

The Impact of Text Syndrome on Daily Interpersonal Communication and Psychology

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Abstract: The purpose of this article is to delve into the phenomenon of Text Syndrome, and how it affects interpersonal communication and psychological states in our daily lives via elucidating the definition of Text Syndrome, explaining its meaning, and detailing its various manifestations. Subsequently, it analyzes the demerits of Text Syndrome on communication efficiency, exploring the hindrance in emotional expressions and obstacles in establishing and maintaining interpersonal relationships. Additionally, the article discusses psychological issues Text Syndrome may trigger, including anxiety, depression, and cognitive biases, revealing their psychological mechanisms and influence pathways. Finally, the article explores strategies and recommendations for addressing the challenges posed by Text Syndrome in the context of the information age, which aim to help people mitigate the adverse effects of Text Syndrome, promote personal mental health, and enhance interpersonal communication. The ultimate goal of the article is to assist everyone in maintaining positive mental health and relationships.

1 INTRODUCTION

In today's highly developed digital age, text has become one of the primary carriers of information exchange, with its usage frequency and importance reaching unprecedented heights. People communicate, express emotions, and convey information through text-based platforms such as text messages, social media, and email (Smith & L. A., 2021). However, with the excessive reliance on these text-based communication methods, a series of problems have emerged. Among these, the phenomenon of "text syndrome" has gradually come to light, becoming a significant factor affecting people's daily interpersonal interactions and mental health.

The so-called text syndrome refers to a series of abnormal behaviors and psychological reactions that individuals experience due to the excessive use of text in communication over a long period (Kaur & P. R., 2022). These reactions not only severely disrupt their normal interpersonal communication but also negatively impact their psychological state. Therefore, in-depth research into the impact of text syndrome is of great practical significance for improving people's quality of life, promoting mental health, and optimizing interpersonal communication.

2 MANIFESTATIONS OF TEXT SYNDROME

2.1 Anxiety in Verbal Expression

In today's society, an increasing number of people are suffering from a psychological phenomenon known as Text Syndrome, which causes them extreme anxiety and discomfort when faced with situations where they need to express their thoughts and emotions through text. For example, when writing an important work email, replying to a complex message, or leaving comments on social media platforms, these individuals with Text Syndrome will carefully choose every word and punctuation mark (Shimizu & H. E., 2020). Their deep-seated concern is that their written expression may not be precise enough or fail to meet the perfect standard they strive for, potentially leading to misunderstandings or negative evaluations from others.

This anxiety about verbal expression often leads them to invest a significant amount of time in editing and revising their texts. In some cases, this anxiety can be so intense that it makes them abandon expressing their thoughts and feelings. They may constantly check and modify their words until every

detail meets the high standards, they have set for them-selves. This excessive worry and relentless pursuit of perfection not only severely affect their communication efficiency but can also adversely impact their mental health, potentially leading to other related psychological issues.

2.2 Difficulties in Text Comprehension

Patients with this syndrome often encounter difficulties in interpreting others' text messages. They may overinterpret the literal meaning of the text or struggle to grasp the emotions and intentions hidden behind it. For example, when they receive a simple greeting message, they may repeatedly ponder whether the message contains a deeper meaning, and this excessive thinking often leads them into unnecessary confusion and distress.

In addition, these patients have significantly lower comprehension abilities when compared to the general population when facing more complex textual content in professional literature and literary works, such as metaphors and symbolic techniques (Tang & Y. W., 2019). This understanding barrier to some extent affects their efficiency in acquiring knowledge and information. They may encounter numerous obstacles when reading these complex texts, struggling to grasp the authors' true intentions, and may even fail to understand the humor or satire in certain segments, leading to communication and comprehension barriers. This phenomenon can impact academic exchanges, work reports, and daily interactions, placing them at a disadvantage in social interactions.

