

**Dating, Mating,
and
Innovating:
The Impact of
Technology on
Intimacy**

Rachel Hoffman, LMSW, MEd. Doctoral Candidate in Human Sexuality

Rachel Hoffman

LMSW, MEd
Doctoral Candidate,



Goals & Objectives

At the end of this presentation you will be able to:

- Understand the effects of being in a “techno driven world”
- Learn how dating expectations have changed due to technology
- Acknowledge ways in which technology can impede and improve relationships and sexuality
- Learn new terms such as Ghosting, Phubbing, and Sexting
- Understand how you can utilize this knowledge as a professional in our field to help clients.

Facts

- 25% of cell phone owners in a marriage or partnership have felt their spouse or partner was distracted by their cell phone when they were together
- 45% of internet users ages 18-29 in serious relationships say the internet has had an impact on their relationship
- The average U.S. consumer spends five hours a day on their smartphone, with 50% of time-spent on social media, messaging, and entertainment applications

Then....



And now



Study: McCormack, M. (2015) 'The role of smartphones and technology in sexual and romantic lives'

Qualitative interviews with 30 people from a diverse range of backgrounds across England

Benefits

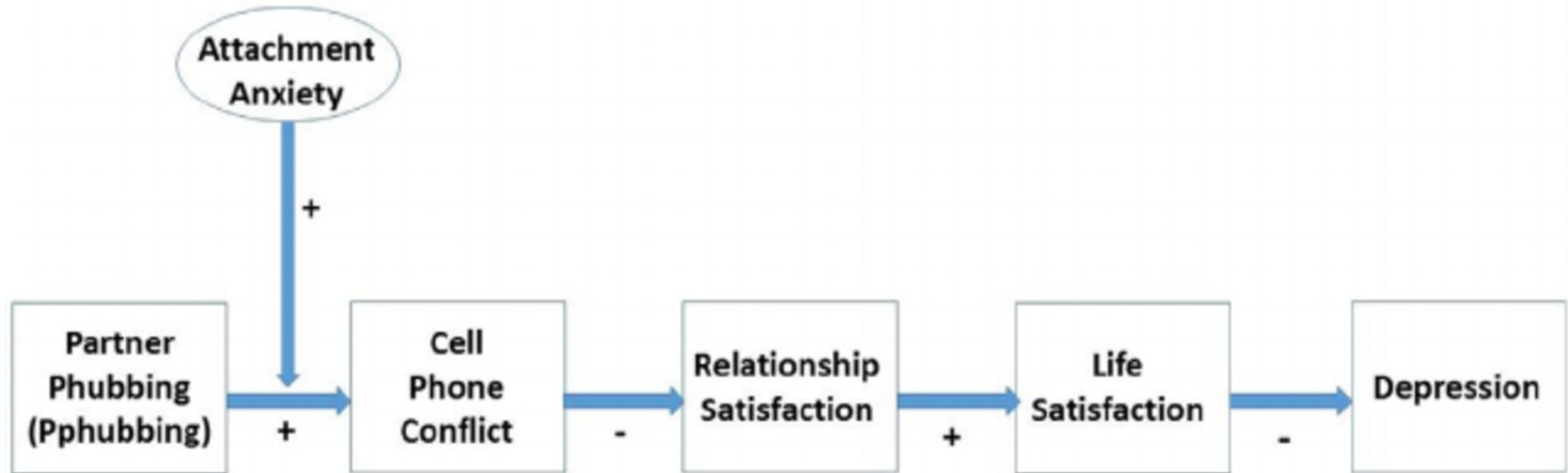
- Establishes relationships
- Communication in early stages
- Used to organize leisure time (dates etc.)
- Sexting and/or words of love and affection

Costs

- Facilitates cheating
- Tracks partners' activities
- Partners distracted by phone
- Hurrying sexual activity

My Life Has Become a Major Distraction from My Cell Phone: Partner Phubbing and Relationship Satisfaction

Roberts, J. A., & David, M. E. (2016)



9 Item Pphubbing Scale

1. During a typical mealtime that my partner and I spend together, my partner pulls out and checks his/her cell phone (slight modification).
2. My partner places his or her cell phone where they can see it when we are together.
3. My partner keeps his or her cell phone in their hand when he or she is with me.
4. When my partner's cell phone rings or beeps, he/she pulls it out even if we are in the middle of a conversation (slight modification).
5. My partner glances at his/her cell phone when talking to me.
6. During leisure time that my partner and I are able to spend together, my partner uses his/her cell phone (slight modification).
7. My partner does not use his or her phone when we are talking
8. My partner uses his or her cell phone when we are out together.
9. If there is a lull in our conversation, my partner will check his or her cell phone.

