“We are increasingly connected to each other but oddly more alone.”
Sherry Turkle, *Alone Together.*

Has digital technology, especially cell phones and social media, made people more connected or more detached from one another?

The rise of cell phones and social media have revolutionized the means of communication. Whereas people used to go to great lengths to communicate with their loved ones, it now takes a simple push of a button. In past days, families and friends who lived far apart from one another had few means to contact each other. Today, we possess the technology to contact people across the globe within seconds. However, the increasing use of these resources has not brought togetherness, but separation. As the advancement of cell phones and social media grows, so will the levels of detachment between people. Therefore, cell phones and social media have greatly influenced the way people detach themselves with each other by providing ways to distract from surrounding people and things, break relationships, and lessen the overall quality of communication between people.

Cell phones have dramatically evolved from portable telephones to life-source devices. Though their prime function was to make calls on-the-go, they now contain everything from personal bank records to medical information. Although these devices hold vast private information, the prime usage is for distraction. Cellular games are the main source of distraction. Games such as Candy Crush Saga and Pokemon-Go are prime examples of distraction from the physical world. Players are so consumed with the piece of technology in their hands that they remain unaware of their surroundings, including surrounding people. People take these games to the dinner table, family functions, and most social gatherings as a means of escape; therefore, creating detachment from the world around them.
Next, as a young college student, I have been immersed in a world of social media. College life thrives on connectivity and creativity. Media outlets such as Facebook and Twitter were made to allow for creative ways of communication. However, I have seen these websites break more relationships than create or build them. This places no blame on the websites themselves, but on the people using them. Facebook and Twitter are outlets that personal updates such as location, relationships, and day-to-day happenings. However, a majority of the usage is directed to complaints, hate, and arguments. Political hate runs strong with these media outlets. Online debates turn to personal arguments. The freedom to state whatever you please on these sites has turned to freedom to put down whomever and whatever you want. The playfulness of social media rapidly turns to pettiness. In turn, this pettiness drives relationships apart.

Lastly, media sites such as Facebook, Instagram, and Snapchat provide ways to communicate through different types of content such as photography and text. In return, people are able to respond through the same means of content. However, both sides of communication severely lack in substance. In addition, most “posts” on sites are observed without response or with weightless responses such as “lol” or “haha.” These responses hold no real communication. In addition, these empty responses transfer to the physical world leaving only empty communication between people. Therefore, social media has cut down the quality of interaction people have with each other.

In conclusion, the usage of cell phones and social media have long derived from their original purpose of bringing people together. Instead, they are used as outlets of distraction and escape from their surroundings, pettiness and hate in relation to daily occurrences, and are a
main source of the broken communication that is rapidly spreading throughout society. Therefore, I believe that cell phones and social media harm communication rather than enhance it; thus, aiding in the detachment of people with each other.

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