2.3 Text-Dependent Addiction

Over-reliance on textual communication is a prominent manifestation of text syndrome. In our daily lives, individuals suffering from this syndrome tend to use textual forms for almost all of their communication. Even in face-to-face situations they frequently use mobile phones and other electronic devices for textual communication (Foster & T. J., 2021). They believe that using text allows them to better organize their thoughts and avoid the awkwardness and nervousness that may arise during face-to-face interactions.

However, this excessive reliance on written communication leads to a gradual loss of some oral expression and non-verbal communication skills, which further exacerbates barriers in interpersonal communication. Patients with Syntactic Syndrome often appear more restrained and uncomfortable in

social situations. They may excel in written communication but struggle to express emotions and intentions through body language, facial expressions, and changes in tone in real-life situations. This singular mode of communication not only limits their social circles but may also hinder their career development, as many workplaces require good oral communication and teamwork skills.

3 THE IMPACT OF TEXT SYNDROME IN INTERPERSONAL COMMUNICATION

3.1 Reduce Communication Efficiency

In face-to-face communication, individuals have the opportunity to harness the full spectrum of linguistic richness, subtle shifts in tone, expressive facial gestures, and a variety of body movements to convey information swiftly and express emotions effectively, thereby achieving a level of communication efficiency that is often unmatched by other forms of interaction. However, for those individuals who are afflicted with what can be termed 'text syndrome', there is a tendency to overly depend on written text as their primary means of communication (Kumar & N. A., 2020). This overreliance on text-based interaction often results in them dedicating a considerable amount of time and energy to the meticulous editing and sending of messages, which can be both time-consuming and labor intensive.

Moreover, the recipient of a text message may experience delays and misinterpretations when attempting to decipher these textual communications. For instance, when addressing urgent matters during emergencies, depending solely on text messages for communication can lead to a lack of timely information transfer, thus hindering the swift and effective resolution of problems (Zhang & X. L., 2023). This scenario will undoubtedly have a significant negative impact on the efficiency and effectiveness of the communication process.

Additionally, the nuances of human emotion and the subtleties of context can be lost in text-based communication, which may lead to misunderstandings and a lack of connection that would otherwise be easily conveyed through face-to-face interaction. The absence of immediate feedback and the inability to read body language can also contribute to a communication gap, making it challenging to build rapport and trust (Wilhelm & J.

A., 2019). Consequently, while text communication offers convenience and the ability to reach a wide audience, it is essential to recognize its limitations and strive for a balanced approach that incorporates the benefits of both face-to-face and text-based communication.

3.2 Emotional Expression Is Blocked

In the process of interpersonal communication, emotional expression plays a crucial role. It not only helps us better understand each other but also deepens our connections. However, as a tool for conveying emotions, the text has its inherent limitations (Li & A. P., 2021). Those so-called "text syndrome" sufferers, often encounter insurmountable obstacles when attempting to express their emotions through this medium.

These obstacles make their expressions appear stiff and lack warmth, unable to convey emotional states vividly and intuitively as they would in face-to-face communication. For example, when they attempt to express complex and subtle emotions such as love, apology, or gratitude, words alone often fail to adequately convey the depth and sincerity of their inner feelings (Alvarado & E. G., 2022). This deficiency in expression can easily lead to misunderstandings by the recipient, who might perceive that the writer's attitude is not sincere enough, thereby affecting the intimacy of the relationship (Justin, 2016).

Moreover, the absence of non-verbal cues such as tone of voice, facial expressions, and body language, which are essential in conveying emotions, makes it even more challenging for text-based communication to accurately reflect the emotional intent. This can result in a significant gap between the message sent and the message received, potentially causing confusion and misinterpretation of the emotional content (Nicos, 2017).

Additionally, the lack of immediate feedback in text communication can exacerbate the issue. In a face-to-face conversation, immediate reactions and clarifications can be made to ensure that the emotional message is correctly understood. However, in text-based communication, the absence of such immediate feedback can lead to prolonged misunderstandings and emotional disconnects, as the sender may not be aware of the misinterpretation until much later, if at all (Gao & Lee, 2018).

