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How the Use of iPad and Smartphones Creates Social Isolation

Advancing Social Emotional Learning
The Chicago School of Professional Psychology

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We don't function well as human beings
when we're in isolation.

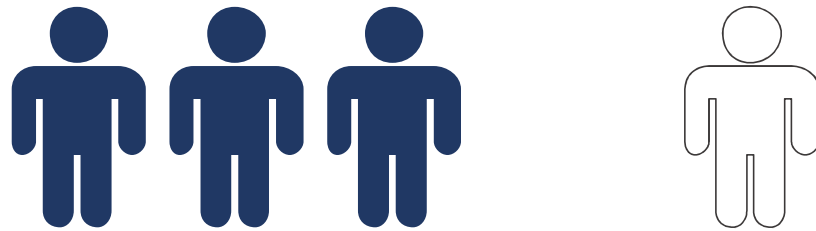
Robert Zemeckis

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COME

What is Social Isolation?



Social isolation is a particular situation when people live alone, have limited contacts with friends and family members, and do not belong to a group (volunteer organization, clubs, or religious organizations) (Singer, 2018).

The quality of our social interactions, more than the number of our relationships, determines loneliness.

Social Isolation: Causes

Through iPad and smartphones, people are often involved with addictive behavior related to:



Excessive texting



Constant use
of social
media



Online shopping



Online
pornography,
gambling, etc.



Video
gaming,
gambling

All of these may lead to social isolation, shyness, depression, anxiety, desensitization, lower self-esteem, and impulsivity.

Social Isolation: Causes Contd.

People use smart devices as a way to:



Escape problems or relieve feelings of guilt, helplessness, and depression, and at the same



Ignore what is happening in reality

This will result in social isolation.

Social Isolation: Consequences



Anxiety and Difficulty Coping

Lack of friendship and emotional support can hinder coping ability and increase anxiety.



Compromised Immune System

Social isolation increases levels of stress hormones and often leads to a compromised immune system, poor sleep, and cognitive decline (McAndrew, 2016).



Cardiovascular diseases

Social isolation and loneliness are associated with an increased rate of cardiovascular diseases (Singer, 2018)

Social Isolation: Consequences cont.



Failure as a Whole

People who feel socially isolated fail to successfully contribute to society and the nation as a whole (Arumuganainar & Alwar, 2017).

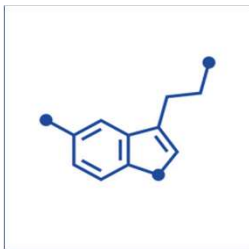


Failure in Academics

Social isolation has a negative correlation with academic success in schools (Rosenstreich & Margalit, 2015) .

The Role of Smartphones and iPad on Creating Social Isolation

When a person uses a smartphone to read an email, respond to a social media post, or get an answer to a question –



Dopamine is released



Neurons get fired



The user experiences a quick, short, and immediate satisfaction (Delzo, 2017).

This makes people more interested in using these devices rather than having contact with real people.

The Role of Smartphones and iPad on Creating Social Isolation Contd.

Pew Research Center concluded that:

95%

of teens have access to a smartphone

20%

of college students are addicted to smartphone

45%

say they are online 'almost constantly'

Due to the compulsive need to use smartphones in a constant manner. they also exhibit signs indicating social isolation, shyness, low self-esteem, and social anxiety (Vaghefi, 2017).

The Role of Smartphones and iPad on Creating Social Isolation Contd.

In order to gauge the intentions and emotions of a person, it is normally looked for through speech and body language to understand another person's emotions and intentions.



This is not possible through social media interaction using smart gadgets.

They are distracted by the device, and unable to share deeply with each other. This causes different problems like social isolation.

The Role of Smartphones and iPad on Creating Social Isolation Contd.

Many of the students spend too much time browsing the Internet on their phones.

This often results in feelings of loneliness, increases in depression, withdrawal from family activities, and creates false senses of interaction and unrealistic expectations (Shapira, et al., 2003).

Students receive less respect from surrounding people when they have poor academic achievement.

This may create different behavioral problems and low self-esteem, and they often start spending more time with smart gadgets in a search for a sense of belonging and self-satisfaction. This also leads to social isolation as well.

Consequently, they may become isolated from their peers and also from social interaction.

The Role of Smartphones and iPad on Creating Social Isolation Contd.

They can also develop compulsions to play MMORPGs, which can lead to social isolation



Due to cognitive stimulation, curiosity, enjoyment, and recreational refreshment, gamers like to spend their time playing different massively multiplayer online role-playing games (MMORPGs).

Recommendations

- ✓ Some of the social networking sites can also have positive impacts on reducing social isolation through four mechanisms:



Connecting to the outside world



Gaining social support



Engaging in activities of interests



Boosting self-confidence.

- ✓ Make certain that these smart gadgets are used in a sensible manner.
- ✓ Use some of the communication applications, like Facebook Messenger, as intuitive, easy, and accessible platforms for maintaining collaboration with friends and family members.

Recommendations Contd.

- ✔ Use smartphones and iPad as tools to expand learning.
- ✔ Make sure that while using the smartphones and iPad, youngsters are able to delay gratification significantly longer.
- ✔ Use different behavioral treatments for helping a learner get rid of smart gadget addictions, including cognitive behavioral approach (CBT), motivational interviewing (MI), etc.
- ✔ Increase awareness regarding the causes and harmful impacts of social isolation, and how the use of smartphones and iPad contributes to that.

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Q QUESTIONS
A ANSWERS

THANK

YOU

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