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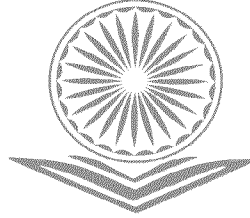
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क) वेळोवेळी प्रसिध्द केलेल्या UGC Care List मध्ये Index केलेल्या संशोधन पत्रिकेत प्रसिध्द शोध निबंध.

सदरचे धोरण पुर्वलक्षी प्रभावाने लागू करण्यात येत असून यापूर्वी विहित संख्येएवढे शोध निबंध प्रसिध्द नसल्याच्या कारणास्तव नाकारण्यात आलेले कोणतेही प्रस्ताव या धोरणाप्रमाणे मान्य होत असल्यास अशा अर्जादारांस पुन्हा नव्याने प्रस्ताव सादर करावा लागेल.

मा. प्राचार्य/मा. संचालक, सर्व संलग्न महाविद्यालये/मान्यताप्राप्त परिसंस्था आणि मा. विभागप्रमुख, विद्यापीठातील सर्व शैक्षणिक विभाग यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून द्यावा.

गणेशखिंड, पुणे — ४११००७)

जा.क्र. :- सीबी/६१६)

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(डॉ. मुंजाजी रामवे)
उपकुलसचिव

6. Exploring the Digital Connection: The Impact of Online Dating Technology on Interpersonal Relationships

Miss. Poonam Munib Gupta

Research Student.

Dr. Nivedita Manish

Research Guide.

Abstract

Online dating technology has revolutionized the way people meet and form relationships in the digital era. With the proliferation of dating apps and websites, individuals now have unprecedented access to potential partners, transcending geographical boundaries. However, the widespread use of online dating technology has sparked debates about its effects on interpersonal relationships. This article examines the impact of online dating technology on interpersonal connections, exploring both the positive and negative consequences.

Keywords:- online dating technology, relationships, digital era, dating apps, interpersonal connections, positive consequences, negative consequences etc.

Introduction

Before the advent of online era people has to meet at various meeting points. Hence now communication provided by online dating application and websites the new era has been launched for the benefits of youngsters of Relationships forming through new options like text messaging, chats, interaction and video calling there are endless potential Available in the online world which strengthens intent gratification's and promotes more interpersonal romantic successes. Tinder has over 100 million users. And has his own benefits and drawback People swipe left and rights until the exhaust their options of selections. Online dating application provides viable meaning of communication.

In the modern digital era, online dating has become a prominent and transformative aspect of how individuals seek romantic relationships. The advent of the internet and the proliferation of digital technologies have revolutionized the dating landscape, offering new avenues for connection and interaction. Online dating platforms have emerged as popular tools that allow people to meet potential partners, fostering a significant shift in the dynamics of finding love and companionship.

The advent of online dating technology has had significant effects on interpersonal relationships. While these technologies offer new opportunities for connection and romance, they also present unique challenges and changes in how people relate to one another.

Online dating has become an intricate part of today's society, especially for the younger generation. Now, more than ever, it is accessible by the click of a button because online dating has gone through an evolution and is now readily available on a person's mobile device. Online dating (or Internet dating) is a system that enables people to find and introduce themselves to potential connections over the Internet, usually with the goal of developing personal, romantic, or sexual Relationships. An online dating service is a company that provides specific mechanisms (generally websites or software applications) for online dating through the use of Internet-connected personal computers or mobile devices.

Review of Literature

The research paper by **Filice, R., et al. (2022)** focuses on the potential risks and challenges posed by online dating platforms, specifically in relation to sexual violence and abuse. It acknowledges the conveniences and popularity of online dating websites and apps while addressing the increasing concern about their role in facilitating technology-facilitated sexual violence. The authors utilize a scoping review methodology to examine the existing literature on this topic, highlighting the theoretical, methodological, and empirical aspects of the research. The paper identifies several key areas that have been addressed in the literature, including the prevalence of digital sexual harassment and abuse, individual differences in victimization and perpetration, the mechanisms through which online dating technologies enable or hinder sexual violence, and the responses from industry, policymakers, and the general public. The authors also highlight gaps in the current research, emphasizing the need for additional longitudinal and experimental studies, qualitative analyses of online dating technologies' digital architectures, and exploration of the psychological and social consequences of online dating violence. Overall, the paper sheds light on the growing academic interest in understanding and mitigating the risks associated with online dating platforms, emphasizing the importance of further research to address these issues effectively.

Qian's 2021 study in Canada explores the impact of the Internet on heterosexual online dating, with a focus on nativity and gender differences. The research, based on a 2018 telephone survey with 1,373 participants, reveals that immigrants are more likely to use online dating due to challenges in meeting partners after relocating. It underscores the persistence of gender norms in both online and offline dating, particularly men initiating first dates. Immigrant men, facing disadvantages in offline dating, struggle more in finding long-term partners online. The study

extends relationship formation theory to online dating, enhancing our understanding of gendered rituals and mate selection in the digital age. It highlights how the Internet affects partner search and reinforces existing hierarchies, potentially maintaining traditional dating practices rather than driving social change.

Bhatia's 2020 study investigates dating app usage among youth, focusing on the role of optimism and its impact on mental well-being. It explores various dating app categories, their association with mental health issues like anxiety and depression, and the influence of social validation and peer behavior. Findings indicate that 30% of youth use dating apps for social interaction and coping with peer pressure, with potential threats to their mental well-being. The research examines the psychosocial impact, beliefs, and demographic/personality variables related to dating app use among young adults.

