



Advanced Communication Technology: Isolation and Neurosis

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Abstract— *Internet is spreading like a spider's net in all around the world and people are taking benefits using internet as knowledge capsule, communication and entertainment, but it is also one of the major reason of social isolation and neurosis. Internet communication works as virtual communities of groups of people who communicate with each other via electronic media. This paper explore the negative side of advance communication and shows how communication devices effect social life and on the life of upcoming generation. It also gives an insight on internet becoming fascination, source of anxiety, results in Isolation and Neurosis & discusses the basic symptoms of these diseases. How communication devices can be used in balanced and positive way to overcome negative side effects and predicting future use of communication technologies in society.*

Keywords— *Future Internet (FI), Internet Addiction Disorder (IAD), Isolation, Neurosis, Social Network...*

I. INTRODUCTION

It is true that while using mobile phone a person is very near to a person sitting in abroad but at the same time he is far from a person sitting near to him. Now a day's life is very fast, people are running to achieve their target, they are eating food while walking, simultaneously on the other hand they are busy on phone either listening or writing message to someone. In the busy schedule when people are in a hurry they don't have time to sit at one place and do their work peacefully. In this scenario, communication devices play a major role to achieve the targets and make our life easy. Earlier these devices came in the category of luxury only but now a day's these devices are the necessity or lifeline. Number of devices is available in day-to-day life. These devices help us in up gradation of knowledge, entertainment, and communication. Devices are mobile phone, internet, TV, video games handy electronic gadgets. These devices are made to make our life easy and happy but if a person don't know or don't want to use these devices, he is considered to be outdated and just opposite, if one is using more than the intended requirement, thereby not using intelligently can result in isolation, neurosis, nightmare in life.

II. COMMUNICATION TECHNOLOGY

Technology is the application of scientific knowledge to solve a problem. If a person continues to develop the technology without wisdom then it can prove the saying 'our servant may prove to be our killer' correct. Every concept is like a coin having two side positive and negative - one gives easiness and other harms. Main cause of technology is gadgets like Cell Phone & Smart Phone, Laptop and Computer, Tablets, Video Games, Social Media Networks, Televisions, Headphones. As in [1], Technology creates fascination to students and youngster as an aid/ help in studies, basis the sound pedagogical principles and under the proper supervision of the teachers. Without the proper guidance it can distract students from their studies. Moreover, the research concludes that social networking websites have both positive as well as negative impact. It may disconnect one from personal life and also may result in isolation, less personal interaction and starting of a disease 'neurosis'.

III. ADVANCEMENT IN TECHNOLOGY

As the time passes development is growing very fast. Advancement in technology is helpful in development of society. Development is good for both society and mankind but excess of anything can be poisonous. No doubt technology help in many ways but there is a big IF, if only it has to use intelligently and one should not be totally dependent on it. As in [2], this social isolation is possible through three major technological issues as portability, reliance, Spectrum.

1. The portability of technology allows people to stay active on mobile technology.
2. Reliance on technology is a dangerous issue because as we continue to advance it becomes harder and harder for us to escape the grasp of technology. This reliance can be seen in our daily life: work, Social interaction with society.
3. Technology has become so vast and created so many paths for accessing its greatness. Being able to experience advances such as the internet "Great way to learn and experience."

No one can do the prediction of future of current young generation because this generation is the first, who is using advance technology unlimited with above three parameter.

IV. TECHNOLOGY CREATES FASCINATION

Technology is embedded everywhere in our day-to-day life, now internet is not a facility, it is now a necessity. There are various important reasons to make possible people to get fascinated by technology.



Fig. 1. Trapped with Communication Technology

As in [3], The average web user checks 40 sites a day and switches activities, windows or programs 37 times an hour. Sixty-one percent of Americans admit to being addicted to the Internet. The average person, regardless of age, sends or receives about 400 texts a month, four times the 2007 number. The average teen processes an astounding 3,700 texts a month, double the 2007 figure.

