

INTERPLAY OF TECHNOLOGY AND MODERN MARRIAGES

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Abstract

The majority of today's young adults have spent their whole lives surrounded by technology, which has become an integral part of their life. The purpose of this particular case study was to gain an understanding of the ways in which technology is utilised in the context of young adult marriages, as well as the ways in which these couples see the impact that technology has on their relationships. Over the course of seven consecutive days, ten heterosexual young adult married couples filled out daily diary questionnaires regarding their own and their partners' usage of technology. Additionally, each participant filled out an individual in-depth interview. When it came to the amount of time that each spouse spent using technology (such as mobile phones, computers or tablets, entertainment media, and social networking sites), the findings showed that there were no significant variations between them. According to the couples, technology enabled both connection and distraction in their relationships but also facilitated connection. In addition, every couple stated that they are in possession of regulations that govern the use of technology inside their domestic partnerships.

Keywords -: Technology, Marriages, Relationships.

1. INTRODUCTION

It is now commonplace for families to make use of various forms of technology. Despite the fact that the majority of people in the United States have accepted the use of the internet, cell phones, and social networking sites (SNS), young adults tend to be the most prodigious users when compared to all adults. Those who are currently considered to be young adults have been brought up in a digital age, during which they have had ready access to a wide range of technological resources. There are indications that young individuals and adults in their middle or older years use technology differently, and these differences have been observed to be generational.

Due to the fact that technology is now often used in everyday life, it is essential to have an understanding of the ways in which technology affects romantic relationships. A growing number of people in the United States are getting married for the first time, with the median age of first marriage currently standing at 29.8 years old for men and 27.8 years old for women. In spite of this, in 2018, 29% of young adults reported being in partnerships that were marital in nature. The young adult married couples were the subjects of this study's primary focus. In general, the majority of the research that has been conducted on the effects of technology on romantic relationships has relied solely on samples of college-aged women. Furthermore, academics have recommended the recruitment of romantic spouses in the future research that will be conducted on technology and marriage. Emerging quantitative research has brought to light the distracting nature of technology in the context of marital relationships, as well as the increased potential for relational boundary violations. There have been relatively few studies that have concentrated on the beneficial contributions that technology has made to marital relationships or that have utilised qualitative research methods to capture the experiences that married couples have actually had with technology. Through the use of a case study methodology, the current research endeavoured to gain an understanding of the lived experiences of young adult married couples with technology in their relationship.

2. LITERATURE REVIEW

Raja, S., & RENNINGER, B. J. (2015). In the years since the Internet and Web 2.0.6 were widely available, most users have included online dating and wooing into their daily lives. Dating is an element of the social framework in many cultural systems, therefore courtship is not a recent concept. Despite early negative stigmatisation, the arrival of new technology has altered how we engage with others; online dating services have swiftly become part of the social structure of many different cultural spheres. The dualistic representation model of a fake online self gave way to an overlap of the online and actual identities gradually as a result of the anonymity that characterised the early days of blogs and forums. Examples of online dating and courtship websites clearly demonstrate this change, as in recent years, businesses established expressly for this purpose have demanded accurate information from their users.

Diamond-Smith, N. G., Dahal, M., Puri, M., & Weiser, S. D. (2020). Young people's lives alter when they get married, especially in cultures where marriage is highly valued, like Nepal and other South Asian nations. However, there is a shift in marriage customs towards more love marriages, which is expected to have a significant impact on women's agency and position, the dynamics of the home and relationship, and their mental and physical health. This essay aims to explain the ways in which evolving patterns of marriage formation and customs like co-residence and dowry are interacting and influencing relationships after marriage. In one district of Nepal in 2017, twenty intact triads of recently married women, their husbands, and their mothers-in-law participated in in-depth qualitative interviews. Though many unions are still arranged, many couples communicate or get together before to getting hitched because they believe they may establish a foundation of love that way. Technology makes this activity easier, but some couples are unwilling to acknowledge their communication, which may indicate that there is stigma associated with it. Growing ambivalence among husbands over dowries causes misunderstanding and has a detrimental effect on relationships after marriage. In Nepal, there is a confrontation between traditional and modern beliefs and behaviours that affects newly married women's family status, the quality of their relationships, and possibly even their health.

Seth, N. (2011). In other cultural contexts, online personals have been imitated due to their remarkable popularity in the Western World. The advent of the Internet may have radically varied effects on customs and communities, including Indian arranged weddings. This chapter looks into the function of marriage-assignment websites in India's marital matchmaking process through an ethnographic lens. It aims to investigate how important players in marriage arrangement have hijacked these websites and how this appropriation is altering the customs and procedure around arranged marriage. The study's main contributions are that it examines intricate social dynamics in a social setting distinct from conventional western research settings and looks at how contemporary technologies interact with long-standing customs and social norms. According to our research, using matrimonial websites may have an impact on cultural convergence, ease of disengagement, constant information flows, virtual dating, and the decreasing stigma associated with arranged marriages in India.

Sen, S. (2020). In the wake of globalisation, matchmaking entered a new age with the rise of online matrimony. The purpose of this essay is to investigate how globalisation has affected Hindu-Bengali marriage. The goal of the study is to determine how Kolkata marriages are affected by online marriage. The study demonstrates the effect of globalisation on the institution of marriage using content analysis of newspaper and online matrimonial website advertisements and in-person interviews. The study makes the case that the process of choosing potential brides and grooms has not changed as a result of globalisation. In modern-day Kolkata, newspapers and internet sites serve as the counterparts of traditional matchmakers, with minimal distinction from their previous methods. The study looks at what happens to technology and how it affects established, traditional social structures. The expansion of the pool of potential partners has strengthened patriarchal bonds, and globalisation has adapted to a tradition-bound culture, creating an odd and burdensome conflict between tradition and technology.