Study: Why phubbing is toxic for your relationship: Understanding the role of smartphone jealousy among "Generation Y" users.

Krasnova, H., Abramova, O., Notter, I., & Baumann, A. (2016, June)

- Best understood as the time that an individual is distracted by their cell phone while spending time with their partner
- 286 participants from German university - heterosexual
- Jealousy plays a mediating role in the relationship between partner's smartphone use and relational cohesion, acting as a mechanism behind this undesirable link
- As a result of their partner's latest phubbing episode including perceived loss of attention, anger and sadness.

Assessing the mediating effect of relationship dynamics between perceptions of problematic media use and relationship Satisfaction

Spencer, Lambertsen, Hubler & Burr (2017)

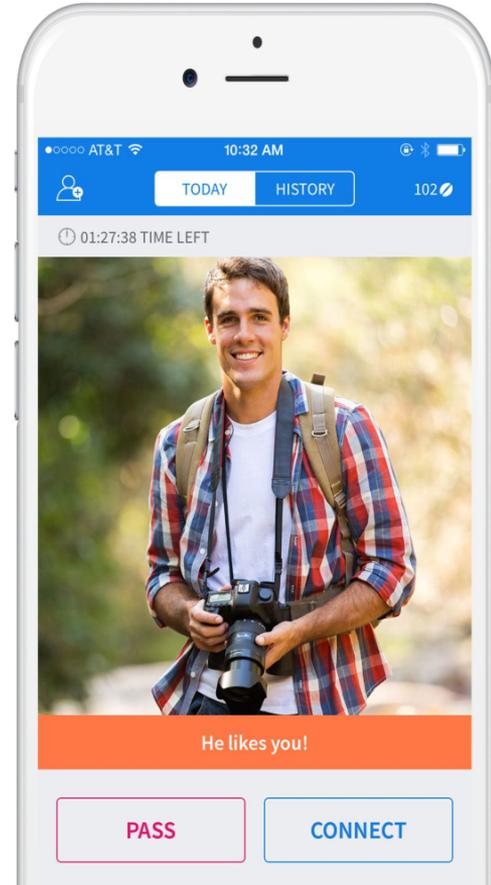
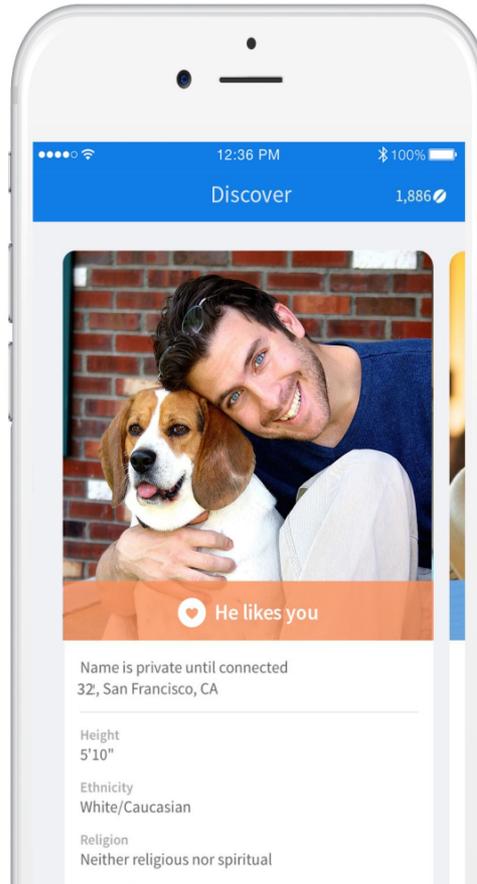
- Mediation of demand-withdraw
- Mediation of criticism-defensiveness dynamics
- Found to be negatively associated with relationship satisfaction and partially mediated the association between perceptions of media use and relationship satisfaction

Why learn about this?

