

The Silent Table



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How Smartphones Phones Are Starving Family Tree

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In today's modern world, technology has undoubtedly become an absolute necessity, woven deeply into the fabric of our daily existence. Its influence over our lives has grown so pervasive that it now dictates our routines. A few years ago, I recall seeing an ice cream advertisement on television that depicted a peculiar, disconnected family dynamic; today, that very fictional scenario has turned into a stark, living reality right before our eyes.

Just yesterday, a telling incident occurred at home. As dinner was being laid out, everyone was called from their respective rooms. Each family member emerged holding a smartphone firmly in hand. Although the appetizing aroma of freshly prepared food filled the room, an unusual, heavy silence enveloped the table. Instead of engaging in warm conversation, every individual sat with their head bowed, eyes glued to a screen, fingers tapping away incessantly. One even had AirPods on, completely tuned out. The silence was so profound that one could hardly sense the presence of others. Despite living under the very same roof, we seemed like complete strangers.

While technology has successfully bridged distances of thousands of miles, it has simultaneously eroded the core quality and time dedicated to personal relationships. The vibrant warmth of a home, the joy of sitting together, and the lively echoes of family discussions in the living room are fading into oblivion. We are physically close, yet miles apart. Ironically, social media claims to connect us, but it has effectively alienated us from the parents and siblings sitting right next to us. As Wi-Fi signals grow stronger, we meticulously read posts and interact with the stories of people living oceans away. Conversely, the emotional signals between hearts have severely weakened. When individuals fail to prioritize their parents or neglect their children, complex psychological issues arise, paving the way for domestic discord

Despite the numerous advantages of mobile phones, their detrimental effects have now cast a dark shadow over our personal lives. With a smartphone always within reach, rest becomes elusive, deeply impacting our overall well-being. Even within the same house, communication has shifted to text messages, and meaningful conversations between spouses have been replaced by passive-aggressive WhatsApp status updates. The wisdom of elders goes unheard, and the crucial upbringing of children is being entirely sidelined.

When children witness their parents constantly engrossed in digital devices, the severe lack of attention pushes them toward psychological distress. This neglect impairs their emotional

development, leads to chronic irritability, and takes a heavy toll on their mental well-being.

On social media, we meticulously project an artificial happiness, yet in reality, we are trapped in deep loneliness and isolation. In the endless race for digital superiority and the obsession with uploading updates, we have willingly enslaved ourselves to these devices, bringing unnecessary mental stress upon our households. Consequently, behavioral issues and defiance among the younger generation are on the rise.

We are in dire need of a digital detox. To restore a healthy domestic environment, we must invest time in the people around us. Balance is essential in every aspect of life. We must strictly avoid using mobile phones at the dining table. Instead, we should converse with one another, meet our loved ones in person, and genuinely inquire about their well-being. We must be careful not to lose the authentic love of real life in the hollow pursuit of gathering virtual likes.

A better future demands a nurturing environment, and the initiation for this vital change must begin with me, with you, and with all of us.

What profound melancholy is this, where even words fall silent;

Relationships remain unfulfilled, and emotions, too, are silenced.