

STUDY OF RELATIONSHIP BETWEEN ONLINE TEXT MESSAGING AND FACE TO FACE COMMUNICATION BY ADOLESCENTS

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Abstract

The present study was conducted on 170 randomly selected class XI students of various schools of Chandigarh to show the relationship between online text messaging and face to face communication. The scales on face to face communication and text messaging were constructed and validated by the investigators themselves. The result indicated that with the increase in online text messaging by the students of class XI, their face to face communication decreases.

INTRODUCTION

Man is a social animal who cannot live in isolation. He needs somebody to express himself and share his ideas, thoughts, feelings and emotions. This sharing of ideas, feelings emotions etc. is nothing but communication. Edgar dale (1961) defined communication as “the sharing of ideas and feelings in a mood of mutuality”. According to Newman and summer (1977), “communication is an exchange of facts, ideas, opinions or emotions by two or more persons”. Cartier and Harwood (1977) defined “communication as a process for conducting the attention of another person for the purpose of replicating memories”. According to L.A. Allen (1958), “communication is the sum of all things, one person does when he wants to create an understanding in the mind of another. It involves a systematic and continuous understanding”. Birvenu (1987), “Communication is the process of transmitting feelings, attitudes, facts, beliefs and ideas between living beings”. Hence, communication is the process of sending information to a receiver so that the receiver understands it and responds to it. Communication can be verbal or non verbal, face to face or distance mode.

With the advent of technology, the mode of communication took a new shape. Computers, internet, mobile phones brought a revolution in the mode of communication. E-mail replaced letters. Further, text messaging through SMS or whatsapp has been introduced. Increase in the

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usage of mobile phones has resulted in some positive or negative impacts on the way the people communicate, the way they behave, their relationships and the speed with which they transfer the information or message to the receiver. This created broadly the two ways the people communicate with each other, that is, face to face communication and online text messaging.

Face to Face Communication may be defined as communication when the communicator transmits his message in person to the receiver in person verbally and even non-verbally. Thus face to face communication is both verbal and non-verbal.

All face communication is oral, but all oral communication need not to be face to face, e.g. the telephonic talk is oral but not face to face.

During face to face communication, one gets **responses immediately**, helps people express their feelings and ideas better, is particularly suitable for discussion as there is immediate feedback from the listener and provides the speaker with a much better opportunity for adjustment.

Text Messaging

Techopedia defines text messaging as *“the transfer of short messages between two or more fixed or mobile devices”*. Mobile phones, pagers and personal digital assistants (PDAs) are some of the devices through which text messaging can be done. Text messaging originated with the short message service (SMS), which was derived from radiotelegraphy. Today, text messaging is a critical global communication medium.

Text messaging has become quite a communication phenomenon. Leung (2008), researched that *“people use text messaging to get dates, tell people they love them or goodnight, avoid oral communication, coordinate times to meet up, connect with friends, and even some places, such as Japan, look fashionable”*. Grinter & Eldrige (2001) found that *“College students use text messaging on a regular basis. Text messaging is a fast, easy, convenient, and an easy way to multitask”*. According to Perry and Lee (2007), *“text messaging is displacing face-to-face communication (p.74). Text messaging is used a lot, especially among college students, because of the convenience. Text messaging may even be addicting. College students text in class, on dates, in the movie theatre, at the office, in the mall, and even text while driving”*. Hagen and Rice (2007) found that *“text messaging was mostly used for coordinating”*. According to Adams, Baker, Daufin et. al (2008), *“text messaging and other interactive*

communication make up thirty-one percent of the time they spend communicating, while listening is fifty-six percent and actually talking is only thirteen percent”.

Gaither (2006) researched that *“college students use text messaging to multitask. Text messaging is convenient, fast, and easy. A convenience of text messaging is you do not need to answer the text right away. You can answer the text message whenever you want. Text messaging saves time. However, multi tasking has negative aspects such as decreased performance being and distractions changes how we remember information”.* According to Hagen & Rice (2007) *“students use text messages to stay in contact. Text messaging is an easy way to show someone you care. Text messages remind each other of their relationship and allow the text messaging participants to choose when and where to communicate”.* According to Lin and Tong (2007), *“text messaging is a good way to keep in contact with those we love, who are far away”.* Lee & Perry (2007) showed that *students send text messages to avoid face to face communication and therefore reduce social interaction”.* Adams, Baker, Daufin et al.(2008) agree with this notion of the displacement theory. James, Wotring, & Forrest, (1995) showed that *“College students are finding limited amount of leisure time and need to use their time wisely, in which text messaging saves them on time”.* Hemmer (2009) showed that *“text messages do have a displacing effect on face-to-face communication”.*

RATIONALE OF THE STUDY

The advent of technology has brought about a paradigm shift in the way the people communicate with each other. This shift brought with it some positive and negative aspects which affected various dimensions of the life of all. Human beings, as social animal, need more than just words to communicate. But words sometimes fall short to communicate emotions and feelings. Showing joy, happiness, anger, frustration, receiving instant appreciation or recognition requires physical presence of the other person around or at least speaking or listening on phone. But paucity of time and convenience may force us to use other means like text messaging to communicate.

