

Chapter 31

An Intergenerational Comparison Within the Framework of Digital Minimalism

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ABSTRACT

Mankind is by nature a social being, and therefore wants to be able to look face to face, to chat, to see and feel while looking. Not being able to communicate face-to-face—only communicating through social media—is not enough, and this situation creates new problems by multiplying the deficiencies. Minimalism is a space of liberation. Self-sufficiency is a must for renewing and producing itself. Harari describes those who cannot transform in this digital age as ‘global superfluous.’ To transform is to adapt to digital, but not to get lost in digital. Digital minimalism proposes to filter information with the philosophy of ‘less is more.’ In this philosophy, balance is essential. This study will analyze the approaches of X, Y, and Z generations to digital minimalism by in-depth interview technique. In this context, in the digitalizing universe, the concepts of loneliness, liberation, socialization and self-sufficiency will be traced.

“Conversation enriches the understanding, but solitude is the school of genius.” ~ Cal Newport

INTRODUCTION

‘Communication is to a relationship what breathing is to maintaining life’ Virginia Satir points out the importance of communication in life with this quote.

Communication plays an essential role in our daily lives and influences the way we interact and share information with others. Over the years, communication has evolved significantly, and the 21st century has seen a significant shift in the way we communicate. The advancement of technology and the rise of social media have changed the communication dynamics in unprecedented ways.

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One significant aspect that has influenced communication dynamics in the 21st century is technology's advancement. Technological innovation has revolutionized the way people communicate and interact with one another. The proliferation of mobile telephony and the Internet has shifted communication towards digital platforms. Today, people can easily communicate with anyone, anywhere in the world, at any time. Communication is no longer limited to verbal or face-to-face interaction but is taking place through digital platforms such as WhatsApp, Facebook Messenger, Skype, and Zoom, to mention a few.

In his book *The Interpersonal Communication*, Joseph A. Devito addresses the dwindling importance of face-to-face communication in these words:

'You can communicate power much as you communicate any other message. Here we can consider how you can communicate power through speaking, nonverbal communication, and listening'. (DeVito A. Joseph, 2007) But social media changed the way of communication.

Moreover, the rise of social media has transformed the way we communicate in the 21st century. Social media platforms such as Facebook, Twitter, and Instagram have become the primary means of social interaction. People can connect with friends, family, and even strangers on social media platforms, share information, and express their opinions. Social media has also become a platform for information dissemination, and people rely on it for news updates and information sharing. Social media has also provided businesses with a new platform to reach their potential customers and interact with them.

Another significant aspect of the changing communication dynamics in the 21st century is the emergence of new communication methods. Today, we have a wide range of communication methods such as video conferencing, instant messaging, SMS, email, and others that have changed the way we communicate. Video conferencing has revolutionized the way companies hold meetings and interact with clients, reducing the need for physical meetings. Also, instant messaging services such as WhatsApp and Facebook Messenger have become the go-to method for quick and informal chats.

The 21st century has seen a significant shift in communication dynamics that has been largely driven by technological advancement. Digital platforms and new communication methods have provided people with new ways of interacting and communicating with each other. Social media has also played a significant role in transforming the way we communicate and share information. Communication is likely to continue evolving in the coming years, and it is our responsibility to adapt and leverage these platforms to foster better communication and improve our relationships.

In the digital age, losing attention and not being able to focus is one of the most important problems. The examples given by Goleman and Kahneman are remarkable:

'Focusing in the midst of a mess is indicative of selective attention, a neural capacity to focus on a single goal, ignoring a flood of stunning stimuli, each in its own right'.(Goleman, 2013)

Daniel Kahneman describes what he calls the primary allocation of attention as follows: *'Imagine being behind the wheel of a car that unexpectedly starts slipping over a massive oil leak. You will see that it reacts to danger before you are fully conscious'*.

The fact that the digital age affects communication styles to such an extent reflects the quality of communication and causes some losses such as attention and focus. In this study, it will be traced how the X, Y, Z generation has achieved this harmony in this digital age and what kind of digital transformation they have undergone.

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