



NewsLetter

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The impact of technology in the Family relationship.

The digital age is impacting more than how America communicates. It is also shaping marital and parent-child relationships in striking new ways. Some people believe that postmodern age technology is demonic and harmful. However, others believe that the technology is a good tool. Which one is correct?

How Can Technology Impact Family Time?

Technology has been advancing at an unbelievable pace since the late 1990s, and even more so since the iPhone was introduced in 2007. Its impressive proliferation of engaging content, immediate connection to people almost anywhere in the world, and facilitation of unprecedented productivity offer invaluable benefits but important risks as well.

Why does a family divide happen?

Family divides can occur when there is a breakdown in communication and connection among parents and children, or between adults. The misuse of the technology can create innocent misunderstandings, distrust, and loneliness among family members. A breakdown in communication might involve dishonest, disrespectful, and distant conversations, or simply having no conversation at all.

When a breakdown in communication continues, the problem can snowball, furthering the distance among family members.

Technology, like cell phones, iPads, and online gaming, allows children to constantly connect with friends, making peers, and strangers, one of their largest influencers. In these cases, some children turn to friends or strangers for advice instead of their parents.

The increased impact of technology on family time can cause family divides and have a permanent impact in the following ways:

1. Decreased face-to-face communication.
2. Change in influencers.
3. Distanced communication.
4. Feeling unimportant.
5. Lack of strong relationships.
6. Less comfort, trust, security, love.
7. Less opportunity to parent.

Ways to unplug from technology and connect with family.

1. Schedule tech-free meals
2. Schedule games or other non-tech activities
3. Schedule weekend "dates"
4. Set up a time to stop using your wireless devices for the day.

If you stop using your electronic devices a few hours before going to bed, you would:

1. Come closer to God in prayer before going to sleep.
 2. Experience a better and relaxing night sleep.
 3. Have a more joyful intimacy with your spouse.
- Christian families need a better, more holistic understanding of how to manage the existing and the coming technological advances in order to avoid a communication breakdown.