## Case Study 1: Maria and Her Smartphone

Maria spends many hours a day on her smartphone. She constantly checks social media, responds to messages, and plays online games. She feels stressed and has difficulty concentrating on her school tasks.

**Questions:**

1. What problem is Maria experiencing?
2. What role does technostress play in her situation?
3. What could Maria do to reduce her technostress?

**Solutions:**

1. Maria is experiencing difficulties concentrating on her school tasks and feels stressed.
2. Technostress plays a significant role, as Maria's excessive smartphone use leads to stress and distraction.
3. Maria could reduce her smartphone usage by setting clear times for use and limiting notifications. She could also incorporate alternative activities like sports or hobbies into her daily routine to take breaks from digital devices.

## Case Study 2: Lukas and Multitasking

Lukas tries to do his homework, monitor social media, and listen to music all at the same time while studying. He finds it hard to complete his tasks and feels stressed.

**Questions:**

1. What problem is Lukas experiencing?
2. Why is multitasking problematic?
3. What strategies could Lukas apply to reduce his technostress?

**Solutions:**

1. Lukas is experiencing difficulties in completing his tasks and feels stressed.
2. Multitasking is problematic because it makes concentrating on one task difficult, leading to stress and decreased productivity.
3. Lukas could stop multitasking and focus on one task at a time. This would increase his efficiency and reduce technostress.