the Impact of Modern Devices and Technology on People's Relationships

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Abstract

In this modern era, the use of modern devices and technology is a highly essential element to leading daily lives. Nowadays people cannot imagine a world without technology and modern devices as they are used to these tools. This study investigates the impact of modern devices and technology on people's relationships. In this modern world, people are surrounded by technologies, and every single activity is connected to modern devices. Besides this, with the possibility of doing everything with a few clicks, human and machine interaction has become increased. In order to conduct this research paper the researcher has selected the right research tools such as an exploratory research design, inductive research approach, and interpretivism research philosophy. In addition, "qualitative data" has been identified as the best option for gathering the data and information related to the research topic. Along with this, a "thematic analysis" has been used to interpret the collected data in a comprehensible way. Nevertheless, this research paper can assist the readers to identify the actual knowledge about modern devices and technology and their effect on people's relationships in this present world.

Keywords

Automation, Improvement, Modern Device, Modern Technology, People's Relationship.

INTRODUCTION

Background

Modern devices and technology have transformed the ways of lifestyles and communication patterns of human beings. Novel technologies such as computers, smart wearable devices, smartphones, smartwatches, and driverless cars, all have surrounded human beings and continuously influenced their way of living. People of this modern era are interested to use high technological devices which made them isolated from other human beings. Every activity of human beings has become technology-centric and it has made the activities quite simple and easy.

The usage of modern devices has increased day by day that impacted the physical as well as mental health of people. Based on the record of 2022, it has been seen that there are almost **15.96 billion people** across the world that are using mobile phones in their daily lives [1]. It shows that the maximum number of people is utilising devices to connect with other people rather than face-to-face communication. In addition to this, there are nearly **5.07 billion people** have reported using interest today across the world which indicates a total of **63.5 percent** of the entire population [2]. Thus, the entire economy is dependent on a large amount of the using modern devices and technology.

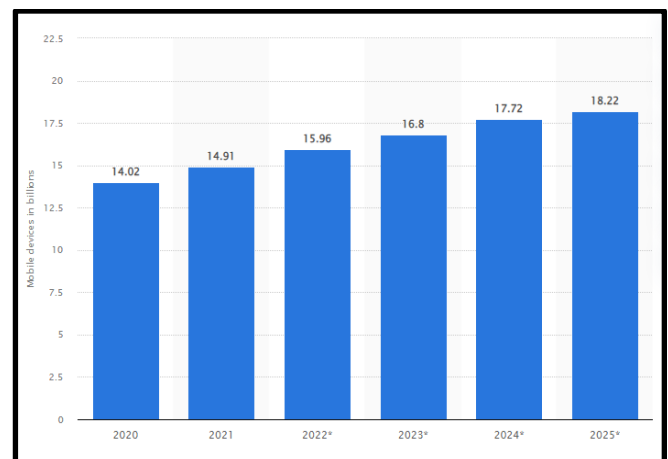


Figure 1: Number of using mobile devices worldwide [1]

Aim and objectives

This study aims to explore the impact of modern devices and technology on people's relationships. The objectives set by the researcher are as follows:

- To identify the value of modern devices and technology in this modern world
- To recognise the impact of modern devices on daily lives
- To find out the impact of new technologies on human relationships
- To evaluate the role of modern devices and technology on social relationships and mental health

Significance of the study

The main intention of this research paper is to inform the readers how the day-to-day modern devices and technology

use has bound people and make pushing away from each other. Thus, on one hand, advanced technology has made the lifestyle flexible and easy but on the other hand it also impacted relationships. The face-to-face intersections between people have become decreased and the entire communication process among people has transformed through the internet. This study will help readers to identify the real impact of modern devices and technology and also recognise the way to balance it to maintain relationships. However, after reading this research paper, readers will understand the actual way to handle relationships keeping pace with technology.

METHODS

Research philosophy

There are a total of four types of philosophies such as “positivist research philosophy”, “interpretivism research philosophy”, “pragmatist research philosophy”, and “realistic research philosophy”. All these are effective but the developer of this research appears to have found “*interpretivism research philosophy*” as the best tool to observe the specific area of the research topic [3]. It has become also able to establish a positive aspect and relationship among research variables to extract the right information.

