



The Illusion of Intimacy: The Crisis of Digital Relational Depth

Abhirami - 23PYJO03

Although this generation is the most "connected," a crisis of relationship depth is subtly gaining traction in the era of unending group conversations and social media followers. The psychological difference between having a large number of digital contacts and having a small number of interactions that are truly supportive is an important social psychology topic.



Our dependence on weak ties—acquaintances, followers—to satisfy needs that can only be satisfied by strong ties—close friends, family—is the fundamental issue. Seeing a friend's carefully chosen life updates on social media gives the impression that we have a genuine connection with them, without the vulnerability and work of in-person communication.

The time and effort required for a real, deep relationship are crowded out by this continuous, low-effort involvement. Our inability to distinguish between a trusted confidant and a virtual acquaintance causes us great emotional letdown when these "friends" are unable to offer in-person support. Social isolation—a psychological state in which one feels cut off from others, even when one is surrounded by them—occurs as a result, in addition to loneliness.



We need to consciously re-prioritize in order to fight this. Vulnerability, according to social psychology, is the currency of intimacy. By committing to device-free hangouts, asking more probing questions, and expressing real, uncurated challenges, let's try to turn a few weak ties into strong ones. Network size is not the foundation of true support; depth is. Right now is the time to engage in a few relationships that matter most.

Ultimately, the goal is not to eliminate digital technology from our lives. We need relationships, unfolding relationships that allow us to be vulnerable to one another for our mental well-being. We will only maintain these relationships if we understand our investment in depth of relationships must be of greater value than the superficiality of digital interactions. To overcome this gap, we reinforce the depth of relationships, without abandoning time spent on each other's digital surfaces.

The Break Room Breakthrough

Komathi.K.M.- 24MPLA24

The office hummed with its usual chaos—phones buzzing, keyboards clacking, and the faint whir of the coffee machine. In the break room, four unlikely colleagues converged one March afternoon in 2025, each nursing their own quiet struggles.

Ed, a silver-haired Baby Boomer, sipped his black coffee, staring at the stack of reports on his phone. At 63, he'd seen recessions and mergers, but the whispers of "too old" from younger hires gnawed at him. He'd never admit it—stress was just part of the job, right? Across the table, Lisa, a Gen X manager, scrolled through emails, her jaw tight. Her teenage son's therapy bill had landed that morning, right after her dad called about his latest doctor's visit. She was the glue holding everything together, but the cracks were showing, and no one noticed.

Then there was Priya, a Millennial project lead, slumped in her chair. Her inbox screamed with deadlines, and Instagram mocked her with photos of friends buying houses she'd never afford. She'd pushed for a mental health day policy last year—ironic, since she hadn't taken one herself.

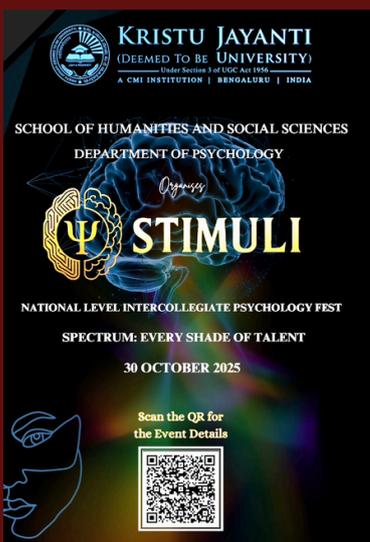
Finally, Zain, the Gen Z intern, fidgeted with his earbuds. At 22, he'd already called out a toxic client in a meeting, earning a mix of glares and nods. But the news alerts on his phone—floods, wars, layoffs—kept him awake at night. He wondered if this job was even worth it. The silence broke when Ed muttered, "Back in my day, we just got on with it." Priya rolled her eyes. "Yeah, and now half my team's burned out because no one talks." Lisa looked up, weary. "Talking doesn't pay the bills, Priya." Zain smirked. "neither does pretending everything's fine."

