

# Effects on Social Relationships due to Excessive Engagement in Modern Communication Technologies: Impacts and Implications

Dr Sami Mahdi Elkofi

Computer Science Department, Prince Sattam bin Abdul-Aziz University

[samielkofi@gmail.com](mailto:samielkofi@gmail.com)

**Abstract**— *This paper examines the effects of excessive engagement with modern communication technologies on social relationships, exploring both the benefits and drawbacks of such technologies. While digital platforms offer unparalleled convenience and connectivity, excessive use can lead to weakened interpersonal bonds, superficial connections, and challenges to emotional well-being. The implications of these effects are far-reaching, impacting personal relationships, communication skills, mental health, and the structure of social interactions. This paper provides a comprehensive analysis of these impacts and suggests possible approaches for fostering balanced technology usage to support healthier social dynamics*

**Keywords**— *Computer technologies, social, ethical, and professional issues, social comparison health, modern communication technologies, social relationships, social needs.*

## I. INTRODUCTION

The rapid evolution of communication technologies has transformed how individuals interact, offering instantaneous access to friends, family, and colleagues regardless of physical distance [1]. Although these advancements have facilitated global communication, excessive use of digital platforms has raised concerns about their effects on social relationships [1]. This paper seeks to understand these effects by examining how prolonged engagement with communication technologies can alter the quality of interactions, weaken bonds, and potentially undermine emotional and mental well-being [1].

This paper aims to explore the potential consequences of prolonged engagement with communication technologies on social relationships. By analysing the effects of excessive digital interaction, this study will examine how these technologies influence communication quality, interpersonal bonds, and emotional and mental well-being. It seeks to highlight the implications of this trend and to encourage mindful approaches to technology use that can foster healthy, meaningful social connections in an increasingly digital world. To achieve these social relationship healthy characteristics, individuals must meet a sense of belonging and affection human needs [2].

What are the major social relationship issues and important factors for excessive engagement of modern communication technologies on individuals? the highlighting of literatures

analysis, and identifying the important factors are the main objectives of the paper.

The highlighted analysis of the major social relationship issues for excessive engagement of modern communication technologies on individuals and the identified important factors are the main expected outcomes for the paper's study.

Section II presents the background on fundamental knowledge necessary to understand the issues, Section III introduces social relationship issues relating to connecting and communicating in the modern world, Section IV highlights its analysis of literatures, Section V identifies the important factors, and finally Section VI concludes the paper.

## II. BACKGROUND

The Section presents the background on fundamental knowledge that is necessary to understand the social relationship issues for excessive engagement in modern communication technologies.

*Definition:* social relationship

### A. Social relationship Health Dimension

1) *Social relationship health refers to the overall quality and well-being of an individual's social connections, including the strength, stability, and positive nature of relationships with family, friends, colleagues, and community members. [3] Healthy social relationships are typically characterized by mutual respect, effective communication, emotional support, trust, and the capacity to resolve conflicts constructively. Social relationship health plays a crucial role in an individual's mental and emotional well-being, contributing to greater life satisfaction, resilience, and physical health. Conversely, poor social relationship health, marked by conflicts, isolation, or lack of support, can lead to stress, loneliness, and various mental health issues [3]*

2) *Characteristics:* Healthy relationships with family and friends, capable of giving and receiving love and affection, and strong social support and healthy relationships with family and friends are some characteristics of psychologically healthy people [2]. On the other hand, individual has regular relationship problems, finds that others often disappoint is one of characteristics of psychologically unhealthy people [2]. To

achieve these social relationship healthy characteristics, individuals must meet a sense of belonging and affection human needs [2].

Emotional Well-being, Cognitive Functioning, Self-esteem and Self-confidence, Resilience, Social Relationships, Life Satisfaction, Sense of Purpose, Spirituality and Meaning-Making, and Mental Illness Prevention and Treatment are some key aspects of psychological health [5]. Social relationships are directly affected by modern communication technologies, as they are common social media [5]

Healthy relationships with family, friends, and community members contribute to psychological well-being. Positive social connections provide support, validation, and a sense of belonging, which are essential for mental health [5]

### B. Modern Communication Technologies

Modern communication technologies topic falls into Networking and Communication (NC), which in turns is one of core Computer Science Knowledge Areas [4].

Modern communication encompasses is a vast array of technologies and methods that have transformed how we connect and interact with one another. Here are some background details with examples:

1) *Digital Messaging*: Platforms like WhatsApp, Facebook Messenger, and Slack allow instant text communication across the globe. They often support multimedia sharing, voice messages, and even video calls [7].

2) *Social Media*: Platforms such as Facebook, Twitter, Instagram, and LinkedIn have become integral parts of modern communication. They facilitate sharing thoughts, photos, videos, and links, enabling interactions with friends, family, colleagues, and even strangers [8].

