
Technology and interpersonal relationships: Examining the impacts on communication, connection, and intimacy

Mark Anthony Mingoa*, Ranil D. Calumba, Kristine T. Soberano***
& Joe D. Basanta******

Northern Negros State College of Science and Technology, Philippines

ABSTRACT

The developing utilization of technology has enormously impacted the manner in which people communicate and associate with each other. This study is meant to investigate the impacts of technology on communication, connection, and intimacy in interpersonal relationships. A survey was given to 100 individuals, who were professionals, between the ages of 18 and 50 who detailed involving technology in their everyday relationships. Findings show that the majority of the members involved technology in their interpersonal relationships and announced that technology affected their communication, connection, and intimacy. Significant positive correlations were found in technology use and communication, connection, and intimacy. These outcomes propose that it is essential to additionally explore the impacts of technology on interpersonal relationships and to foster ways of easing up any negative effects. Recommendations for future research include exploring the role of specific technologies and their impact on relationship dynamics.

KEYWORDS: *Communication, Connection, Intimacy, Relationships, Social media*

INTRODUCTION

Technology has undoubtedly altered the way people communicate and interact in the twenty-first century. With the advent of online entertainment, information apps, and video conferencing, people are now able to communicate with one another regardless of physical distance. Yet, the increasing use of technology in interpersonal relationships has an impact on correspondence, affiliation, and proximity (Costello, 2018). While some studies suggest that technology can improve relationship quality by facilitating communication and increasing intimacy (Valkenburg and Peter, 2011), others believe that technology can also harm relationships by decreasing eye contact and nurturing feelings of loneliness and detachment (Halston et al., 2019).

One part of technology that has gotten specific consideration in the writing is its impact on communication. While technology can give new types of communication and increment the recurrence of cooperation, it can likewise impede the advancement of viable communication abilities (Liu et al., 2020). Also, a few examinations have found that the utilization of technology in communication can prompt distortion and errors (Baumeister and Leary, 1995). These difficulties might be especially important for people who depend vigorously on technology for communication, like those in remote relationships (Stafford et al., 2020).

One more area of concern is the effect of technology on association and closeness in connections. While technology can work with the improvement of connections, it might likewise add to sensations of separation and detachment (Halston et al., 2019). Studies have demonstrated the way that the unreasonable utilization of technology can prompt diminished closeness and relationship fulfillment (McDaniel and Coyne, 2016). Besides, the consistent accessibility of technology can obscure the limits of work and individual life, prompting expanded anxiety about connections.

Taking these contradictory findings into consideration, a comprehensive examination of the impact of technology on social interactions is necessary. Our review hopes to contribute to this body of work by focusing on what technology implies for communication, connection, and intimacy in profound relationships. This research will look at the impact of technology on relationship quality and happiness, as well as the potentially negative outcomes of using technology.

OBJECTIVES OF THE STUDY

The objective of this study is to examine the effect of technology on relational connections. The review, first and foremost, plans to look at what technology means for communication in relational connections. As technology has become more pervasive in the public eye, there is a need to comprehend what it means for how we speak with each other. The review will investigate whether technology has improved or obstructed communication between people.

Furthermore, the review plans to look at the effect of the technology fair and square of connection between people in relational connections. The broad utilization of technology has had an impact on how we collaborate, and there is a need to comprehend how this affects the degree of connection we have with others. The review will investigate whether technology has prompted a more prominent feeling of connection or on the other hand chance that it has made people more separated from each other.

Thirdly, the review means to investigate what technology means for intimacy in relational connections. Intimacy is a significant part of relational connections, and it is vital to comprehend what technology means for this part of our connections. The review will look at whether technology has prompted an increment or diminishing in intimacy in relational connections.

At last, the review intends to recognize possible pessimistic impacts of technology on relational connections and recommend methodologies to moderate them. While technology has many advantages, it can likewise adversely affect relational connections. The review will investigate these pessimistic impacts and propose methodologies to relieve them, to assist people with keeping up with sound and significant relational connections.

Moreover, the review will distinguish possible constructive outcomes of technology on relational connections and recommend systems to upgrade them. While the pessimistic impacts of technology on relational connections are critical to comprehend, investigating the potential constructive outcomes is additionally significant. The review will recognize these constructive outcomes and propose systems to upgrade them, to assist people with building seriously satisfying and fulfilling relational connections.

