## Case Study: Reducing Technostress Through Media Literacy and Critical Thinking

Situation: In a middle school, students have increasingly complained about technostress and related problems such as sleep disturbances and concentration problems. The school has decided to carry out a project to promote media literacy and critical thinking to help students improve their handling of digital media.

Case Description: Sarah, an eighth-grade student, has recently experienced increased technostress. She feels overwhelmed by the constant flood of notifications on her smartphone and finds it difficult to concentrate on her homework. Her friends are very active on social media, and she often feels pressured to keep up with them.

As part of the project to promote media literacy and critical thinking, students learn how to analyze and evaluate media content. Sarah and her classmates have learned the following steps:

1. **Source Evaluation:** They were trained to check sources and ensure they come from trustworthy and reputable sources.
2. **Content and Relevance:** Students learn to critically check media content for its relevance and objectivity. They understand that not all information in the media is of equal value.
3. **Biases and Tendency:** Students are able to recognize and question biases and tendencies in media reports.
4. **Factuality:** They look for clear evidence and source citations in media content.

Having acquired these skills, Sarah is better able to control her media usage. She has learned to disable notifications when working on her homework and realized that she does not have to follow every trend and social activity in the media. This has significantly reduced her technostress and allowed her to concentrate better on her school tasks.

**Solution:** Sarah and her classmates have successfully developed media literacy and critical thinking to cope with technostress. They carefully analyze media content to ensure it is trustworthy and relevant and evaluate it for possible biases and tendencies. This has helped them to deal more consciously with digital media and reduce technostress.