3) *Email*: Despite being one of the oldest forms of digital communication, email remains a fundamental tool for professional and personal correspondence. It enables asynchronous communication and file sharing [9].

4) *Video Conferencing*: Services like Zoom, Microsoft Teams, and Google Meet have seen a surge in popularity, particularly during the COVID-19 pandemic. They allow for face-to-face meetings, presentations, and collaboration regardless of physical location [10].

5) *Voice Assistants*: Devices like Amazon Echo (powered by Alexa), Google Home (powered by Google Assistant), and Apple HomePod (powered by Siri) have introduced voice-controlled assistants into our homes. These assistants can answer questions, perform tasks, and control smart home devices [11].

6) *Blogs and Vlogs*: Platforms like WordPress, Medium, and YouTube enable individuals to share their thoughts, experiences, and expertise with a global audience through written or video content [12].

7) *Podcasts*: On-demand audio content has gained immense popularity, with platforms like Spotify, Apple Podcasts, and Google Podcasts hosting a wide range of shows on various topics [13].

8) *Virtual Reality (VR) and Augmented Reality (AR)*: While still evolving, VR and AR technologies offer immersive communication experiences. VR enables users to interact in virtual environments, while AR overlays digital information onto the real world [14].

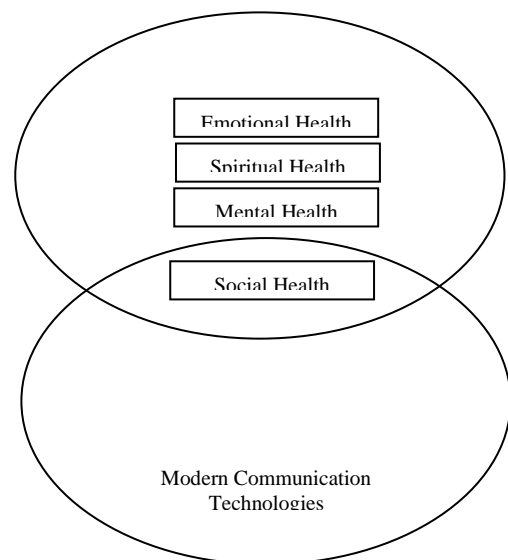
9) *Instant Translation*: Tools like Google Translate and Microsoft Translator break down language barriers by providing instant translations of text, speech, and even images [15].

10) *Blockchain-based Communication*: Blockchain technology has introduced secure and decentralized communication channels, offering enhanced privacy and data integrity. Examples include encrypted messaging apps like Signal and Telegram [16].

### C. Social Impacts and Implications for Computing Technologies on Society

Modern communication technologies are one of topics in Networking and Communication (NC) Computer Science knowledge area, which in turns has SEP (Society, Ethics, and Professionalism) knowledge unit [1][17] that deals with computer science affections of all aspects of everyday life.

#### Social relationship Health Dimension



### III. PSYCHOLOGICAL HEALTH AND MODERN COMMUNICATION ISSUES

The Section highlights the main questions that guide the study of the paper. It can be summarized in questions such as: Is mental health a social issue? Do modern communication technologies affect mental health? What are the main negative or positive impacts of modern communication technologies on people? [18] What is the main factor in mental health that is affected by modern communication technologies? What are the effects and repercussions of modern communication technologies on mental health? How can we avoid or reduce

the impact of modern communications on mental health? What topics can be used to understand and adapt the effects or impact of new communication technologies? [19]

#### IV. HIGHLIGHTING LITERATURE ANALYSIS

##### 1) Literature Analysis on Social Relationship Issues.

1.1 Reduction in Face-to-Face: Key Literature: Turkle (2015) discusses how digital communication decreases the quality of in-person interactions, leading to weakened social bonds and emotional distance. Analysis: The shift towards online communication often results in less meaningful engagements, as individuals favour texting over personal meetings.

1.2 Social Skill Deterioration: Key Literature: Hertlein & Blumer (2013) examine how reliance on digital communication impairs essential social skills, such as active listening and non-verbal communication. Analysis: Diminished social skills contribute to misunderstandings and conflicts in personal relationships.

1.3 Rise in Social Anxiety and Loneliness: Key Literature: Primack et al. (2017) reveal that heavy social media use correlates with increased loneliness and social anxiety, particularly among younger demographics. Analysis: Despite being digitally connected, users may experience a lack of deep, meaningful connections, exacerbating feelings of isolation.

1.4 Dependency and Validation-Seeking Behaviour Key Literature: Andreassen et al. (2017) discuss how excessive engagement with social media can lead to addiction-like behaviours and a heightened need for validation. Analysis: This dependency on digital affirmation impacts self-esteem and the ability to form authentic relationships

##### 2. Identification of Important Factors Influencing Social Relationship Issues

1.2 Instant Gratification and Accessibility: Discussion The immediacy of online interactions creates a culture of instant gratification, discouraging patience and deeper engagement (Carr, 2011). This trend can lead to a preference for superficial connections over meaningful ones.