- Technology is having a broad impact on relationships
 - (personal, professional and sexual!)
- Technology impacts the human psyche causing jealousy, depression, and lack of self confidence

Dating and Tech

- Stats on Dating
- The Swiping Phenomenon
 - Paradox of Choice
 - What's your intention?
 - Ghosting and Cushioning



Common Concerns

Why won't
he/she text me?

What do I put
on my
profile!?

I'll never meet
anyone through a
dating app

No one
swipes for
me

What does this
text mean?

Case Study: Pete and Joe's Work Life Balance

- Pete, 33-year-old homosexual male & Joe, a 37-year-old homosexual male
- Dating 6 years, currently live together
- Have not had sex in two months
- Pete - lawyer, Joe - elementary school teacher
- Phone/email dilemma

Finding work-life balance

- Not only do we plug in our phones and leave them on our night tables, how often do our laptops make the threesome?
- Overwhelming drive to succeed and the competitive nature of some professions
- Partner neglect v. inability to fulfill expectations
- Defensive/avoidant v. habitual
- Active listening
- Gottmann communication (Love Map Questionnaire)

Implementing Behavioral Changes

- Identifying favorites
- Airplane mode
- Eating breakfast - no tech
- Bedroom = intimacy

Case Study: Ethan and Stephanie

- Ethan, a 36-year-old male and Stephanie, a 35-year-old female
- 4-year-old son and 1-year-old son
- Sex life diminished
- Ethan felt neglected & Stephanie was exhausted

What's Your Love Language?

- Quality Time
- Physical Touch
- Words of Affirmation
- Acts of Service
- Receiving Gifts

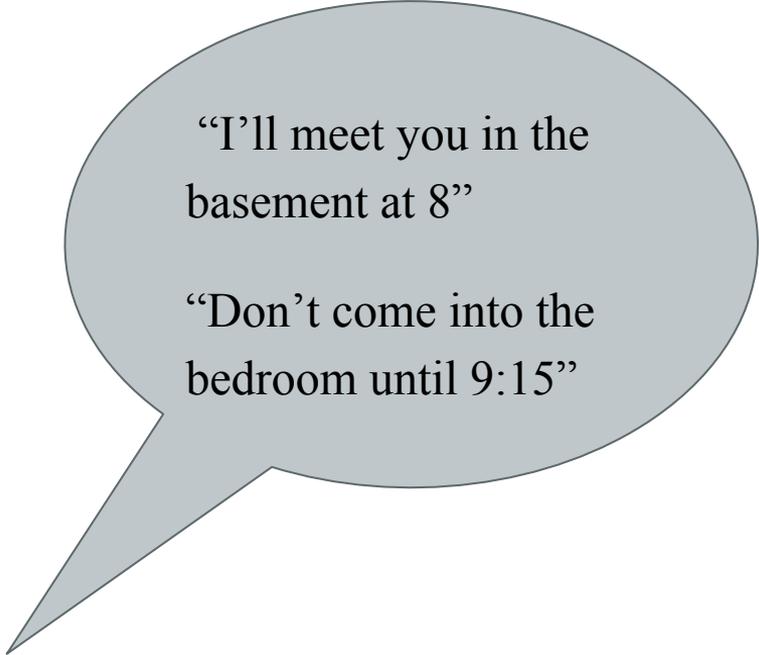
What did Intimacy mean to them?

- Post childbirth connection
 - Self Image
 - Hormonal
 - Time management

- Physical touch v. quality time

How Sexting Can Help

- Redefine sexual chemistry
- Changing dynamics
- Relationship is more than plan making
- Can provide emotional support
- Provides assurance