Research approach

In order to conduct this research topic, the researcher has identified it as beneficial to choose an “*inductive research approach*” as it is the perfect tool to conclude the findings. Accompanied by gathering basic information about the research topic and placing it in the right area, this approach is effective [4]. It has served as the search pattern for the developer to guide to lead the further study.

Research design

Among the existing four types of research designs an “*exploratory research design*” has been considered useful for conducting this particular research paper. Accompanied by investigating the actual issue of the paper and identifying the potential solution, this research design has guided the researcher very well [5]. The perfect design of it has helped to follow the right direction to collect the information and make this paper valuable.

Data collection technique

Since data collection is an important step in research because depending on the gathered pieces of evidence, the quality and value of the paper are generally decided. Based on the research topic, the researcher has decided to select a “*secondary qualitative data collection technique*” to gather the data and information from this existing. As this technique has helped the developer to save both money and time, this has been selected to explore the research of past researchers [6]. Under the secondary data, the researcher has used articles, books, newspapers, and websites. All the articles from scholars have been selected from 2018 to 2022 to serve

fresh and recent information.

Data analysis technique

Evaluating the collected data and interpreting it in a considerable way to be understandable by all, the researcher has used a “*thematic analysis*”. It does not require so much knowledge and time and is easy to describe by focusing on any particular subject [7]. Observing all the benefits associated with this, the researcher has chosen this tool. In this research appear, a total of five themes have been generated to present the entire research in a simple and understandable manner.

RESULTS

Theme 1: Value of modern devices and technology

The prevalence of using advanced technologies and devices has increased rapidly in the modern era. Additionally, globalisation has decreased the barriers to cross-cultural interactions and diversifications and the increasing use of modern technology and devices has provided numerous opportunities for general people and business organisations. The modern age has been attributed to the “era of advanced technology” and the integration of technology has improved the quality and standard of people’s lives along with increasing flexibility [8]. In the 21st century, new technologies have been incorporated into the individual area of society, including business, manufacturing, healthcare, education and daily lives also. Therefore, modern technologies can be considered to be vital in this competitive era. Modern technologies, including smart devices, the internet and other information and communication technologies have enabled people to operate complex tasks and activities flexibly and quicker.

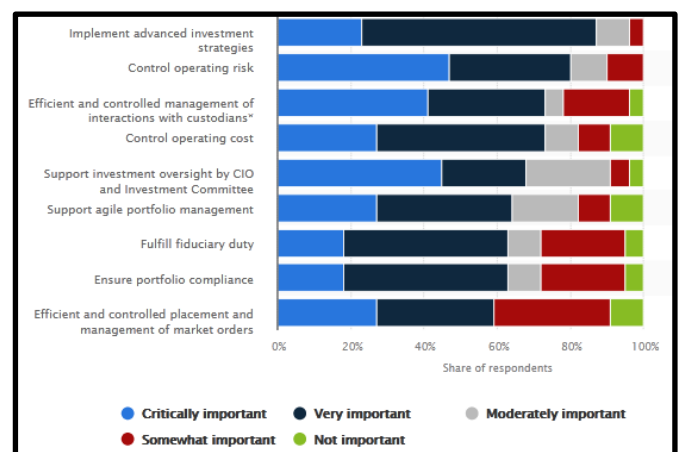


Figure 2: Importance of technology [9]

The prevalence of using these technologies and associated services has increased rapidly due to the effectiveness and value of these technologies. In different business sectors, modern technologies have gained significant popularity and acceptance. Additionally, modern technologies provide various opportunities, including reducing “operating risk”, “effective process management”, “supporting agile

management” and “controlling operating cost” [9]. The usefulness and innovative opportunities provided by advanced technology have increased its value and significance in the modern era and people have been more focused on using information and communication technologies for interacting and collaborating. Thus, modern technologies have taken an active role in creating or increasing collaboration and cooperation and in business organisations, various types of “information and communication” technologies are used for communicating with suppliers and stakeholders and process optimisation. On the other hand, social media platforms have become highly popular and used for collaboration, sharing knowledge or opinions, attaining news and creating awareness. The opportunities for collaboration and interaction have increased the value of modern technology and devices.

