## Case Study 4: Lena and Her Excessive Technology Use

**Background:**

Lena, a 16-year-old student, has been complaining about health issues for some time. She spends hours in front of screens, whether for school tasks, social media, or video games. Her parents noticed that she often plays on her smartphone late into the night and regularly complains of headaches, sleep disturbances, and back pain. Her academic performance has declined, and she has difficulty concentrating on her homework.

**Symptoms:**

1. **Sleep Disorders:** Lena has trouble falling asleep and wakes up tired. The cause is that she plays on her smartphone late into the night, and screen time shortly before bedtime affects her melatonin production.
2. **Headaches:** Lena frequently suffers from headaches, likely due to her long screen times and the rigid staring at screens.
3. **Back Pain:** Her back pain is caused by the poor posture she adopts while spending hours sitting in front of computers and smartphones.

**Diagnosis:**

Lena shows signs of technostress, a form of stress triggered by excessive use of technology. These symptoms are not uncommon in teenagers who spend excessive time in front of screens.

**What Measures Should Lena Take to Reduce Technostress and Preserve Her Physical Health in the Digital Age?** **Solution:**

1. **Raise Awareness:** Lena should be educated about the effects of her excessive technology use on her health. Her parents, teachers, and healthcare professionals should support her in understanding the connections between her screen time and her complaints.
2. **Time Management:** Lena should learn to better manage her time in front of screens. It is important to set clear limits for screen time and ensure she takes regular breaks.
3. **Ergonomics:** Lena should pay attention to proper posture and ergonomics when sitting in front of screens to avoid back and neck pain.
4. **Digital Detox:** Lena should consciously take time for activities without screens to recover and improve sleep quality. This could involve not using screens in the hours before bedtime.
5. **Professional Support:** In severe cases of technostress, Lena should seek professional support, possibly from a psychologist or therapist, to learn strategies for stress management.

**Conclusion:**

Lena's case study demonstrates how excessive technology use can lead to health problems. The solution lies in raising awareness, developing healthy habits, and seeking professional help to manage technostress and protect physical health.