

**IMPACT OF TECHNO STRESS ON ACADEMIC PRODUCTIVITY: A  
STUDY OF THE UNDERGRADUATES IN THE FACULTY OF  
COMMERCE AND MANAGEMENT STUDIES, UNIVERSITY OF  
KELANIYA**

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There has been increasing interest among researchers in understanding the negative effects of technology in the last two decades. Technostress or stress induced due to technology is extensively reported in the literature among working professionals. Even though there has been an increased proliferation of digital devices in academia, there is a dearth of studies examining the prevalence of technostress and its impact on students. The main aim of this study is to investigate the impact of technostress on academic productivity among students of the Faculty of Commerce and Management Studies, University of Kelaniya. The population of this study is 2376, and the sample is 332 selected through the random sampling technique. A standardized questionnaire was administered online through Google Forms to obtain primary data. Statistical Package for Social Science (SPSS) version 23.0 was used as a data analysis tool, and descriptive and inferential statistics, namely correlation and regression, were used to analyze data. Findings reveal that technostress and dimensions of Technostress negatively impact the academic productivity of the undergraduates of the University of Kelaniya.

**Keywords:** *Academic productivity, Technostress, Techno overload, Techno invasion, Techno-complexity, Techno uncertainty, Techno-insecurity*

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