Theme 2: The impact of new technologies on human relationships

Modern technologies, especially social media platforms, pose a high impact on people’s relationships. People mainly use these platforms for collaborating with family and friends, interacting with new people, sharing content, knowledge and news and have more indulged in spending time in online activities. It has been identified that increasing technology use poses a vital impact on two of the crucial areas of human relationships, including “bed and the table”. The impact modern technology poses on human relations; especially “face-to-face interactions” has been regarded as “technofence”, which has become a crucial issue for relationships and society. In addition, with the emergence of modern technology, people have become more indulged with smart devices, cell phones, computers and other devices of “information and communication technology”. Therefore, people have started to spend time on their online activities and spend a high time indulging in their smart phones which has posed a major impact on emotional and sexual interactions [10]. On the other hand, people have also claimed that their partners often spend much time in online activities which impacts their interaction and emotional bonding.

In the era of technology, the prevalence of using smart devices and technologies has also impacted the relationships between children and parents. Parents, who are less involved in online activities and using smart technologies, have claimed conflicts relationships with their children. Industry 4.0 has introduced various types of advanced technologies, including “artificial intelligence”, “big data”, “renewable energy”, “and nanotechnology” and “information technology”. Additionally, among these technologies, “artificial intelligence” has been identified to be the most vital technology [11]. The prevalence of using social media sites has improved collaboration and has also allowed people to keep in context with their family and friends, while excessive use of these platforms has affected their intimate relationships and behaviour. More than half of social media users have claimed excessive indulgence in smart phones and online sites. Therefore, it can be stated that these modern technologies and devices have increased the chances of establishing collaboration, while impacted on intimate relationships.

Theme 3: The impact of modern devices on daily lives

The prevalence of using modern technologies has increased rapidly and has posed crucial impacts on daily lives. Modern technologies are used in every procedure and activity of lives, including healthcare, education, business and lifestyle. The use of smart devices, such as smart phones, “wireless information and communication technology” and digital devices has increased flexibility and reduced efforts for resolving complex tasks. Furthermore, technology has become an essential tool for problem-solving, collaborating with others, operating a business or optimising household procedures [12]. The arrival of mobile technology and smart phones have changed the way of people’s lives and provided better ways for communicating and sharing content, knowledge and experiences through digital media. Digital media is used for numerous activities, including business promotion, marketing collaboration and communication. However, excessive use of these technologies can impact physical and mental health.

It has been observed that excessive use of digital media can increase depression and anxiety and can impact emotional and mental health. Using digital media has become a part of the lives of adolescents throughout the world and they spent more or less 1 hour per day on these sites [13]. Excessive use of these technologies and mobile devices has been identified to have a correlation with increasing anxiety, depression and emotional breakdowns. On the other hand, technological devices are used in everyday life and people have been addicted to using smart devices for individual activities. Modern technologies have enabled people to communicate and intact more effectively along with ensuring the accuracy of the information that helps people to make informed and effective decisions regarding any issues.

Modern technologies have brought numerous benefits to daily lives along with increasing mental and psychological conflicts. Mobile devices are used for collaborating which

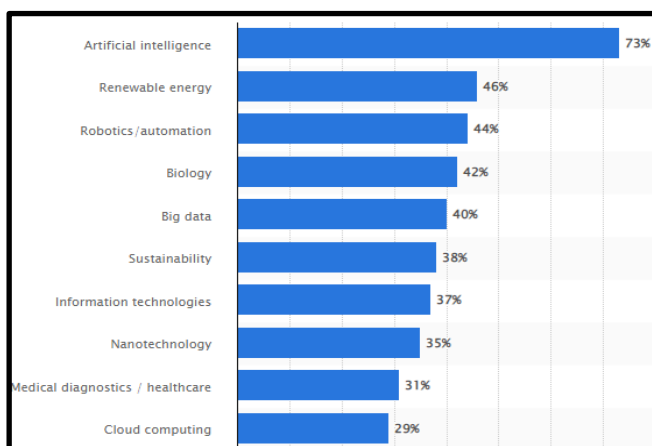


Figure 3: Importance of various modern technologies[11]

