



SAMPLE REFLECTIVE ESSAY

Psychotherapeutic view of technology

Technology, computerization and globalization, like never before, is today the life of an individual, interpersonal relationships, community and society as a whole. Our perception of life and the way we live are already fully related to technology and will be more and more. Our personal identity has become inseparable from technology - I was aware of it or not. What is a human aspect to me as a psychotherapist, can our psychology adjust to the fastest and greatest changes in the history of mankind? How do we carry emotionally and mentally over time, and what will we just do? How much are we aware of ourselves and the changing world around us? Do we recognize and monitor our own physical, emotional, mental and spiritual needs? How healthy are we? Happy? How do I get relationships and what is their quality? What really happens to a person below the surface? Who do we become in this new world? How does technology and globalization shape us? How to adapt and whether we are capable and willing to react to changes in us and in our community?

Values are the standards of behavior, existence and action in private and business life that we consider to be right, and we adopt them from the parents and the community in which we grow and live. Behavior in accordance with our own value system gives us integrity and we become a positive example and we are confident that "we are doing the right thing".



When we do not behave in accordance with our values, then we are unhappy and feel bad about ourselves, we sin and are not ethical. Different people have different values, but if we look at general generational values now, we will notice the enormous difference between the value of our parents and us. The value systems we receive from them or no longer apply to us or their ranking by priorities is drastically different. In most cases, business success is no longer guaranteed if we are good, obedient, valuable, honest, and engage in years in the same job as our parents have taught us. Today there are some other values such as speed, flexibility, creativity, mobility, perfectionism, assertiveness and willingness to risk. Values related to understanding relationships and relationships have also changed.

The idea of getting married, buying homes, children, and lending is getting lost. Today, we remain unmarried, we meet partners from all over the world via the internet if we want, keep distance, have heterosexual or homosexual relationships, partnerships no longer need to include only two people, explore, more or less openly, our own sexuality, etc. Actually, a certain chaos in us. We have not completely abandoned the old systems of values, and we are not aware of whether the new value systems are authentic to us, are they such as to support us in creating a life we want or perhaps not? Were we without thinking, questioning, and chewing ingested new ideas and values systems that we got with globalization and the development of technology and computerization? What really matters to us in life? What do we need? What do we want? Are we happy? Are we healthy? Do we follow this and support the value system that is in us or block and sabotage it?



We do not have to look very far into the past to recognize clearly defined and strong external authorities with official or natural legitimacy. For our parents and grandparents, these were state authorities: the government, the judiciary, the police, then the spiritual authorities, namely God, the Church, priests, secular authorities, teachers, professors, doctors, community leaders, or parental authorities, most often the father as the head of the family. Generally speaking, individuals belonging to these generations explicitly or tacitly agreed to surrender a certain amount of their own freedom and subordinate themselves to external authority in exchange for the protection of the remaining rights and freedoms and security. What has happened in parallel to the development of new technologies, globalization and the Internet is the demolition of some of the external authorities, the profound crisis of other authorities, and drastically reducing their impact on the individual. There has been a degradation of trust and power transfer or at least the power of external authority on the individual and his inner authority. Specifically, this means that the state and government are no longer recognized as the leading authorities that will ensure order, prosperity and economic stability for the vast majority of its citizens. The state's illusion arose as a "big provider" responsible for taking care of all children. There is also distrust or suspicion in the fairness of the laws themselves, the functioning of the judiciary and the police as a citizen's protection. And although there has been no anarchy, and we live in a somewhat edited state, the experience of the state as an external authority has drastically changed. The authority of the Church is also questionable and changed, and although we are in a state that is secular and the Church's influence is strong, it is at the same time in crisis, and the psychological aspect of its impact on the individual has changed.



Most of us no longer perceive God as an external repressive, all-powerful force with the threat of eternal hell. Fear of God's punishment, obsession with sin, guilt, forgiveness, and death has been lost in its power.

The individual is increasingly turning to his own understanding of God, the priests and the Church are all the less ultimate spiritual authorities, the more difficult we accept the imposed dogmas, and the more often we seek our own way and personal connection with God. A modern man seeks for love, peace, joy and security in his spiritual practice and in relation to God, and the Church is in the process of crisis and transformation. Lose the authority it had, and the new one was slowly built. Similar to secular microauthorities such as teachers, doctors and community leaders. Schooling as a system is rigid and has not been adapted quickly enough to social and technological change. And though there are shifts, they are still unable to meet the intellectual and emotional needs of the majority, provide knowledge and skills that are practically applicable and useful for the private, business and social life of an average individual in the modern, informative and global world of today. Another illusion that breaks down and for which education is only a part of responsibility is that a diploma no longer means that an individual is capable of adequately performing the job for which he is educated and that he will find and have a successful work in the profession after graduation. In this context of destruction, transformation, and change of external authority, enormous power and responsibility now move to an individual. It is not uncommon for an individual to feel that change as very stressful and burdensome and does not actually get into that. How to build your own inner authority? Based on what? How to be an authentic, positive leader to yourself and where to lead?

For the first time we create our own internal authority in such a way in such an environment and we do not have adequate patterns or methods. In principle, to build our own authority, we must start from the feelings of personal power, and our base and the sense of omnipotence must be sufficiently stable and healthy. However, personal power without a clear value system can be relied on "anything". Power with the questionable and underdeveloped inner authority can be constructive or destructive for us and our community. As humans we have a need for authorities - both inside and outside. Since they are external in crisis, and the interior is partially and / or insufficiently built, then we turn to the "offered" authorities most often found in the media. What defines them is their beauty and popularity (the world's most famous) positive and negative achievements and wealth (athletes, rich people, technology geniuses, criminals ...). Thus, certain individuals are consciously and unconsciously converted to the authorities by which we define what is success, beauty, (no) morality, good or bad etc. If there is no awareness of the need to build and monitor our own value systems, we possess personal power and freedom to we are creating a life and taking into account the external context, it may happen that we are oblivious of our own authority.

All of this burden of responsibility, power, and (non) success, except that it is extremely stressful, creates internal chaos and can push us into anxiety, isolation, bullying and compulsion. Can our psyche find a way to choose and preserve the emotional and mental health of the individual in times of extremely rapid change, great insecurity, tremendous power with corrupted external powers and insufficiently built internal powers, and unchecked, inefficient and inadequate value systems? I suppose this will be an extremely big challenge for all of us.

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