3.3 The Influence on the Establishment and Maintenance of Interpersonal Relationships

In the initial stage of interpersonal interaction, a positive and good first impression plays a crucial role as it usually lays a positive foundation for the interaction between both parties. For those who suffer from dysarthria, their inefficiency in verbal expression or overly cautious attitude may inadvertently convey signals of indifference, inarticulateness, or unapproachability, which undoubtedly poses certain obstacles to their process of establishing relationships with others (Yi & Gyun, 2019).

When individuals with dyslexia attempt to establish connections with others due to the limitations of written communication, they may struggle to accurately convey their emotions and intentions which to some extent affects the quality of their communication with others. The limitation of written communication lies in its inability to convey nuances of speech and non-verbal information such as facial expressions that can be transmitted through face-to-face interaction which may lead to misunderstandings and conflicts between the parties involved.

In the long-term maintenance of interpersonal relationships, the limitations of textual communication cannot be ignored (Smith & Johnson, 2016). Due to the lack of non-verbal information such as voice and facial expressions in text, misunderstandings and conflicts may gradually arise between both parties. For example, inappropriate choice of tone in text may lead to unnecessary arguments, while untimely responses may make the other party feel ignored or undervalued. These situations can damage the originally stable intimate relationship and may even lead to relationship breakdowns (Brown & White, 2017). Therefore, for individuals suffering from text syndrome, learning how to communicate effectively through text and supplementing other communication methods when necessary is an important task to improve interpersonal relationships and avoid the accumulation of misunderstandings and conflicts (Thompson & Lee, 2018).

4 THE INFLUENCE OF TEXT SYNDROME ON PSYCHOLOGY

4.1 Causes Anxiety and Depression the Influence on the Establishment and Maintenance of Interpersonal Relationships

As one of the core manifestations of text syndrome, text expression anxiety continuously increases the psychological pressure on patients. This phenomenon is not limited to specific situations or contexts but permeates their daily lives. Patients find themselves unable to escape this anxiety in various text communication settings, whether written or electronic. This makes them prone to developing anxiety disorders and depression, becoming a heavy burden on their mental health. They experience severe self-doubt about their text expression abilities, which seeps into every aspect of their lives, affecting their confidence in their capabilities. The fear of being criticized or ridiculed for text errors makes them feel tense and uneasy during any form of text communication. This negative psychological expectation traps them in persistent anxiety and depression, making it difficult for them to extricate themselves. Prolonged exposure to this state not only impacts daily life but also severely hinders the normal development of their mental health.

4.2 Causing Inferiority Complex

Due to the frequent challenges and obstacles that are commonly encountered in text-based interactions, such as difficulties in clearly expressing oneself, comprehension issues, and communication barriers, individuals who are affected by what is commonly referred to as text syndrome often experience feelings of inferiority concerning their communication abilities. They might mistakenly attribute their struggles and failures in text-based communication to intellectual or capability shortcomings, which in turn can cause them to become increasingly introverted and lack confidence in social settings. This persistent sense of inferiority does not only influence their effectiveness and performance in text-based communication scenarios but also gradually seeps into other areas of their lives, significantly affecting their overall self-image and self-esteem. The challenges of text-based communication can be daunting, and when individuals face repeated difficulties in conveying their thoughts and

understanding others, it can lead to a deep-seated belief that they are not as capable as their peers. This belief can manifest in various ways, such as avoiding text-based interactions altogether or engaging in them with a heightened sense of anxiety. Over time, this can lead to a vicious cycle where the more they avoid or struggle with text-based communication, the more their self-confidence erodes, not just in their ability to communicate effectively in writing, but in their overall capacity to engage with the world. This can have far-reaching consequences, affecting their professional life, personal relationships, and even their mental health, as the fear of not being able to communicate effectively can become a significant source of stress and anxiety.

