



Anxious attachments with digital devices

VERONICA GOMES

Attachments have various forms. However, the type which currently concerns us the most is the one introduced by British psychologist John Bowlby as 'Anxious Attachments'. The idea suggests that humans are often anxiously involved to a point where they find themselves unable to function without their attachments being in close proximity. It is prudent to acknowledge that in this technological era, as everything has digitalised, so have our attachments. Consequently, the all-knowing connection that we have made with our devices runs so deep that even the thought of shifting into a new one makes you want to drop to your knees. Hence, whenever you do have to make a shift to a new device, you find yourself coping with some or all of the following coping mechanisms.

DENIAL

This is the all-forgiving blind stage where you overlook all signs that tell you to ditch your device and get a new one. No matter how deep the cracks on your screen are, you know the love you have for them runs far deeper and even if your device takes ages to get powered on, you find yourself willing to wait forever. In this stage, even the best of signs won't be sufficient to convince you that you need a change resulting in you clinging to your broken devices, pretending it never broke.

ANGER

Here, you come to the understanding that your device can't be your support system anymore so you use the feeling of grief attached to the impending loss and turn it into anger. You start treating it recklessly to a point that you don't even bother shutting it off properly after usage. To take it a step further, you find yourself slamming at it like a punching bag because it's impossible for it

to disappoint you more than it already has.

DESPERATION

You will do anything and everything to keep your old devices, even if it means storing them up in a safe drawer as 'sentimental souvenirs', with no further use of it whatsoever. You may also successfully convince yourself that it's a good idea to buy a cheaper alternative for your device (a Nokia 1100 phone for your iPhone 6) and use the new cheap one specifically for basic functions and the older one solely to soothe your clingy, hoarding self.

GRIEF

This is the acceptance kind of state where you have decided to let your device go, even if it means that the sheer act of draining their batteries would drain your soul of the happiness you once shared. You conjure up the courage to go to the store and give it away in exchange of a newer one, knowing full well that it would forever remain irreplaceable. After experiencing this gruesome goodbye, you start neglecting your new device at first, until one day all the memories get backed up and you finally start learning how to bond again.

All in all, as we continually keep drifting away from human interactions, we start grasping at these digital devices as a desperate attempt to maintain some form of attachment in our lives. Things turn south when the devices themselves start letting you down, forcing you to implement necessary changes. While your subconscious may function to do everything in its power to fight the change, you'll soon find that the faster you embrace the change, the better.

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Acne scars everything

HIYA ISLAM

"What's happened to your face?"

A question, so simple, often has the power to impact the mind in unanticipated ways. Though it stems from pure concern, we all know what is up. It's breakout season on Face Town. But such a minor query can send the person asked into a debilitating state of misery, questioning their self-worth and questioning how others perceive them.

Acne, or acne vulgaris, is yet again a vague term for all the nuisance on the face. There are actually a number of types classed under inflammatory (papules, pustules, cysts and nodules) and non-inflammatory (white heads and black heads). We all have had a fair share of encounters with the latter.

The incidence of a pink bump is uncannily in sync with the party/hang-out/date you got coming up. That, my friend, is known as papules among dermatologists. It has got no "white center". Just red, annoying and painful. Often times this evolves into something even more hideous – the pustule. Yucky, white pus filling it in. Cysts and nodules are the severe forms of acne originating deeper within the skin and need immediate medical attention. Nodules are similar to papules where they lack a visible head. But they are otherwise hard, aching lumps spiking out of your face. Cysts are fully blown pustules resembling abscesses. Both of these have high chances of scarring or blemish.

About 85% of the population between ages 12-25 must have experienced acne, however minor. It is not uncommon for it to progress beyond 30s. Once it onsets at puberty, it never really bids adieu for some. Acne sufferers tend to rely on over-the-counter medications and products for treatment. A portion of sufferers choose not to treat at all, failing to realize that, in most cases, people do not grow out of it. It is a popular myth. Negligence only works to worsen the skin.

Acne scars are not just skin deep. The psychological ramifications are not necessarily linked to the severity of the condition. Even mild cases cause individuals to be socially withdrawn such as avoiding parties or taking/posting pictures of self. 3 in 4 people feel uncomfortable going out without makeup when they have breakouts. How is beauty defined within this group of people? 64% said, it is clear skin. Appearance is deemed highly important in our society, so much so that the pockmarks, the dark spots, and the zits themselves negatively affect personal relationships. Simply because they are not looking their best, they choose to hide away. Worse, they get bullied. 1 in 2 people reported that they were ashamed about their bad skin.

It is not the same for everyone. Though some maybe be bold enough to step outside and not look back, others have significant trouble coping with anxiety and depression induced by acne. It is not always easy to not think about what others think, especially when it's your face.

Occasional breakouts and acne are not the exact thing. Many a times, people with occasional breakouts fail to understand the situation. The unsolicited advice can be definitely triggering at times, although it does not come from an unkind place. It is high time we give acne the attention it deserves. There is no prevalence of acne-faces in the media ubiquitous around us. What impression does this leave on the mind? Albeit, people are coming out and sharing their stories and journeys to clearer, healthier skin on the Internet.

References

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Hiya earnestly hopes that someday she'd be able to speak Parseltongue. Reach her with your suggestions at hiyaislam.11@gmail.com