It could've ended there—a generational standoff. But the Ed set his mug down. "You know, I used to think asking for help meant you were weak. Took me 40 years to see it's the opposite." Lisa softened. "I've been running on fumes, too. Maybe I should've said something." Priya nodded. "We could start small—check-ins, real ones." Zain grinned. "And ditch the 'always-on' vibe. I'd kill for a quiet afternoon."

By the time they left the break room, something shifted. Ed pitched a mentorship idea to HR, pairing his experience with Zain's fresh eyes. Lisa scheduled a team huddle—no agendas, just listening. Priya booked her first mental health day, and Zain sketched a "digital detox" proposal for the office.

It wasn't perfect, but it was a start. Four generations, four struggles, one tiny breakthrough—proof that mental health wasn't a solo fight, but a shared story.

UPCOMING EVENT



The Department of Psychology, Kristu Jayanti (Deemed to be University), is all set to host STIMULI 2025, a National-Level Intercollegiate Psychology Fest with the vibrant theme "SPECTRUM: Every Shade of Talent!" on 30th October 2025. This exciting fest promises a dynamic platform for students across the country to express, explore, and excel through a variety of engaging events. The on-stage events include Dance, Mime, Quiz, Ad Campaign, Extempore, Personality, and Creative Writing, while the off-stage events feature Poster Making, Photography, and Short Film Making. The event coordinators are Ms. Shreya Thomas, Ms. Lakshmipriya E., and Ms. Maria Lungnila, and the student coordinators are Ms. Stephina Mathew and Ms. Aradhna Sara Abraham.

Resentment

Jennifer Ann - 23PSYA

Resentment has this strange way of crawling onto your skin and settling in your stomach. It stays quiet at first, a silence so soft it almost feels like peace.

But the quiet gets louder every time it's dismissed.

And one day, the hunger is so gut-wrenching, it makes you double over.

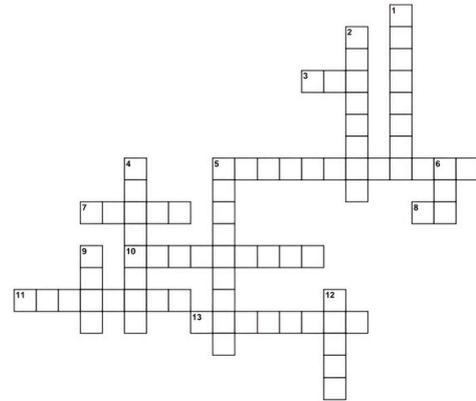
It makes you want to scratch it off, to bleed yourself dry, just to find where it began.

You bruise your thoughts pressing on them like scabs that never heal.

And you keep wondering which silence fed it more: the one you kept, or the one they gave you.

CROSSWORDS

Cognitive Psychology



Across

- [3] Permanent memory store.
- [5] Issue and debate for MSM.
- [7] Information we obtain through our environment/senses.
- [8] Case study of individual with memory disorder.
- [10] Thinking processes related to our mental abilities.
- [11] Modality-specific code for auditory sound.
- [13] Proposed the classic cognitive study.

Down

- [1] One of the psychologists who proposed the MSM.
- [2] The way LTM encodes.
- [4] The amount of information that can be held in a memory store.
- [5] The process of accessing information that we have stored in our mind.
- [6] Information can be held in this store for about 15-30 seconds.
- [9] The number of groups used in the procedure for the classic cognitive study.
- [12] How forgetting happens in STM.



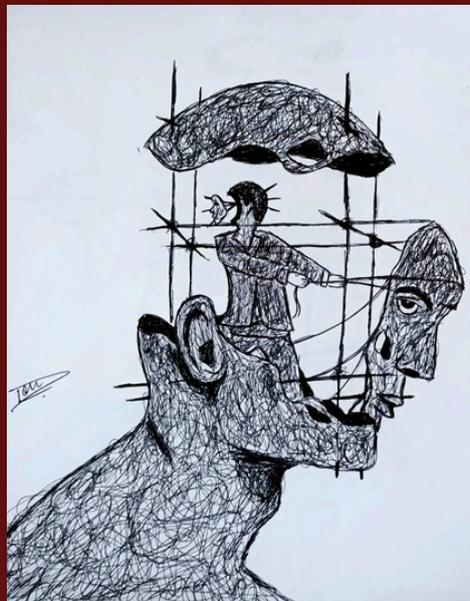
“The human brain is the most complex structure in the known universe, and yet it’s the instrument through which we try to understand itself.”

