

Examining the Impact of Technostress on Academic Productivity of University Students

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Due to the rapid advancement of technology, technostress is a serious illness in the competitive environment we all live in today. The COVID-19 pandemic has caused people's lives to become more technologically oriented. In the past, businesses and staff used technology more than students in schools and universities. However, in addition to using technology for their studies, students now need to use it for social media and leisure. Furthermore, all educational institutions, both public and private, are transitioning to online instruction. In particular, technology is used in all government universities' lectures and evaluations. Everyday activities are allowed to be carried on by technology, despite the fact that its negative aspects must be looked into. This paper aims to address the topic of technostress and its effects on Sri Lankan university students' academic productivity. Technostress is characterized as a prevalent adaptation issue that might arise when a user is unable to effectively utilize or adjust to information and communication technology. Due to the large number of students who attend government universities and represent both rural and urban areas of Sri Lanka, this is clearly visible. There are various dimensions that make up technostress, such as overload, invasion, complexity, insecurity, and uncertainty. The study also looks into how students' academic productivity is affected by technostress. Statistical Package for Social Science (SPSS), version 23.0 was used as a tool for data analysis and both descriptive and inferential statistics, namely correlation and regression were used to analyze data. The results show that students had moderate levels of technostress and that, with minor modifications, the technostress instrument is valid for use in the academic setting. Additionally, it was discovered that students' academic productivity was negatively impacted by technostress.

Keywords: *Academic Productivity, Technostress, Techno-Overload, Techno-Invasion, Techno-Complexity, Techno-Insecurity, Techno-Uncertainty*

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