3. IMPACT OF TECHNOLOGY

Numerous studies indicate that technology can harm interpersonal connections in addition to perhaps having negative impacts on the individual. Your relationships with friends, family, and love partners may suffer as a result of improper technology use. The most frequent offender is actually very ordinary. Picture yourself and your loved ones gathered around a table. For whatever reason, the dialogue may have stalled, there may be a pause in the conversation, or your phone may beeping to alert you to a new email. After picking up the phone, you turn your focus elsewhere. You have probably either witnessed this occur or you may even have engaged in it yourself.

In any event, studies have demonstrated the damaging effects that this behaviour can have on interpersonal relationships, particularly when it is performed frequently. The repercussions might be far severe when you apply this to personal relationships. When you prioritise your phone, TV, or computer over your loved ones, it can strain your bond, drive affection away, and make your partner feel undervalued. If you wait months or years to resolve this, there may be further arguments, discontent, and perhaps the breakup of the partnership. If you would like to learn more about the risks that technology poses to relationships, you may read the Family Studies article and the CNN story on the subject.

3.1. Being Aware of the Effects

We're not advocating that you give up your computer, tablet, or smartphone. Rather, we advise you to make an effort to be more conscious of the times and manner in which you use technology. Consider turning off your gadgets, ignoring any blinking lights, and just being in the present while you're with people you care about. While it is acceptable to excuse oneself when necessary, the continual disruption of technology combined with the choice to focus your attention elsewhere can seriously damage your relationships. Thus, be aware of the ways in which technology may disrupt your life. In the grand scheme of things, consider whether sending texts, using social media, or going online is worth endangering the people you love.

Another useful collection of advice from your friends at Modern Family Law. Talk to someone you know if you're concerned that they could be allowing technology to take over their lives. As always, don't hesitate to call if you require the aid of a knowledgeable family law attorney. Our team of solicitors is available for free consultations and is prepared to help you with any family law need you may have.

3.2. Modern Family Law

The team of skilled family law solicitors at Modern Family Law approaches the practice of family law with sensitivity. Our attorneys approach each case as a team effort to discover the best long-term solutions for each family, utilising cutting edge technologies to produce an effective and efficient procedure for our clients. Currently, our attorneys work in Texas, Colorado, and California. To view all of our family law locations, click the link below. For additional details, please contact us by phone or register for a free consultation online by completing a brief form! Allow us to improve your life in a constructive way.

4. TECHNOLOGY STRENGTHENS MARRIAGES

- **Improved communication:** Technology has made it easier than ever to stay in touch with your spouse, whether you're in the same room or on opposite ends of the world. Social networking, video calls, and text messaging may keep you in touch with each other throughout the day, strengthening your relationship with your spouse.

- **Easy access to information:** Couples may now obtain a multitude of information on self-help tools, marriage counselling, and relationship guidance thanks to technology. This can be especially helpful for married couples who are having trouble communicating or dealing with other problems.
- **More shared experiences:** Despite being physically separated, couples can still enjoy shared experiences because of technology. For instance, you can utilise a streaming service to watch a movie together, play games online, or even take virtual tours of museums and other sites.
- **Enhanced productivity:** Couples can use technology to better organise their hectic schedules. To-do lists, shared calendars, and other productivity tools can help you both manage your workload and find time for one another.

5. TECHNOLOGY STRAINS MARRIAGES

Despite all of its advantages, technology can also provide new difficulties for modern couples.

- **Digital distractions:** With social media, online games, and other digital diversions vying for our attention, technology may be a big distraction in modern marriages. One partner may feel neglected and resentful towards the other if they spend excessive amounts of time on their computer or phone.
- **Miscommunication:** While technology has facilitated communication, it can also lead to misconceptions and incorrect interpretations. Misunderstandings can result from misreading emails and texts, as well as from the absence of body language and tone in digital communication.
- **Jealousy sparked by social media:** Relationship mistrust and jealousy can also be fostered by social media. It can be painful to see your partner communicate with others online, and social media can make it simple for people to get back in touch with past romantic partners or act inappropriately.
- **Technology addiction:** Last but not least, this issue is becoming worse and is known to cause marital stress. An excessive amount of time spent on a phone or computer by one partner might lead to stress and disagreement in the relationship.

5.1. Work-life balance

The idea of working from home has become popular since the epidemic, and this blurring of work and personal life has had a big impact on modern marriages. Because of technology, workers are compelled to be online at all times, which makes it difficult to prioritise family time over work. Spouses who struggle to manage the demands of their careers and their household responsibilities are reporting an increase in cases of feeling neglected by one or both partners. Also, this has increased the divorce rate. For couples, the digital era has been both a blessing and a curse.

5.2. Relationship maintenance and self-care

While there are drawbacks to technology, there are also benefits. For example, couples may now locate internet resources for self-help, counselling, and therapy to help them work through problems and strengthen their bond. Technology has also made it possible for people to better themselves and grow personally, which is beneficial for relationships when both parties put their personal wellbeing first.

6. CONCLUSION

To sum up, technology has the potential to both improve and complicate modern marriages. Technology has brought new difficulties that can strain relationships, even as it has made it simpler for couples to interact and communicate with one another. Couples can utilise technology to improve their relationship and strengthen their bond by being aware of these issues and taking proactive measures to address them. Prioritise spending quality time with your partner without being distracted by technology, establish clear boundaries surrounding technology use, and communicate honestly and openly with them. By keeping these suggestions in mind, couples may manage how technology affects their union and create a solid, satisfying partnership that endures.

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