



COMM277

Outline Final Draft

Title Page

How Technology and Social Media are Transforming Communication

General Topic: Impact of Technology or Social Media Communication

Specific Topic: The effect of instant messaging platforms on the quality of interpersonal communication in romantic relationships

Thesis Statement: While instant messaging can offer convenience and constant connection in romantic relationships, it can also hinder deeper communication by reducing nonverbal cues and encouraging misunderstandings.

Introduction:

As technology is evolving, humans always want different ways to communicate better, whether it's to communicate information, express emotions, or have a personal connection. Today, we have a lot of technological ways of communicating, including cell phones, social media, and emailing. Technology has become an era of change, and the ability to communicate has become easy nowadays. Cell phones and social media have made us aware of things that are happening around the world, making communication fast and simple. The expansion of new communication technology has led to change in both the personal and professional side of life.

Body: (Fully developed outline format using full sentences)

Main Point #1: What social media does to your mental health

- Social media offers a lot of benefits like connectivity and access to anything. However, its impact on mental health has raised concerns. Social media affects mental health by showing unrealistic standards of how people live and how they look. Social media platforms like Facebook, Instagram, Snapchat TikTok and twitter are major distractions with constant notifications and scrolling feeds pulling attention away from important task. (Kross et al. 2013)

-The more connected people are, the more likely we may experience stress and anxiety because it is often caused by the posts, we see on social media sites leading us to believe our friends and influencers are having interesting experiences while we aren't online. Research has shown that heavy social media use and spending a lot of time on

these platforms is linked to a higher risk of mental health issues and decreased well-being, especially in younger people (Andreassen et al 2016).

Main Point #2: Instant messaging relationships

- Instant messaging relationships develop a connection between one person to another because it's real time communication and close interaction with one another.

- With cell phones, people can instant message and have conversations regardless of where the other person lives, whether they live down the block or on the other side of the world. (Garlikov 2003) stated that a lot of people crave emotional intimacy, which does not always have to be with sexual intimacy and occurs in non-sexual circumstances.

Main Point #3 Creating dependencies on miscommunication

- One of the most common places to have miscommunication is through the phone. The problem is that you cannot see the person or the facial expression or body language of the person through a message.

- I learned different ways to have better communication when there was a miscommunication, I would either facetime or call my friends or significant other. When you cannot see someone while in a conversation it leaves a space for misunderstanding, whether you think you're on the same page or not. Online communication allows people to communicate in the form of texting, audio, and video which allows for different levels in the form of communication (Sheer & Chen, 2004).

Conclusion: Technology has advanced communication, offering connectivity through cell phones, social media, and instant messaging. While social media has a lot of benefits, it can also negatively impact mental health by promoting unreal standards of how people look and live and potentially leading to stress and anxiety because people wished they could have a life like that. Instant messaging strengthens relationships by allowing real-time communication, but it can also lead to miscommunication due to not being able to see the person's body language or facial expressions. To address miscommunication, it requires direct conversation through Facetime or phone calls to make sure there's clarity and maintain a strong connection.