V.S. Ramachandran
Indian-American Neuroscientist

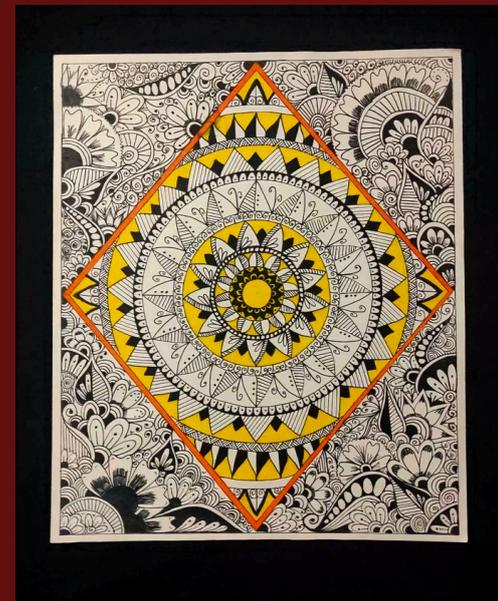
ARTWORKS



Anjana G Menon - 23PYJO05



Don M Easow - 24MPLC08



PHOTOGRAPHS



Karthik P Nair - 23PYJO20

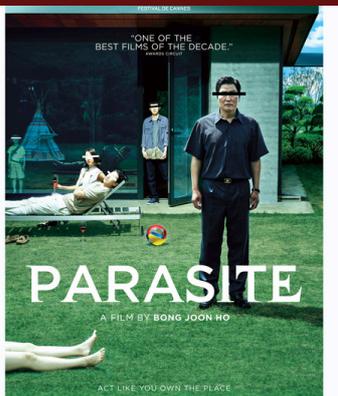
PSYCHOLOGY NEWS

- Scientists from McGill University have identified two specific brain cell types—neurons and microglia—that show genetic disruptions in people with depression. Using post-mortem brain tissue and single-cell genomic mapping, they discovered altered gene activity in areas linked to mood regulation and inflammation. These findings confirm that depression has a strong biological basis, not just emotional causes. The study, published in *Nature Genetics* (2025), offers new insight into how depression develops and opens the door for more targeted, effective treatments in the future.
- Scientists from Skoltech discovered that the brain's memory works best in a seven-dimensional space, suggesting humans might function optimally with seven senses instead of five. Their mathematical model of memory showed that encoding information using seven sensory features maximizes learning and recall. While speculative for humans, this finding could help improve artificial intelligence and robotics, revealing new insights into how memory and intelligence operate.
- Researchers at the University of Bath have developed a peptide that stabilizes alpha-synuclein, the protein that causes Parkinson's disease and some dementias. In lab and animal tests, it prevents toxic protein clumps and improves motor function.

Source: www.sciencedaily.com

MOVIE REVIEW

“Parasite,” directed by Bong Joon-ho, is a brilliant psychological and social satire that peels back the layers of human ambition, envy, and survival. The film follows two families—one wealthy and oblivious, the other poor and cunning—as their lives become dangerously intertwined through deception. Beneath its sharp humor and escalating tension lies a deep psychological study of class consciousness and the lengths people go to feel a sense of belonging and dignity. Bong’s direction captures not just social inequality, but the mental strain of constantly performing, pretending, and competing in an unjust world. Each character reveals a different shade of human vulnerability—shame, greed, resentment—culminating in an explosion of suppressed emotion and moral collapse.



Chief Editor:
Dr. Sruthi Sivaraman

Associate Editors:
Ms. Vimala M Arun
Ms. Anitha Mary Mathew

Faculty Editor:
Ms. Devika S Krishnan

Student Editors:
Ms. Andrea Ann Abraham
Ms. Stephina Mathew