

Life has changed significantly in recent decades, especially in the realms of communication, transportation, education, family dynamics, and social connections, when comparing life in the past to today. Traveling long distances to see family or friends was difficult due to limited mobility, requiring a lot of time and effort. Social media platforms, email, and instant messaging apps enable instantaneous communication with people worldwide. While this has enhanced ease and enabled perpetual connection, it has also resulted in occasional shallow engagements