Abstract

Technostress is an ailment of modern culture, which manifests itself in two ways: the anxiety that is experienced with new and unfamiliar technology or stress as a result of the over identification with technology. In the blind race of globalization, the internet users are increasing very rapidly and with the same speed the internet users are reporting increased level of techno-stress more particularly teenagers are most vulnerable to these negative effects. The daily uses of smartphones, tablets, and personal computers have created a compulsion to constantly connect to the Internet and social media. This compulsion can have an effect on one’s stress level and overall health. Studying the impact of technostress among the students is an interesting exercise. The students agreed that computers were an important part of daily life and they agreed to learn about them to feel competent to use them. This article particularly highlights the cause and problems of technostress faced by students and some suggestions to overcome from this.

I. INTRODUCTION

The creation of computer software and hardware, telecommunications, databases, and the Internet has affected society as a whole, by giving people new productivity options and changing the way they work. In the ‘information age’ the increasing use of information technology has become the driving force in the way people work, learn, and play. Adapting to technology is not simple. Some people tend to embrace change while others resist change. Techno stress is nothing but negative attitudes towards computers and newly introduced technologies. Techno stress is described by many researchers in various terms like: technophobia, cyber phobia, computer phobia, computer anxiety, computer stress, negative
computer attitudes, and computer aversion. Thus the rapid introduction of technology may cause individuals in organizations to suffer from a combination of technology fatigue and aversion and this can lead to techno stress.

II. CONCEPT OF TECHNO STRESS

The term techno stress was coined in 1984 by a clinical psychologist Dr. Craig Brod. New technology is causing a revolution in education. Technology should make life simpler, now a day’s students clearly take pride in being able to use the same computer-based tools employed by professionals and it is becoming like a disease and making our life complex. Everyone will make use of technology, even students also. But they do not know how much they addicted to technology. They were started using technology in negative manner knowingly or unknowingly. Because of this unnecessarily students are suffering a lot. It is effecting on students daily life, personal life and their health also because many of them they do not know how to use it as beneficially and its bad effect that how it will make them to depend on technology completely.

Now day’s technology is using in teaching-learning process also to make learner to better understand about any concept. With the dispersion and adoption of new technologies, circumstances forcing people to use these technologies manifests stress based on technology – techno stress. A huge myth in higher education today is that students entering academia already know about computers because they learned it in high school or at their last institution. Students of any age or gender from the “have-nots” side of the digital divide will have less experience with computers, as they may not have them at home, or may have come from school districts with poor funding and few or outdated technological resources. These students may have more challenges to face, because they are expected, as young people, to be completely "wired" simply because of their age, and their economic cohort may be a source of embarrassment. Miner cites studies from the late 1990s indicating that about a third of college students were technophobic. That means all kind of students have techno stress feeling. Techno stressed people may be visibly uncomfortable, and appear confused, disoriented, or anxious. Feelings of embarrassment, anxiety, and fear create an impediment to the learning process—which in turn a negative effect on the person’s ability to operate a computer, thus creating a self-fulfilling prophecy.

III. CAUSES OF TECHNO STRESS

1. Techno-overload (high pressure of to cope up with information overload)
2. Techno-complexity (the complexity of new ICTs that makes users to feel incompetent)
3. Techno-insecurity (feeling of insecurity to do comparatively better performance)
4. Techno-uncertainty (the constant changes, upgrades and bug fixes in ICT hardware and software impose stress on the users)
5. Techno-invasion (unnecessary interference of technology in personal life)
6. Lack of reliable and user friendly software and hardware
7. High pressure of meeting to the expectations of parents
8. Physiological changes due to their adolescent age
9. Development of negative self-concept
10. Setting up unrealistic goals
11. Worrying about upcoming exams
12. Selection of subjects/stream/course of study
13. One-sided love relationship
14. Maladjustment due to –
   (a.) changing of schools;
   (b.) monotonous environment of school
   (c.) cumbersome homework
   (d.) unnecessary extra co-curricular activities
   (e.) high norms of school/institutions
   (f.) rejection by his friends and peer group
15. Feeling of insecurity due to –
   (a.) death/separation/divorce of his parents
   (b.) financial problem
   (c.) unwanted quarrel between parents
   (d.) concern about a new part time job
   (e.) chronic/severe illness

IV. PROBLEMS FACED BY STUDENTS
1. The students will experience anxiety such as tension headaches, sweaty palms, heart palpitations and a queasy stomach when thinking about or using computer technology and anxiety about possible present or future interactions with computers or computer related technology and insecurity.
2. Self-deprecating statements and thoughts and lack of confidence.
3. Techno stress largely centre on frustration and feelings of being overwhelmed and out of control.
4. A lack of empathy for others and a low tolerance for the ambiguities of human behaviour and communication.
5. Mental pressure from overexposure or involvement with technology.
6. Dependency on technology makes them lazy.

V. SUGGESTED SOLUTIONS TO OVERCOME FROM TECHNO STRESS
1. Using appropriate and user friendly soft wares.
2. Improve knowledge and skills to cope with rapid changing technology.
3. Focus only on the information that really needed. Think critically and separate the gems from the dross.
4. Keeping a sense of humour and sharing feelings with parents and to some good friends and don’t making a communication gap with them.
5. Creating a network of good friends and stay in touch with the people who can provide
you emotional and other support in coping with stress/techno-stress.

6. Practicing a regular exercise more particularly to the neuromuscular relaxation exercises e.g. yoga, meditation, long breathing, mindfulness and goes for a morning walk etc.

7. Doing some creative and enjoyable work e.g. works in the garden, reading good and interesting books and self-expression etc.

8. Expressing feelings e.g. talk, laugh, cry, and anger instead of bottling them up.

9. Set realistic and attainable goals and making themselves safer with the alternatives to frustrated goals.

VI. CONCLUSION

Technologies are supposed to be time-saving devices that make life easier and more convenient. But it shows so many negative impacts on students. It depends on how the students are using technology for their academic improvement or their personal life comfortless. The impact of technology on one’s life is crossing the barriers within no time. The attraction towards internet for exploring the different possibilities of experiences paving the way for various kinds of unacceptable tasks and activities. The responsibility of parents and teachers is much more important and essential for cross checking the utilization process by the students. The stress provided by the usage of this technological devices effect various spheres of a person. The technology is dominating our students. In academic or in personal life the effect of technology has an immense role and there is a crucial necessity to check the time spent by the students for the use of the technological support for their personal and academic life. Techno stress should be taken care of for a productive future society.

VII. REFERENCES


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