Advancement in society means technology everywhere. The constant availability of these tools makes it both easy and seemingly necessary to use them. Constant use of technology is possible only if it is easy to use. All time internet access is a main reason that creates fascination on it. Using the internet at all times can create a reliance on it and enables people to stop living their lives in a social way. Technology is being developed in order to be used by younger and younger children. Virtually everything is available through technology. Knowledge can be gained on a vast number of topics, which can cause people to stop learning and discovering in natural way.

The availability of almost all possible learning, experience, sights and sounds allows us to forget how amazing the real experiences can be.

V. WITH OR WITHOUT THE TECHNOLOGY

Within the last 20 years, children were masters of imaginary games and essay the role playfully of mother, father, doctor, police, and teacher and enjoy other sports too like Playground games, riding bicycle etc, which had no cost attached.

Four critical factors necessary to achieve healthy child development are movement, touch, human connection, and exposure to nature. Without technology, no doubt people were not updated on current affairs of world but they were socially and emotionally attached with society and they were happy and had piece of mind.

A. With the Technology

Due to the heavy use of technologies, children are confined at home; they shirk to go outside the house to play. Children are using more technology now than in the past. All of the negative effects that social media and television is having on adults are far greater when it comes to the developing minds of children. There is no way to know what long term effect of technology will be on our children because this is the first generation having unlimited access.

Due to unlimited access of internet and communication devices ‘What are we missing from life as a result?’ Parks are vacant, occasionally meeting neighbours, relatives and friends. Communication is only through the devices, thereby less emotional attachment with people around you.

Communication device can be a media of transmitting bacteria , as in [4] Researchers analysed 780 swab samples 390 from mobile phones and 390 from the hands that used them in 12 U.K. cities and they found that 16% percent of both hands and phones were contaminated with E. coli, illness-causing bacteria that are fecal in origin. The likely reason because people don't wash their hands frequently.

VI. INTERNET ADDICTION

Internet addiction is an excessive use of the internet which means people are in a virtual relationship with the gadget. Internet addiction can be defined in simple words as an excessive use of internet/ a person having total internet dependency.

Result of this kind of dependency very soon converts into Internet Addiction Disorder (IAD). It is an increasingly common and habitual behaviour that is not only problematic for college students, but also for other individuals holding professional positions .A study says that those students who use more internet and mobile phone, their academic performance consistently goes down.

Mobile phone gives mobile internet; screen is available while walking or working .People doesn't have peace in mind because they are always hearing text tone in back of their mind. People having anxiety and suffering from gadget separation and they can't imagine a world before invention of the internet. Refreshing the page ten times in a minute create anxiety, neck and body stiffness from sitting at computer all day.

As in [5], there are as many as six different terms associated with the concept of Internet addiction, including IAD, Pathological Internet Use, Problematic Internet Use, Excessive Internet Use, and Compulsive Internet Use. Other names for Internet addiction include Cyberspace addiction, online addiction, Net addiction, and high Internet dependency.

A. Profile of Internet Addiction User

Internet users are not a homogeneous group. As research shows, the profile of an Internet dependent users are several groups of individuals that were vulnerable to IAD, such as singles, young males, college students, gays, middle-aged females, and the highly and less educated people. Between 19 and 24 years old are on more risk of becoming Internet addicts than older users. These group can be placed in one of two categories, that of a ritualistic or an instrumentalist. The ritualistic is motivated to use the Internet for the purposes of enjoyment, especially when they may be bored or lonely.

The instrumentalist, on the other hand, is more concerned with self gratifying acts that can be fulfilled by browsing websites, and more inclined to increase their knowledge.

VII. SIDE EFFECTS OF TECHNOLOGY

As every technology has an effect in both positive and negative ways. There are number of negative effect on children development like Frustration, less patience, less brain exercise, declining writing skills, Lack of Physical activity.

As in[6], Children and youth are easily frustrated when asked to do something while they are busy on the internet or using their cell phones. It is true for small kids also, they are very fond of cartoon and games, if parent disturbs them, in between, then they get annoyed very soon and this pattern come in their behaviour. Patience is key in life and children these days are beginning to lose their patience easily and not learning how to control it due to the use of technology. These days, there are so many slang words that people are using, which make it difficult for people to use proper spelling, grammar and communication. This makes it difficult to engage in school work and have normal conversations. People rely on Microsoft Word spell checker to help them on a daily basis. In the same way students are using calculator for even small calculation.