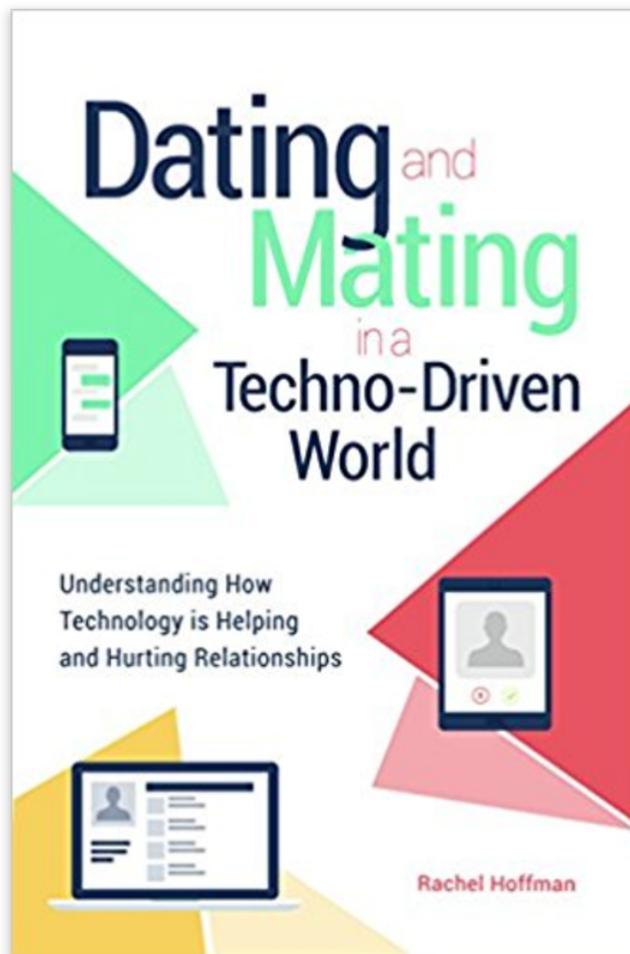
“I’ll meet you in the
basement at 8”

“Don’t come into the
bedroom until 9:15”

Take Away Messages

- Technology - both costs and benefits
- Plays a role in dating, relationships, and affects intimacy
- Affects all genders, sexual orientations, cultures
- Needs to be discussed in therapy

Quick Plug..



Disclosure

I have no disclosures

References

- Cizmeci, E. (2017). Disconnected, though satisfied: Phubbing behavior and relationship satisfaction. *The Turkish Online Journal Of Design, Art And Communication*, 7(2), 36-375. doi:10.7456/10702100/018
- Karadağ, E., Tosuntaş, Ş B., Erzen, E., Duru, P., Bostan, N., Şahin, B. M., . . . Babadağ, B. (2016). The virtual world's current addiction: Phubbing. *Addicta: The Turkish Journal on Addictions*, 3(2), 250-269. doi:10.15805/addicta.2016.3.0013
- Khalaf, S., & Kesiraju, L. (2017, March 02). U.S. Consumers Time-Spent on Mobile Crosses 5 Hours a Day. Retrieved August 05, 2017, from <http://flurrymobile.tumblr.com/post/157921590345/us-consumers-time-spent-on-mobile-crosses-5>

References

- Krasnova, H., Abramova, O., Notter, I., & Baumann, A. (2016, June). *Why phubbing is toxic for your relationship: Understanding the role of smartphone jealousy among "Generation Y" users*. Poster session presented at the Twenty-Fourth European Conference on Information Systems (ECIS), Istanbul, Turkey.
- McCormack, M., Dr. (2015). *The Role of Smartphones and Technology in Sexual and Romantic Lives* (pp. 1-6, Rep.). Durham, UK: Durex.
- Pew Research Center (2017). *Mobile Fact Sheet*. Retrieved from <http://www.pewinternet.org/fact-sheet/mobile/>

References

Pfeiffer, S., & Wong, P. T. (1989). Multidimensional Jealousy. *Journal of Social and Personal Relationships*, 6, 181-196. doi:10.1177/026540758900600203

Roberts, J. A., & David, M. E. (2016). My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. *Computers in Human Behavior*, 54, 134-141. doi:10.1016/j.chb.2015.07.058

Spencer, T. A., Lambertsen, A., Hubler, D. S., & Burr, B. K. (2017). Assessing the mediating effect of relationship dynamics between perceptions of problematic media use and relationship satisfaction. *Contemporary Family Therapy*, 39(2), 80-86.
doi:10.1007/s10591-017-9407-0

Tertadian, E. (2012). The smartphone as a conflicting third party in interpersonal relationships (Unpublished master's thesis) University of Portland. Retrieved July 30, 2017, from http://pilotscholars.up.edu/cst_studpubs