4.3 Cognitive Bias

Patients with long-term immersion in text syndrome may gradually form a series of cognitive biases, which are mainly reflected in their preferences for communication methods. They tend to overemphasize text-based communication methods, believing that this is the only accurate way to express their thoughts and emotions. At the same time, they may overlook or underestimate the importance of verbal communication and non-verbal communication. In face-to-face interactions, people can convey and understand emotions through non-verbal cues such as body language, facial expressions, and tone of voice, but patients with long-term text syndrome may ignore these rich emotional cues and information transmission methods. This cognitive bias not only limits their social interaction scope but may also hinder their development of social skills, leading to more difficulties in interpersonal interactions. More seriously, this reliance on text-based communication methods can create a vicious cycle. The more patients rely on text, the harder it is for them to escape the negative impacts of text syndrome, thereby making their psychological problems increasingly severe.

5 ANALYSIS OF THE CAUSES OF TEXT SYNDROME

5.1 The Influence of the Information Age

With the rapid development of information technology, people's lifestyles are undergoing unprecedented changes. Nowadays, people born in

the 21st century are increasingly reliant on various electronic devices and the transmission of textual information, which have almost become indispensable parts of our daily lives. The widespread popularity of social media and instant messaging tools has led to people being exposed to massive amounts of textual information every day. In virtual social environments, people have gradually become accustomed to expressing their emotions, thoughts, and needs through text. This lifestyle of being immersed in text-based communication environments not only significantly enhances people's sensitivity and comprehension of textual information but may also bring about some potential risks. One issue that cannot be overlooked is the emergence of Text Syndrome. Text Syndrome refers to the condition where individuals, due to prolonged over-reliance on text-based communication, neglect the importance of face-to-face interaction, leading to a series of problems in social skills, emotional expression, and mental health.

5.2 Increased Social Pressure

In a rapidly developing society, the interpersonal relationships between people have become increasingly intricate, facing pressures from different domains such as work, family, and social circles, individuals often find it difficult to cope. In this context, people begin to pay more attention to their behavior and external image in social situations, fearing that their careless words or actions might offend others or lead to negative evaluations and misunderstandings. Text-based communication methods, such as emails, instant messages, and social media, provide a relatively safe communication environment because they allow people more time to think and deliberate on their words, thus avoiding the potential awkwardness and misunderstandings that may arise during face-to-face interactions. However, if people overly rely on this seemingly risk-free communication method, they may gradually lose the ability and courage for face-to-face communication, leading to what is known as "text syndrome." This syndrome manifests as an excessive dependence on text-based communication, fear of direct dialogue, and even extreme anxiety and unease when face-to-face interactions are necessary. Over time, this not only exacerbates personal social anxiety and psychological burdens but can also impact the establishment and maintenance of interpersonal relationships, ultimately forming a vicious cycle.

5.3 Personal Character Factors

The author finds that individuals who are introverted emotionally sensitive and perfectionistic are often more susceptible to the effects of text syndrome. Introverted individuals tend to be more passive in face-to-face interpersonal communication preferring to express their thoughts and feelings through writing which is an indirect means of communication. Due to their inability to engage in direct verbal exchanges writing becomes their primary tool for communication. On the other hand, emotionally sensitive individuals are exceptionally sensitive to others' evaluations and feedback often overly concerned about how others perceive their written expressions which makes them feel more nervous and anxious when writing. Moreover, those who strive for perfection often have extremely high standards for their writing allowing no room for errors or flaws. This relentless pursuit of perfection not only imposes significant psychological pressure on them in written communication but also significantly increases their risk of developing text syndrome. Text syndrome is a psychological state associated with excessive use of written communication which can lead to symptoms such as excessive anxiety compulsive checking and revising of text and persistent worry about written expression in individuals during written communication.

6 ANALYSIS OF THE CAUSES OF TEXT SYNDROME

6.1 Balance Text with Other Communication Methods

To promote social skills in daily life, the author encourages everyone to actively seek opportunities to increase face-to-face communication and verbal expression. This not only helps reduce over-reliance on written communication but also significantly enhances personal social interaction abilities. For example, people can join various social activities, participate in team projects, or join interest groups to engage in direct interaction and communication with others. Such practices help improve verbal expression skills while also enhancing non-verbal communication abilities, such as the use of body language and facial expressions. Additionally, when using written communication in daily life, everyone should be aware of its limitations, such as the inability to convey subtle nuances like tone and emotion.