LITERATURE REVIEW

The boundless utilization of technology has fundamentally had an impact on the manner in which individuals convey and connect with one another. A few examinations have investigated the impacts of technology on interpersonal relationships, zeroing in on its effects on communication, connection, and intimacy. Research has demonstrated the way that technology can both decidedly and adversely influence these parts of relationships. According to Jinanjalie (2020), Mobile phones, computers, and media improvements in software and technology rapidly are interconnected with human life.

Communication is an urgent part of any interpersonal relationship, and technology has changed the manner in which individuals convey. As indicated by Hampton et al. (2016), technology can upgrade communication by giving a stage for individuals to interface and convey it all the more often. Despite the various benefits provided by mobile phones, such as social connectivity, wellness, task efficiency, and entertainment, many individuals believe that their use has grown excessive to the point that it has resulted in gloomy consequences in their daily routine (Horwood and Anglim, 2019). Besides, the utilization of technology can likewise bring about an absence of eye-to-eye collaboration, which can adversely influence communication abilities (Uhls et al., 2014).

Technology has additionally affected the connection between individuals in relationships. From one perspective, technology has furnished individuals with better approaches to interface and keep relationships over lengthy separations (Gibbs et al., 2011). Notwithstanding, then again, it has been found to diminish the nature of social help got from cozy relationships, as individuals will generally depend more on technology for consistent reassurance than on their loved ones (Baumeister and Leary, 1995).

At last, technology has likewise impacted intimacy in interpersonal relationships. Research has demonstrated the way that technology can meaningfully affect sexual intimacy in heartfelt connections (Banerjee & Sathyanarayana Rao, 2020). From one viewpoint, it can work with communication about sexual inclinations and wants, prompting a really satisfying sexual relationship. Then again, it can prompt a diminished feeling of intimacy and profound closeness, as individuals might turn out to be more centered around their gadgets than on their accomplices (Robinson et al., 2017).

In synopsis, the study recommends that technology affects communication, connection, and intimacy in interpersonal relationships. In that capacity, it is essential to investigate the effects of technology on relationships further to all the more likely figure out its belongings and foster methodologies to moderate any adverse consequences.

METHODOLOGY

Participants

The participants for this study were selected professionals from a small community area and comprised 100 people, matured 18-50, who reported involving technology in their interpersonal relationships.

Procedure

Participants were approached through personal interviews and were asked to finish a study that surveys their utilization of technology in their interpersonal relationships, including communication, connection, and intimacy. The overview was composed of Likert scale questions and unassuming inquiries. The study took around 20-30 minutes to finish.

Data Analysis

The data gathered from the study have been dissected utilizing clear measurements, like means and standard deviations, to decide the predominance and recurrence of technology use in interpersonal relationships. Moreover, inferential measurements, for example, t-tests and ANOVA, were utilized to inspect the relationships between technology use and communication, connection, and intimacy.

Ethical Considerations

Participants were informed on the purpose of the review and their freedom to withdraw at any time. No recognizable data will be retained for any distributions or introductions, and all data acquired have been kept private and unknown.

RESULTS

Descriptive Statistics

Table 1 shows the descriptive statistics for the critical variables of interest, including technology use, correspondence, connection, and intimacy. Results demonstrate that members detailed elevated degrees of technology use ($M = 4.21$, $SD = 0.78$), with a mean score over the scale midpoint. Members additionally revealed elevated degrees of correspondence ($M = 4.48$, $SD = 0.64$), connection ($M = 4.33$, $SD = 0.68$), and intimacy ($M = 4.12$, $SD = 0.77$), with mean scores over the scale midpoint for each of the three variables.

Table 1: Descriptive Statistics for key variables

Variable	Mean	SD
Technology Use	4.21	0.78
Communication	4.48	0.64
Connection	4.33	0.68
Intimacy	4.12	0.77

Table 1 gives a rundown of the descriptive statistics for the variables estimated in the review. The table shows the means, standard deviations, and reaches for the variables of technology use, communication, connection, and intimacy in relational relationships. The means and standard deviations give an outline of the normal levels and varieties of the variables in the example, while the reaches give a thought of the fluctuation in reactions across members.

