### Worksheet 2

Perception and Evaluation of Stress

In the table, examples of stress triggers when using technology, known as technostressors, are listed. You can also add additional technostressors. Consider how burdensome each one is.

1 = only slightly burdensome; 5 = very strongly burdensome

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Technostressors** | **1** | **2** | **3** | **4** | **5** |
| Too many notifications |  |  |  |  |  |
| Constant accessibility |  |  |  |  |  |
| Distracted by interruptions when working on tasks |  |  |  |  |  |
| Multitasking, e.g., working on school assignments while watching series |  |  |  |  |  |
| Applications that are difficult to master |  |  |  |  |  |
| Too many different applications that need to be used |  |  |  |  |  |
| Constantly upgrading one's skills in handling technology |  |  |  |  |  |
| Disclosure of personal data |  |  |  |  |  |
| Security measures to adhere to, e.g., creating a strong password |  |  |  |  |  |
| Technology failures |  |  |  |  |  |
| Technology with poor performance, e.g., slow internet |  |  |  |  |  |
| Problems with the technology being used that need to be solved in the presence of other people |  |  |  |  |  |
| Dependency on the use of specific applications, e.g., friends using Instagram, which is why I also have to use it |  |  |  |  |  |