Therefore, it is recommended to appropriately combine multimedia communication methods like voice calls and video chats whenever possible, making communication more vivid, intuitive, and multi-dimensional. Through such integrated communication methods, individuals can effectively reduce the negative impacts of the so-called "text syndrome," which can result from excessive reliance on written communication leading to misunderstandings and communication barriers.

6.2 Improve the Ability to Express and Understand Text

By reading various types of books and articles and engaging in writing exercises you can significantly improve your text expression and comprehension skills thereby enhancing your confidence. Choose some classic literary works for in-depth reading and learn the expression techniques and rhetorical skills of famous authors which will have a positive impact on your writing. At the same time by consistently keeping a diary writing blogs or participating in online forum discussions you can hone your text organization and expression skills. Additionally attending some language training courses or writing workshops can provide you with professional guidance and feedback which not only helps improve your writing skills but also enhances your ability to communicate especially for those suffering from text syndrome such activities can significantly boost communication skills.

6.3 Adjust Your Mindset and Reduce Social Pressure

To help individuals who feel uncomfortable or hindered in social situations it is important to make them understand that making mistakes and showing imperfections during social interactions are entirely normal. They should not impose excessively high standards and expectations on their written communication performance. By providing psychological counseling guiding them through meditation and relaxation training these methods can help alleviate their social anxiety and stress. These approaches contribute to changing their mindset of over-focusing on others' evaluations. Furthermore, encouraging these patients to establish a positive self-awareness and recognizing that their worth is not solely determined by their ability to communicate in writing is crucial. Through this understanding, they can reduce the psychological burden caused by writing disorders and face various challenges in

interpersonal communication more confidently and calmly.

7 CONCLUSION

Nowadays, textual communication has become an indispensable part of individuals' daily lives. However, an abnormal phenomenon known as — Text Syndrome has emerged, which has had a profound negative impact on people's daily interpersonal communication and psychological state. This syndrome not only reduces the efficiency of communication, making information transmission less direct and clear but also hinders the free expression of emotions, making emotional exchanges between people rigid and mechanical. Moreover, Text Syndrome adversely affects the establishment and maintenance of interpersonal relationships, making it more difficult for people to establish new social connections and maintain existing ones. It can also trigger a series of psychological issues such as anxiety, depression, low self-esteem, and cognitive biases, all of which pose threats to an individual's mental health.

The causes of Text Syndrome are multifaceted, and closely linked to the characteristics of the information age, increased social pressures, and individual personality factors. The characteristics of the information age, such as the surge in information volume and the di-versification of communication methods, make people feel immense pressure when pro-cessing large amounts of information, which may lead to a tendency to avoid real-life communication. The increase in social pressures, such as intense work competition and accelerated life rhythms, also makes people more inclined to use text communication to save time. Still, this approach often overlooks the decline in communication quality. Individual personality factors, such as introversion, shyness, or social anxiety, may also lead individuals to prefer using text communication, thereby increasing the risk of Text Syn-drome.

To address the challenges posed by text syndrome, the public can adopt a series of strategies to mitigate its adverse effects. Firstly, balancing communication methods is crucial, which means using text for communication while also emphasizing direct face-to-face interaction to maintain the diversity and effectiveness of communication. Secondly, enhancing writing skills is also essential, this includes learning how to use words more accurately and effectively to express one's thoughts and emotions. Additionally, adjusting one's mindset and learning to

choose the most appropriate communication method in different situations is also a key strategy for coping with text syndrome. Through these methods, individuals can restore healthy interpersonal communication patterns and psychological states, thereby better adapting to the demands of the information age.

In future research, it is essential to further explore the pathogenesis and intervention measures of text syndrome. This will help us gain a deeper understanding of the essence of text syndrome, thereby developing more effective preventive and therapeutic strategies. Through these studies, people can better meet their mental health needs in the information age, establish and maintain healthy interpersonal relationships, and promote harmonious social development.

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