In the modern world we are surrounded by technology. Gadgets such as cell phones, portable computers, and electronic diaries accompany us throughout the day. But is this a good thing? Are we being served by these technological wonders, or have we become enslaved by them? Does constant availability via technology make us more efficient or more stressed? Is our ability to connect with others all over the world, day or night, making us more sociable or turning us into recluses in a virtual world? This book considers the impact of technology on the different spheres of our life – work, home, family, and leisure – and assesses ways in which to build better communication between technology developers and society to ensure that technology enhances our lives and psychological well-being, rather than damaging them.

YAIR AMICHAI-HAMBURGER is the Director of the Research Center for Internet Psychology at the Sammy Ofer School of Communications at the Interdisciplinary Center (IDC), Herzliya, Israel.
Technology and Psychological Well-being

Edited by

Yair Amichai-Hamburger
Dedicated to Debbie – my wife, my partner, my friend
And for our wonderful children – Micha’el, Talia, Keren, and Yaron
Contents

Figures

Tables

Contributors

Acknowledgements

Introduction

1. Communication technology and psychological well-being: Yin, Yang, and the golden mean of media effects
   GEORGE RODMAN AND KATHERINE G. FRY

2. Internet and well-being
   YAIR AMICHAI-HAMBURGER AND AZY BARAK

3. Information, innovation, and society
   STEVEN L. GOLDMAN

4. Work-related technological change and psychological well-being
   MICHAEL P. O’DRISCOLL, CAROLINE BIRON, AND CARY L. COOPER

5. From ergonomics to hedonomics: trends in human factors and technology
   TAL ORON-GILAD AND PETER A. HANCOCK

6. “Good teleworking”: under what conditions does teleworking enhance employees’ well-being?
   ELLEN ERNST KOSSEK, BRENDA A. LAUTSCH, AND SUSAN C. EATON

7. Commuting and well-being
   RAYMOND W. NOVACO AND OSCAR I. GONZALEZ

vii
viii  Contents

8.  Technology and medicine 206
    JEFFREY W. JUTAI, SHERRY COULSON, AND
    ELIZABETH RUSSELL-MINDA

9.  Mothers of invention? The myth-breaking history and
    planetary promise of women’s key roles in subsistence
    technology 227
    RAE LESSER BLUMBERG

10. Technology and well-being: designing the future 260
    YAIR AMICHAI-HAMBURGER

Index 279
Figures

4.1 The moderating (buffering) effect of perceived control page 119
5.1 The Hedonomic Pyramid 139
8.1 Conceptual framework for relating technology to improvement in quality of life and well-being 208
Tables

6.1 Means, standard deviations, and intercorrelations for all the variables in the study  page 160
6.2 Results of regression for work and family attitudes  161
6.3 Results of regression for performance  162
Contributors

YAIR AMICHAI-HAMBURGER: The Research Center for Internet Psychology (CIP), Sammy Ofer School of Communications, The Interdisciplinary Center (IDC), Israel
AZY BARAK: Department of Counseling & Human Development, University of Haifa, Israel
CAROLINE BIRON: Lancaster University Management School, Lancaster University, UK
RAE LESSER BLUMBERG: Sociology Department, University of Virginia, USA
CARY L. COOPER: Lancaster University Management School, Lancaster University, UK
SHERRY COULSON: Department of Physical Medicine and Rehabilitation, The University of Western Ontario, Canada
SUSAN C. EATON: Kennedy School of Government, Harvard University, USA
KATHERINE G. FRY: Department of Television and Radio, Brooklyn College of CUNY, USA
STEVEN L. GOLDMAN: Departments of Philosophy and History, Lehigh University, USA
OSCAR I. GONZALEZ: Department of Psychology and Social Behavior, University of California, Irvine, USA
PETER A. HANCOCK: Department of Psychology, University of Central Florida, USA
JEFFREY W. JUTAI: Faculty of Health Sciences, University of Ottawa, Canada
Contributors

ELLEN ERNST KOSSEK: School of Labor and Industrial Relations, Michigan State University, USA

BRENDA A. LAUTSCH: Faculty of Business Administration, Simon Fraser University, Canada

RAYMOND W. NOVACO: School of Social Ecology, University of California, Irvine, USA

MICHAEL P. O’DRISCOLL: Department of Psychology, University of Waikato, New Zealand

TAL ORON-GILAD: Department of Industrial Engineering and Management, Ben-Gurion University of the Negev, Israel

GEORGE RODMAN: Department of Television and Radio, Brooklyn College of CUNY, USA

ELIZABETH RUSSELL-MINDA: Department of Physical Medicine and Rehabilitation, The University of Western Ontario, Canada
Acknowledgements

Without the help of a number of people this book could not have come into being. My grateful thanks to the authors for their hard work and excellent contributions. My gratitude to those whose comments and encouragement were invaluable: Albert Auster, Susan B. Barnes, Kent Campbell, Joanne Cohoon, Randall Collins, Lori Foster Thompson, Shaul Fox, Efrat Gil, David Haken, Tsahi Hayat, Matthew Kalman, Tal Katz-Navon, Meni Koslowski, Moshe Krausz, Ann Lane, Gerhard E. Lenski, Ingvor Pettersson, Rivka Ribak, Jason T. Siegel, Louise Sylvester, Keith Weber, Patrice L. (Tamar) Weiss, and Mina Westman.

My thanks go to Andrew Peart and Carrie Cheek at Cambridge University Press, who helped me materialize my ideas into a book. And a special thank-you to my beloved wife Debbie, without whose ideas and support this book would never have seen the light of day.