Every age group caught by social media and busy on technology arises a problem of face to face interaction. They get so caught up in talking using social media they don't feel comfortable interacting face to face. People, especially children are the first generation having unlimited excess of internet don't know how to react and greet when they first time meet someone, what gestures they should use and how to communicate because they don't have exposure of personal communication.

The Stanford Institute, researcher says compared to those who do not use the Internet frequently, those who do, as in[7] 31% using internet: 90 minutes less daily interacting with family, 45 minutes less sleeping then those who are not using. The Internet has revolutionized the way of living on a cost of social interaction and result is Isolation and neurosis.

VIII. SOCIAL ISOLATION AND NEUROSIS :BY-PRODUCTS OF INTERNET

Google finds it financially viable to create a product that allows people to wear the Internet on their faces, as in [8] it is clear our culture's tech obsession has evolved into a tech addiction big reason of Social Isolation and Neurosis.(An objective condition in which people interact very little with others.) This can happen in home, school, work or in society and people feel Isolation. Alternatively, Neurosis may be defined as a functional disorder in which feelings of anxiety, obsession thoughts, compulsive acts, and physical complaints without objective evidence of disease, occurring in various degrees and patterns, dominate the personality OR "A mental and emotional disorder in which a person experience extreme feeling of fear or worry".

Different act can experience on different person are as:

- Talking to automated response phone system.
- Talk to no one as we do our banking.
- Make no effort to talk to people in close proximity but will chat online to people across the world.
- Lack of personal contact.
- Lack of verbal contact.
- Texting friends when we arrive at their houses.
- Texting and walking.
- Texting in the same room.

IX. CELL PHONE :REASON OF ISOLATION AND NEUROSIS

It is an undisputable fact that cell phones have revolutionised the way people, in particular teenagers, are able to communicate with one another. Communication transformed from a semi-immobile, inconvenient process into something that can take less than a second to ensue. The way people use cell phones says a lot about how they act after they've hung up. Mobile phones have the tendency to reduce interpersonal interactions and can cut-off person from social interaction but also connect them to people around the world and be informed of different situations .As in[9] "The technology is not a good or bad thing; it is how it's used and who it's used with".

Mobile technology is decreasing the meaningfulness of social interactions with others. People are beginning to have more and more social conversations over cell phones. Either texting or talking on the phone is more popular today and there are very few people meeting for coffee and catching up. Being able to talk to people face to face is valuable and brings so much to a conversation rather than hiding our faces behind cell phone screens.

Now these days smart phone are fully loaded from technology like internet and video games and children are soft target caught by the technology. Video game is the starting point of Social Isolation and Neurosis in our children from childhood. There are different types of games; violent video games are main cause of fear and aggression in children. Aggression and fear anxiety are main symptom of isolation and Neurosis. The games that show violence are teaching the young players that it is acceptable to behave this way.

Younger kids have become so attached to video games that they have become isolated from and sort of social contact. They wake up, play video games, go to school, come home and play video games until they have to go to bed. They have lost contact with their friends and some have lost contact with their family members. Video games are good for teaching children vision skills and self-care.

People are becoming more attached to the internet and are starting to depend on it on daily basis. As in [10] Each hour spent online reduces face to face time with family by 23.5 minutes". It teaches and creates online discussion between different members. It reduces less face to face interactions time with friends and family, while they are still communicating over internet.

Most researchers agree that games can help as much as they can harm and source of such kind of disease.

X. FACTS OF INTERNET AND SOCIAL NETWORKS

As in[11] the article , "People who use social networks like Face book or LinkedIn are 30 percent less likely to know their neighbours and 26 percent less likely to provide them companionship". This statistic is American but it shows a low percentage of individuals who communicate and know their neighbours when using different social media websites. As in[12], Internet is becoming a serious issue, Up to 30 percent of South Koreans under 18, or about 2.4 million people, are at risk of Internet addiction.