Inferential Statistics

Table 2: Pearson Correlation with Technology use and Relationship data

Data	Technology use	Communication	Connection	Intimacy
Technology use	1.00	0.55**	0.39**	0.44**
Communication	0.55**	1.00	0.58**	0.62**
Connection	0.39**	0.58**	1.00	0.53**
Intimacy	0.44**	0.62**	0.53**	1.00

Note: ** $p < 0.001$

The aftereffects of the Pearson correlation examinations are shown in Table 2. The table shows that there are huge positive correlations between technology use and communication ($r = 0.55$, $p < 0.001$), technology use and connection ($r = 0.39$, $p < 0.001$), and technology use and intimacy ($r = 0.44$, $p < 0.001$). Besides, there were additionally huge positive correlations among communication and connection ($r = 0.58$, $p < 0.001$), communication and intimacy ($r = 0.62$, $p < 0.001$), and connection and intimacy ($r = 0.53$, $p < 0.001$).

These findings recommend that as technology use expands, communication, connection, and intimacy in relationships additionally grows. The positive correlation among communication and connection, communication and intimacy, and connection and intimacy further recommend that these relationship factors are interrelated and impact one another. The outcomes feature the requirement for additional exploration to investigate the mind-boggling elements between technology use and interpersonal relationships.

DISCUSSIONS

The findings of this study recommend that technology use is emphatically connected with communication, connection, and intimacy in relational relationships. Members detailed elevated degrees of technology use, communication, connection, and intimacy, showing that technology is a common piece of current relationships.

The positive relationship between technology use and communication is predictable from past exploration, which has recommended that technology can upgrade communication by giving more chances to individuals to interface and impart (Hampton et al., 2016). Likewise, the positive relationship between technology use and connection is steady with research recommending that technology can help individuals keep up with and reinforce their relationships over the long run and distance (Gibbs et al., 2011).

The positive relationship between technology use and intimacy is to some degree astounding, considering that past exploration has proposed that technology can prompt diminished intimacy and profound closeness (Robinson et al., 2017). Notwithstanding, it is conceivable that the utilization of technology with regards to this study is not quite the same as in past examinations, or that members in this study are involving technology that improves intimacy as opposed to reducing it.

Overall, these findings suggest that technology is a crucial factor in modern relationships, with confusing and diverse implications for communication, connection, and intimacy. Future

studies should continue to investigate the association between technology use and relationship outcomes, as well as the specific ways in which technology might improve or degrade relationship quality.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

In conclusion, this study has provided substantial knowledge into the relationship between technology usage and communication, connection, and intimacy in interpersonal relationships. Results showed that while technology can have both positive and negative effects on these aspects of relationships, it is clear that technology plays an important role in shaping how people communicate and interact with one another. As technology continues to advance, it is vital to continue examining its impact on relationships and develop strategies to lighten any negative effects.

Based on the findings of this study, it is suggested that individuals are to persevere to find a balance between the use of technology and face-to-face interactions in their interpersonal relationships. Additionally, couples and families should make a conscious effort to limit their use of technology during designated quality time together to enhance communication and strengthen their connection. Finally, future research should continue to explore the long-term effects of technology use on interpersonal relationships and investigate the potential benefits of integrating technology into therapeutic interventions.

Recommendations

Based on the findings of this study, several recommendations can be made. Firstly, it is important to recognize the potential benefits and downsides of technology in interpersonal relationships. While technology can improve communication, connection, and intimacy, It may also have negative consequences, such as diminished face-to-face connection and social support from personal relationships. Therefore, people should work hard for a balanced use of technology in their relationships, being mindful of its significant impact on the quality of their interactions.

Secondly, it may be helpful for certain people to set boundaries on how they use technology in order to maintain healthy and fulfilling relationships. This could include limiting the time spent on devices during face-to-face interactions or designating certain times or places where technology is not allowed. Additionally, individuals should prioritize face-to-face interactions and in-person communication as much as possible, as these have been shown to be important to building and maintaining strong interpersonal relationships.

Lastly, future research should continue to explore the complex relationship between the use of technology and interpersonal relationships, with a focus on identifying strategies to lighten any negative effects. This could include boundaries aimed at lessening excessive technology use in relationships, or educational programs designed to teach individuals how to use technology in a way that enhances rather than diminishes their social ties. By continuing to investigate and address these issues, we can work towards encouraging healthy and fulfilling relationships in the digital age.

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