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## 27. A STUDY ON TECHNO-STRESS IN GOVERNMENT HEALTHCARE SECTOR EMPLOYEES OF MOHALI

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### A STUDY ON TECHNO-STRESS IN GOVERNMENT HEALTHCARE SECTOR EMPLOYEES OF MOHALI

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#### ABSTRACT

Technology has changed the lifestyle of human beings around the globe. The invention of computers has made everything easy for human beings, have reduced the chances of errors and have improved the performance in mostly all the fields. In this study efforts were made to focus on this issue of techno-stress prevailing in the government health sector. The objective of the study is to determine relationship between Demographic Variables and Techno-Stress in the given population. An Exploratory design was used for the research to investigate the relationship between Demographic Variables and Techno-Stress. Survey research method (Questionnaire) was used for research design. It was observed that there is significant relationship between age and techno-stress. Results of the study further indicated that there is no significant relation found between the educational qualification and techno-stress. Even there is no relation of gender and marital status with techno-stress.

#### INTRODUCTION

We are living in a progressive world and each day there are new advancements in the technology. To survive the competition and excel in any field human beings have to cope up with these advancements and keep themselves up to date accordingly. Technology has changed the lifestyle of human beings around the globe. The invention of computers has made everything easy for human beings, have reduced the chances of errors and have improved the performance in mostly all the fields.

Now technological changes have brought negative impacts also along with these positive changes. Now the growing technology every day brings a challenge to the individuals in terms of coping with these changes. And if there is a problem in healthy adaptation of these technological changes by individuals or employees then this problem leads to techno-stress. The computer softwares or their operating systems are developing so fast these days that as the employees adapt to the previous version, there might come some better version of the software in the market. To make their employees adapted to new technology organizations organize various workshops or training programs for them which bring extra pressure onto the employees as they have to keep up the pace for their daily work activities along with these new changes which lead to changes in their lifestyle.

This term of techno-stress was coined by a clinical psychologist Dr. Craig Brod in 1984. There are various reasons for this problem. Mainly this problem is faced by aged or experienced employees who have not been involved much towards the use of computers in their work. The new employees or the young people who have been learning computers right from beginning find it easy to cope with this problem of techno-stress. Then the management's lack of support towards training employees to adapt to technological advancements is also a major cause for this problem. Many employees find it difficult to match the speed of learning or working with newer changes and hence there are performance issues which cause techno-stress among them.

These upsets caused by improvements in technology has surely caused major changes in the working environment in today's world. No doubt technology has been a boom allowing us to complete our work quickly and efficiently but it has also brought unhappiness to a major workforce in the organizations.

In this study efforts were made to focus on this issue of techno-stress prevailing in the government health

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