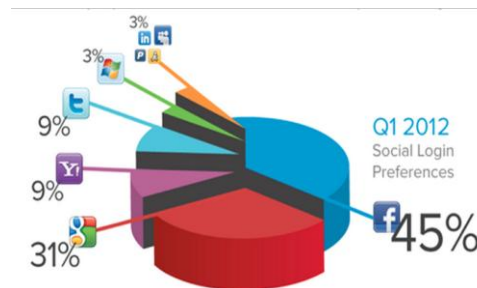


Fig. 2. Fact of Internet and Communication Technology

- Approximately one billion youth live in the world today. This means that approximately one person in five is between the age of 15 to 24 years;
- The number of youth living in developing countries will grow by 2025, to 89.5%:
- Therefore, it is a must to take youth issues into considerations in the ICT development agenda and ICT policies of each country.
- For people who live in the 32 countries where broadband is least affordable – most of them UN-designated Least Developed Countries – a fixed broadband subscription costs over half the average monthly income.
- For the majority of countries, over half the Internet users log on at least once a day.
- There are more ICT users than ever before, with over five billion mobile phone subscriptions worldwide, and more than two billion Internet users.

XI. PROS N CONS OF TECHNOLOGY

Every technology have two sides as positive and negative, its only depend on person "Who is using ?" and "How it is being used ?".

Society is gaining multiple benefits of social media as people can interact with their friends and other people online. People can become more familiar with new and emerging technologies, as well as increase their media literacy through exposure to many different types of online media that are shared by their friends. Number of online communities can be very diverse and expose many new viewpoints, ideas, and opinions that people may or may not be familiar with such kind of facts. Keeping in touch with family members that live far away is much easier through the use of online social networking .People can accessed almost everything ,everywhere on internet .Easily can find jobs or friends.

On the negative side of technology, it may be a monster for coming teenagers who use social media site showing self-important tendencies while young adults who frequently use social media sites show more signs of other psychological disorders, including antisocial behaviours, mania and aggressive tendencies. Face book can be distracting and give negative impact on learning. Studies found that middle school, high school and college students who checked Face book at least once for a fifteen minute during study time achieved lower grades. Lack of privacy on social media is one of major reason of Crime and fight between friends and family.

XII. BALANCED WAY OF USING TECHNOLOGY

Number of checks and self-control can apply to balance the life which can help make life easier and moderate. People should use technology in moderation because cyber reality is not going anywhere any time soon. Habit of self-control and number of secure software available in market can help children to use internet without fear of cyber security.

As in [13], Parents can teach and protect their children from potential harm from video games by following a few commonsense strategies — particularly if they are concerned that their children might be vulnerable to the effects of violent content. These simple precautions may help:

- Check the ESRB (entertainment software rating bit) rating to better understand what type of content a video game has.
- Play video games with children to better understand the content, and how children react.
- Place video consoles and computers in common areas of the home, rather than in children's bedrooms.
- Set limits on the amount of time youths can play these games. The AAP recommends two hours or less of total screen time per day, including television, computers, and video games.
- Encourage participation in sports or school activities in which youths can interact with peers in person rather than online.
- People can plan their day-to-day life which include physical and social activities that do not involve technology, spend time outdoors with friends and family members.

XIII. FUTURE SCOPE AND CONCLUSIONS

Going into the future, scope of using internet requires more secure and flexible architecture that will act as the basis for the disposal of multiplicity of service-facilities with optimized quality levels to attract and satisfy end-users.

With this aim, cognitive network with self-aware functionalities introduce a high level of autonomy, meaning that embedded and/or inherent management functionality in several component of FI (Future Internet) on per element and per domain, targeting a more distributed environment in term of management and operational activities. A new method related to embedded and virtual systems of network have to redefine the overall architecture of future internet network. This dynamic and intelligent behaviour of FI network will handle various situation can potentially lead to an innovative and beneficiary scope of future internet operations.

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