Grinter & Eldrige, (2001) found that *“text messaging is a fast, easy, convenient way to multitask”.* Lin and Tong (2007) agree *“text messaging is a good way to keep in contact with those we love, who are far away”.* James, Wotring, & Forrest, (1995) found, *“through text*

messaging college students, though finding limited amount of leisure time and need to use their time wisely, saves on time” .

But text messaging suffers from many drawbacks. Lee and Perry (2007) and Leung (2008), found “text messaging addicting”. According to Horstmanshof & Power, (2005); Lin & Peper, (2009); Massimini & Peterson (2009); Sanchez- Martinez & Otero (2009), “*Text messaging is positively related to a variety of physical and psychological health issues such as: increased stress and anxiety levels, interrupted sleep, hand and neck pain, increased heart and breathing rate, psychological discomfort, depression, and social anxiety.*

Lee & Perry (2007) concluded, “people who use text messages tend to focus on the mobile phone interface when communicating, not paying attention to their surroundings which is a form of escape”. According to another study text messaging while driving poses biggest health issues and also causes serious injuries due to accidents.

Many researchers feel that text messaging use is displacing face to face communication (Lee & Perry (2007)). (Lee & Perry (2007) showed “*College students send text messages to avoid face to face communication and therefore reduce social interaction*”. Adams, Baker, Daufin et al. (2008), “agree with this notion of the displacement theory”.

OBJECTIVE OF THE STUDY

To study the relationship between Online Text Messaging and Face to Face Communication by Adolescents.

HYPOTHESIS OF THE STUDY

There is no significant correlation between Online Text Messaging and Face to Face Communication by Adolescents.

DELIMITATION OF THE STUDY

The study was delimited to Class XI students of various schools of Chandigarh.

METHODOLOGY

Sample of the Study:

The population of the study was all the class XI students studying in various schools of Chandigarh. The sample of 200 students of class XI was taken randomly from four different schools of Chandigarh. The schools were selected randomly through lottery method and the

students were also selected randomly. Thirty students undergo experimental mortality. Thus, the analysis of the study was based on the sample of 170 students.

Tools Used for the Study:

1. Face to Face Communication Scale prepared by the investigators themselves specifically for the purpose of study.
2. Online Text Messaging Scale prepared by the investigators themselves specifically for the purpose of study.

Design of the Study:

Descriptive survey method was used to undertake the study. The responses of 170 students regarding online text messaging and face to face communication were recorded through the two scales.

Procedure:

The purpose of the study was to see the relationship between online text messaging and face to face communication. Investigator constructed and validated the Face to Face Communication Scale and Online Text Messaging Scale. The two scales were employed on the said sample. The raw data was tabulated and scoring was done. The obtained scores were subjected to analysis by calculating Pearson's correlation coefficient through SPSS. And finally the result was discussed.

Statistical Tools Used:

Descriptive statistics, such as, mean, mode, median, standard deviation and inferential statistics, such as, correlation used to analyses the data.

ANALYSIS AND INTERPRETATION OF THE DATA

Table 1. Coefficient of Correlation between Online Text Messaging and Face to Face Communication of Adolescents

Sl.	Variable	N	Mean	SD	SEM	Coefficient of Correlation 'r'	Level of significance
1.	Online Text messaging	170	81.15		1.15		
2.	Face To Face Communication	170	96.12		0.929	-0.188	0.05

The above table shows the coefficient of correlation value between Online Text messaging and Face To Face Communication of adolescents. The analysis was done on the sample of 170 students with mean value of 81.15 for online text messaging and 96.12 for Face To Face Communication. The coefficient of correlation value has been found to be -0.188, which is significant at 0.05 levels. Hence, the hypothesis 'There is no significant correlation between Online Text Messaging and Face to Face Communication by Adolescents' may not be accepted. Instead, there is a significant negative correlation between Online Text Messaging and Face to Face Communication by Adolescents.

RESULT AND DISCUSSION

The analysis of the data clearly showed that there is a significant negative correlation between Online Text Messaging and Face to Face Communication by Adolescents. This means that with the increase in online text messaging by adolescents of class XI students, their face to face communication decreases. The result is supported by the earlier studies done by Perry and Lee (2007) which showed that 'text messaging is displacing face-to-face communication'; Hemmer (2009) which showed that text messages do have a displacing effect on face-to-face communication and Adams, Baker, Daufin et al.(2008) also agrees with this notion that "*text messaging is displacing face-to-face communication*"

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