has helped to improve relationships, while excessive use of social media has impacted real-life bonding and interactions. Digital media has been observed to impact the mental health and lifestyle of young adults, whereas these technologies have improved engagement and interaction [14]. In addition, the integration of modern technologies has improved healthcare and treatments by improving the effectiveness of research and development. Therefore, it can be stated that modern technologies have provided numerous benefits to daily lives and increased flexibility and efficiency of the quality of life. These technologies and devices have also posed a crucial impact on the psychological and mental health of people, mainly young adults and teenagers.

Theme 4: Pros and cons of technology and people's relationships

In the modern era, the emergence of digital technologies and devices has changed people's way of living and provided various opportunities and advantages. Moreover, has developed several issues affecting people's mental health, well-being and relationships. Technological devices are mainly used for collaboration, interaction and information sharing and these devices have improved the efficiency and flexibility of engaging with people. Modern technology provides opportunities for improving collaboration, however, excessive or improper usage of technology can affect collaborative activities [15]. Additionally, these modern technologies, such as AI and automation have improved the efficiency of processes whether in household activities or in business and enabled people to access more time for concentrating on their personal relationships.

Globalisation has introduced various issues in daily lives as well as in businesses and the integration of technological devices has allowed people to establish new relationships through social media platforms. In addition, mobile devices have also enabled people to improve their collaboration with intimate partners, family or friends. Adolescents are more indulged in unhealthy habits, including substance use, alcohol consumption and risky behaviours and positive relationships on social media platforms can help to reduce these habits [16]. On the other hand, negative influences through social media and mobile devices can influence people to indulge in these habits. Hence, the advantages and disadvantages of modern technology and devices are dependent on the way of use and the influence of surrounding people.

Digital devices and technologies have taken active roles in developing new relationships as well as maintaining existing relationships through "wireless information and communication technology" and social media. Consequently, excessive use of social media and mobile devices has created new conflicts and challenges for people's relationships. This prevalence has introduced new risky trends such as "sextortion" which involves sexual exploitation along with publicising confidential data and images [17]. Hence, it can be stated that these modern technologies and devices have not only improved ways to collaborate but have also impacted

existing relationships and inserted new conflicts and challenges. In order to prevent these issues and challenges, the implementation of potential strategies is highly required.

Theme 5: Potential strategies for improving the negative impacts of technological devices

With the emergence of advanced technology and digital devices, people have accessed enormous opportunities to remain connected with their intimate peers. However, the prevalence of excessive technology usage has introduced challenges by affecting people's relationships and regarding this, the integration of potential strategies is required. Limiting the usage of social media and smart devices can help to improve the mental well-being of the users [18]. Reducing the time span of using mobile devices and social media can improve people's real-life connections and interactions. Apart from this, interacting with people with negative mindsets and influences can hamper people's real-life connections and can develop unhealthy habits, such as alcohol consumption or drug usage. Optimising the interactions and contact list can help to reduce the negative influences. People can also search for friends with positive influencing mindsets for motivation and limit social media usage.

People, whose mental well-being and personal relationships have been impacted by technologies and mobile devices, can consult an expert for resolving their relationship conflicts. In addition, people have to take breaks from excessive use of technology as personal relationships are more vital and regarding this, they can limit the usage of advanced technologies and smart phones. Isolated people are more suicidal in the modern era and using social media for positive influences can reduce this prevalence by optimising people's behaviours and opinions [19]. In addition, using digital technology for positive purposes can improve people's real-life interactions and connections with their intimate partners and family. On the other hand, shifting the main focus to improving daily life and lifestyle habits can help to reduce conflicts and improve the standard of life.

