

Technostress: Afflicted by Advancement

A. Intro:

- a. Tie to modern times
- b. Quote Thich Nhat Hanh

B. Technostress Defined

- a. Craig Brod definition
- b. Career Development Quarterly defined
 - i. <http://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=a2h&AN=126599212&site=ehost-live&custid=ns017578>

C. Identify the signs and symptoms of technostress

- a. Technostress and addiction
- b. <https://online.king.edu/news/technostress/>
 - i. Physical Symptoms
 - ii. Mental Symptoms
 - iii. Emotional Symptoms
 - iv. Manager issues
 1. <http://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=a2h&AN=126599212&site=ehost-live&custid=ns017578>
- c. Mention DR. Shirish C. Srivastava, Professor, HEC Paris theory on technostress type and how they can be managed to “stimulate, rather than hinder, innovation.” (SITE)
- d. **Knowledge check: Multiple choose technostress symptoms**

D. Explore the causes of technostress

- a. How technostress happens
 - i. <https://online.king.edu/news/technostress/>
- b. Positive predictors AND The irony of technology in the first place
 - i. The dark side of technologies: Technostress among users of information and communication technologies.
 1. <http://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=a2h&AN=89102307&site=ehost-live&custid=ns017578>
- c. **Knowledge check: Scenario on how technostress occurred in one individual**

E. Practice coping strategies

- a. Resolution on the Impact of Technostress
 - i. <https://senate.sfsu.edu/resolution/resolution-impact-technostress>
- b. Specific Solutions to THE FIVE TYPES OF TECHNOSTRESS CREATORS
 - i. “technostress creators”: techno-overload, techno-invasion, techno-complexity, techno-insecurity, and techno-uncertainty
 - ii. DR. Shirish C. Srivastava, Professor, HEC Paris Webinar?
 1. <https://www.hec.edu/en/knowledge/articles/managing-technostress-optimal-employee-innovation-performance>
- c. Psychology Today talks about spending time in nature
 - i. <https://www.psychologytoday.com/us/blog/live-long-and-prosper/201908/coping-technostress>
 - ii. As Ralph Waldo Emerson claimed in his 1836 essay Nature – “In the woods,” he wrote, “I feel that nothing can befall me [. . .] which nature cannot repair.”

- d. **Knowledge check: Link technostress type with resolution: Create a scenario for each type**