Stoicescu (2019) explores how online dating can reshape the dating process and societal structure, potentially leading to a globalized dating culture. The study reviews online dating behavior and the benefits of computer-mediated communication while reflecting on key concepts in the digital era. This research underscores online dating's transformative potential and its influence on contemporary societal dynamics.

Hancock et al. (2007) conducted a study on online dating deception, comparing the height, weight, and age in dating profiles with actual data. The findings reveal minor deception in profiles, with gender differences in deception strategies. This research aligns with the Hyperpersonal model, exploring self-presentation tensions in online dating and emphasizing the significance of deception in understanding this context.

Tong et al. (2016) present the SMART Model of Online Dating, a comprehensive framework that explores how online dating influences people's perceptions and behaviors. This interdisciplinary model delves into source attribution, cue recognition, and perception transformation, shedding light on the psychological and behavioral aspects of online dating and emphasizing the importance of interdisciplinary approaches in understanding its impact on individuals.

Objective of the Study

- To study the effect of online dating technology on interpersonal relationships.

EFFECTS OF ONLINE DATING TECHNOLOGY ON INTERPERSONAL RELATIONSHIPS

1. **Expanded Pool of Potential Partners:** Online dating technology has vastly expanded the pool of potential partners available to individuals. It allows people to connect with others beyond their immediate social circles and geographical boundaries. This can

increase the likelihood of finding a compatible partner and provide opportunities for diverse relationships.

2. **Changes in Dating Norms and Expectations:** Online dating technology has brought about changes in dating norms and expectations. The convenience and accessibility of these platforms have led to a more casual and fast-paced dating culture. People may engage in serial dating or multiple simultaneous relationships, and the pressure to make quick judgments based on limited information can impact the development of deeper connections.
3. **Decreased Face-to-Face Interaction:** The rise of online dating technology has led to a reduction in face-to-face interaction during the early stages of dating. People often engage in extensive digital communication before meeting in person, which can alter the dynamics of initial connections. This shift may impact the development of non-verbal communication skills and the ability to gauge chemistry and compatibility in real-time.
4. **Online Communication Challenges:** Online dating technology relies heavily on written communication, such as messaging or texting. While it provides a convenient platform for getting to know someone, it can also present challenges. Misinterpretation of tone or intention in written messages is common, and the absence of non-verbal cues can lead to misunderstandings or the inability to fully convey emotions and intentions.
5. **Increased Focus on Self-Presentation:** Online dating technology places a strong emphasis on self-presentation. Users craft profiles and carefully select photos to create a desirable image. This can lead to self-consciousness and a pressure to project an idealized version of oneself. The focus on self-presentation may impact authenticity in relationships and create pressure to maintain a certain image throughout the dating process.
6. **Impacts on Trust and Deception:** Online dating technology has also introduced new challenges related to trust and deception. The anonymity and distance provided by these platforms can make it easier for individuals to engage in dishonesty or misrepresentation. Catfishing, where individuals create fake identities, is a prevalent concern. These issues can erode trust and lead to skepticism and caution when engaging with potential partners.
7. **Heightened Rejection Sensitivity:** Online dating technology exposes individuals to a higher frequency of potential rejection compared to traditional offline dating. The process of swiping or matching can lead to a sense of judgment and constant

evaluation. The repeated experience of rejection or lack of response can impact self-esteem and increase feelings of inadequacy or undesirability.

8. **Impact on Long-Term Relationship Formation:** While online dating technology can facilitate initial connections, its effects on long-term relationship formation are still evolving. Research suggests that relationships initiated online may be more prone to early breakups and lower levels of relationship satisfaction. However, it's important to note that online dating technology can also lead to successful, fulfilling long-term relationships when individuals actively work towards building a strong foundation beyond the initial online connection.
9. **Impact on Social Skills:** Excessive reliance on online communication can impact individuals' social skills, as face-to-face interactions may become less frequent. The inability to effectively communicate and connect in real-life situations can hinder the development of meaningful and lasting relationships.
10. **Decreased Commitment and Ghosting:** The ease of finding new potential partners on dating apps may lead to decreased commitment levels in relationships. Individuals may be less likely to invest time and effort into fostering deep connections, leading to a higher incidence of ghosting (suddenly cutting off communication) when faced with challenges or conflicts.

In conclusion, online dating technology has transformed interpersonal relationships by expanding the dating pool, changing dating norms, and altering the dynamics of communication and trust. While it offers new opportunities, it also presents challenges in terms of self-presentation, face-to-face interaction, and trust-building. Navigating the effects of online dating technology requires individuals to be mindful of these changes and to approach relationships with open communication, authenticity, and realistic expectations (**Hommack, 2015**).

Conclusion

Online dating technology has undoubtedly transformed the landscape of interpersonal relationships. It offers convenience, expanded dating opportunities, and the potential for meaningful connections. However, it also presents challenges such as reduced face-to-face interactions, trust issues, and changes in dating dynamics. To ensure healthy and fulfilling interpersonal relationships in the digital era, it is important for individuals to navigate the online dating world with caution, maintain realistic expectations, and prioritize open communication and genuine connections. Balancing the benefits of online dating technology with the need for authentic human connections is crucial for the well-being and success of interpersonal relationships in the digital age.

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