

**EXPLORING THE RELATIONSHIP BETWEEN CYBERSLACKING
AND WORKPLACE STRESS WITH DIGITAL MINDFULNESS:
SPECIAL REFERENCE TO IT INDUSTRY IN COLOMBO
DISTRICT, SRI LANKA**

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The study explores the relationship between cyberslacking and workplace stress with digital mindfulness in IT workers in Colombo district. With the increasing usage of the internet and technology in workplaces, the concerns about the effects of cyberslacking on workplace stress have increased. This research aims to explore how cyberslacking influences workplace stress with digital mindfulness in IT workers in the Colombo district. The research was conducted by distributing a survey questionnaire, and data was collected from 248 participants. The results indicate that higher levels of cyberslacking behaviours are positively correlated with increased levels of workplace stress. And also the results indicate that IT workers have shown their digital mindfulness behaviours. These findings suggest that there is a significant relationship between cyberslacking and workplace stress. It is a positive correlation. The study emphasises the need for further research to develop strategies for reducing the negative impacts of cyberslacking, particularly further investigating digital mindfulness behaviours by using strong measurement scales.

Keywords: *Cyberslacking, Digital Mindfulness, Workplace Stress*

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