

## Impact of Technostress On Individual Academic Productivity

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Technostress has existed since ancient times, but in the early 21st century, it has become considerably more severe. Employers and educational institutions should look into the problem of technostress in-depth, especially considering how often information and communication technology is used in society. Over the past few years, technological advancements had a significant impact on the education sector. The purpose of this study is to identify the impact of technostress on individual academic productivity. Although the associations between technostress and academic productivity are well established in foreign literature, very few studies have examined technostress with academic productivity in the Sri Lankan setting, especially in the state universities' undergraduates. Thus, this study also intends to contribute to filling the literature gap by looking into the relation between technostress and academic productivity. In particular, this study aimed to examine the effect of technostress and academic productivity among undergraduates of state universities within the Sri Lankan setting. To achieve this objective the data were collected with the aid of an online questionnaire and internet-based by using a convenience probability sampling technique. Simple regression analysis was used to test the study hypotheses. The results of the study showed that there is a positive impact of technostress on academic productivity. Accordingly, this study contributes to the body of knowledge already available on the subject regarding technostress. Further, studying the impact of technostress on undergraduates not only increases comprehension of this particular issue but also contributes to the more general domain of psychology, technology adoption, education, and human-computer among others. The data collection of this study was limited single source and one point in time, this should be addressed by future researchers.

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

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