

## TECHNOFERENCE: HOW DO YOU LIVE WITH IT?

*An email's like I've seen you...I press send... you disappear  
Well that's not enough when you're in love...No, nowhere near  
Your face is a thousand pixels, your asleep and I'll shut you down  
Cause all this superficial love...It's not enough...Jessie J*

### WHAT TO KNOW!

- ❖ Technoference has been defined by B. McDaniel and S. Coyne as everyday intrusions or interruptions in couple interactions or time spent together that occur due to technology including smartphones, computers, tablets, and television
- ❖ A study by Coyne and McDaniel of 143 women in committed relationships found:
  - a. 74% thought their smartphones detracted from their relationships with their partners
  - b. 62% said that technology interferes with their free time together
  - c. 40% said that their partner gets distracted by television during a conversation
  - d. 35% said that if their partner gets a text, they'll pull out their phone mid-conversation
  - e. 33% said their partner checks their phone during mealtimes spent together
  - f. 25% said their partner will actively text others when they are face-to-face
- ❖ According to a Mobile Mindset study, nearly 60% of people do not go one hour without checking their phones and more than 50% check their phones in bed before they go to sleep, during the middle of the night, and after they wake up
- ❖ Technoference is routine and has become so much a part of life that interruptions are taken for granted and occur without notice
- ❖ When people place technology such as smartphones above the person they are with, they send the subtle message that the technology is more important than the person
- ❖ Allowing technology to intrude or interrupt relating can lead to conflict and other negative outcomes in personal relationships
- ❖ Technoference can cause damage to intimacy and well being leading to greater depressive symptoms, lower life satisfaction, and lower relationship satisfaction
- ❖ People also often turn to smartphones as a way to avoid anxiety, boredom, conflicts, and difficult conversations when with other people
- ❖ Phub (phone + snub) was coined by James Roberts to describe when a person texts, emails, or makes a call rather than attend to the person they are with and devalues them
- ❖ Technoference allows for the avoidance of those situations, such as frustration or miscommunication, that when worked out strengthen relationships
- ❖ With some people, technoference can become an addictive or problematic behavior pattern leading to additional problems in functioning and relating
- ❖ A dependency on emailing and texting may develop in those people who are lonely or bored as well as those who are quite social and need to stay connected to others

### WHAT TO DO!

- ❖ Acknowledge that your using technology may be negatively impacting your relationships
- ❖ Discuss technology with your partner and set mutually agreed upon rules to manage technology use
- ❖ Examine your own technology use and whether you are letting it interfere in your life
- ❖ Consider how much time you are on your devices and if it is that necessary
- ❖ Attend to the feelings of who you are with and how they are reacting
- ❖ Set technology-free time each day to be with your partner or family
- ❖ Seek professional help to assist improving relationships

### WE CAN HELP!

Call us at **954 755-2885** or email us at [\*\*DrKimmel@KimmelPsychology.com\*\*](mailto:DrKimmel@KimmelPsychology.com)

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