##### 2.2 Social Comparison and Self-Esteem Issues

Discussion: Platforms that encourage social comparison can negatively affect self-esteem and well-being (Vogel et al., 2014). Users may feel inadequate compared to curated representations of others' lives, impacting their offline relationships.

##### 3.2 Social Isolation and Limited Offline Connections

Discussion: As individuals prioritize online engagement, they risk social isolation, leading to a decline in community involvement and real-life social support (Twenge et al., 2018). This disconnect can exacerbate feelings of loneliness.

##### 4.2 Technological Addiction and Dependency:

Discussion: The addictive nature of modern technologies fosters a dependency that detracts from offline relationships (Elhai et al., 2017). Users may find themselves neglecting face-to-face interactions, which are essential for emotional connection

3. Implications of Social Relationship Issues: Family Dynamics: Excessive digital engagement can disrupt family communication and bonding, reducing the quality of familial relationships. Community Impact: The decline in community involvement can weaken social cohesion, as individuals become more immersed in their digital live

##### 4.Recommendations for Healthier Digital Engagement

###### 1.4 Promoting Digital Literacy:

Suggestion Educate individuals on the importance of balancing online and offline interactions to mitigate social issues.

###### 2.4 Encouraging Offline Connections

Suggestion: Implement strategies that promote regular face-to-face interactions, digital detox periods, and healthy technology use.

#### V. IMPORTANT FACTORS

Understanding social relationship issues arising from excessive engagement with modern communication

technologies involves identifying key factors that contribute to these challenges. Here are several important factors:

#### 1) 1. Instant Gratification

Description: Modern communication technologies provide immediate responses and feedback, fostering an expectation of instant gratification in social interactions. [20]

Impact: This expectation can diminish patience and tolerance in relationships, leading to superficial connections rather than deeper, more meaningful engagements. [21]

#### 2) Social Comparison

Description: Social media platforms often showcase idealized versions of others' lives, encouraging users to compare themselves to these representations. [22]

Impact: Such comparisons can lead to feelings of inadequacy, lower self-esteem, and dissatisfaction in personal relationships, as individuals may feel they cannot measure up to what they see online. [22]

#### 3) Validation-Seeking Behaviour

Description: Users frequently seek validation through likes, comments, and shares on social media, tying their self-worth to online interactions [23].

Impact: This behaviour can create dependency on external approval and diminish the value placed on authentic, in-person relationships, leading to emotional dissatisfaction. [24]

#### 4) Social Isolation

Description: Excessive use of digital communication can result in neglecting offline relationships and community interactions. [24]

Impact: While individuals may feel connected online, they can experience loneliness and isolation, as digital interactions often lack the emotional depth of face-to-face engagements. [25]

#### 5) Diminished Social Skills

Description: Heavy reliance on digital communication can impair essential social skills, such as reading body language, active listening, and engaging in meaningful conversations.

Impact: This deterioration of social skills can lead to misunderstandings and conflicts in relationships, making it harder to form and maintain connections.

#### 6) Technological Addiction

Description: The compulsive use of communication technologies can lead to addiction-like behaviours, where individuals feel compelled to check devices constantly.

Impact: This addiction can interfere with real-life interactions, eroding the quality of relationships and preventing individuals from fully engaging with those around them.

#### 7) Mental Health Implications

Description: Excessive engagement with technology has been linked to increased anxiety, depression, and stress, particularly among young adults and adolescents.

Impact: Mental health issues can further strain relationships, as individuals may withdraw from social interactions or struggle to communicate effectively with others.

#### 8) Changes in Communication Norms

Description: The rise of text-based and digital communication has altered traditional norms of interaction, such as waiting for a response or the significance of in-person conversation.

Impact: These changes can lead to miscommunication and unmet expectations in relationships, as individuals may interpret digital communication differently than face-to-face interactions.

#### 9) Access and Inclusivity

Description: While technology enhances communication opportunities, not everyone has equal

access to these tools, leading to disparities in connectivity. [26]

Impact: Such disparities can create feelings of exclusion and impact relationship dynamics, especially among marginalized groups who may struggle to connect digitally. [27]

#### 10) Cultural and Contextual Factors

Description: Cultural attitudes toward technology and communication shape how individuals engage with modern tools. [28]

Impact: Differences in cultural context can influence relationship dynamics, with some cultures emphasizing face-to-face communication more than others. [29]

By understanding these important factors, researchers, practitioners, and individuals can better navigate the complexities of social relationships in an increasingly digital world, promoting healthier engagement with communication technologies. [30]

### VI. CONCLUSIONS

The literature reveals significant challenges posed by excessive engagement with modern communication technologies on social relationships. Identifying critical factors such as instant gratification, social comparison, and technological addiction provides a comprehensive understanding of these issues [31]. Addressing these challenges through education and awareness can foster healthier, more meaningful relationships in a digital age.

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