The main aspect associated with technology usage is their impact mostly depends on the way of use and the surrounding virtual environment. Nowadays, virtual activities have become the main area of interest for adolescents; hence, the government can develop potential policies for limiting the excessive usage of social media and other collaborative platforms. Technology can pose a negative influence on human relations and limiting the usage of technology and focusing on improving relations will be the most appropriate strategy. It has been observed that implementing "paid endorsement" for using social media can reduce the prevalence and improve its impact on relationships [20]. Therefore, it can be stated that implementing these strategies and limiting the usage of modern technology and smart devices can prevent negative impacts on human relationships.

DISCUSSION

In this modern and constantly developing society, technology has played a highly essential and universal role. Human life is bounded by modern devices and technology and they have become addicted to it. Nowadays people cannot imagine their lives without technological devices [21]. As every activity has become easy and fast to operate through the collaboration of modern devices and technologies. It includes artificial intelligence, cloud computing, nanotechnology, big data, biology, proteomics, space technology, sustainability, robotics, renewal energy, software, information technologies, and others. Besides these, more technologies are invented in a daily process to serve the world a better experience and success. It has been seen in the majority of areas that “technology's dominance” in humans' everyday living process not only touches business, work, and travel but also peoples' relationships.

Depending on the existence of several social media platforms, such as Instagram, Facebook, Whatsapp, and Twitter, people have become able to connect with others who stay away. Accompanied by using these types of platforms many relationships also have been generated. There are numerous kinds of dating apps are also available in this recent era which makes the process of finding the perfect match easy and simple [22]. Based on the existence of modern devices and technologies modern-day relationships have become influenced largely. In this regard, it also needs to be remembered that having knowledge regarding the right use of technology and devices are very essential. A lack of knowledge of how to use these technological devices in the right way can be turned into a disadvantage. Moreover, the impact of technologies and modern devices in relationships is ultimately depending on using patterns and engagement.

On one hand, technology interruption can decrease the quality of human interactions and relationships. Similarly on the other hand technology also brings people closer to each other. In this regard, people are required to understand the effect of technology that comes with the ability to strengthen and encourage relationships among willing individuals. In previous times, in order to keep any relationship from distance, there were limited options [23]. Among the very few options, writing letters was the only effective option. Sending process was also a difficult task as it went through the post office. In this recent decade, keeping in touch with distant people has become very easy and simple and also helps to remain connected in real times. Accompanied by modern devices and technology, relationship status growth has become very faster compared to previous times.

Technology's effect on human beings' daily lifestyles and living patterns is not going away. Actually, its development as numerous forms of “artificial intelligence” is grown and non-segregated into society, leading to a larger impact of technology on relationships. On the contrary, it also has been seen that the day-by-day increasing addiction of technology and devices among people leads to a “false sense of intimacy”. People nowadays spent a lot of time on their

technological gadgets or devices rather than other people [24]. It resulted in limited conversation and avoidance of real-life interactions. In addition to this, it also allows people to maintain a distance that also affected mental health.

Enjoying multitasking at one time, technological devices have a great impact but people are getting unable to focus on any specific element. Modern devices and technology have diverted human minds and attention to multiple matters and they missed the main track of life [25]. In order to protect the relationship from the struggle period, it is very important to increase awareness about technology use. Every modern element has both advantages and disadvantages but it is human beings' duty to recognise the right thing and maintain the order to protect the personal life, professional life, and also relationships as everything is important to living a perfect life.

CONCLUSION

Following the above analysis, it can be concluded that the human lifestyle benefits from the usage of modern devices and technology. The living process and lifestyle are bounded by the involvement of modern technological devices. Accompanied by the constantly rising number of technology use, the relationship among people is getting disturbed. Thus, in many cases technology also helps in building relationships. Every modern approach has both pros and cons and it is valuable to know the difference. On one side, advanced and modern technology has assisted to connect long-distance relationships. Contradictory, it also limited the face-to-face interactions between the people who are staying together.

Nowadays technology has helped people to meet online and carry the conversation without coming face-to-face. This has made the meeting process flexible but spoils the emotions, feelings, and attachments. The impact of technology on relationships cannot be ignored in this modern society. Modern technology and devices have added some profitable elements to modern society to build a attest pattern of relationships. In addition to this, it also has some drawbacks that need to be focused on to understand how to balance it to maintain relationships with other human beings.

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