

Read the tasks and tick the correct answer. There is only one correct answer!

① What is technostress?

- ☐ Stress caused by technical faults.
- ☐ Stress caused by excessive use of technology, especially social media.
- ☐ Stress that occurs when working with new technological devices.
- ☐ Stress caused by the lack of technological resources.

② Which strategy can help reduce the technostress caused by social media?

- ☐ Increasing daily social media usage time
- ☐ Avoiding social media altogether.
- ☐ Setting limits on social media use.
- ☐ Sharing personal information to get feedback.

③ Why is it important to verify the sources of information on social media?

- ☐ To increase the number of followers.
- ☐ To confirm your own opinion.
- ☐ To avoid misinformation and fake news.
- ☐ To increase the usage time of social media.

④ How does overconsumption of social media typically affect mental health?

- ☐ It improves the ability to concentrate.
- ☐ It leads to an increased feeling of happiness and satisfaction.
- ☐ It can lead to anxiety, depression, and a feeling of being overwhelmed.
- ☐ It does not affect mental health.

⑤ What is an effective tool to promote the conscious use of social media?

- ☐ The use of apps that track and limit online time.
- ☐ Constantly checking notifications.
- ☐ Following as many new accounts as possible every day.
- ☐ Sharing posts without checking the content.

⑥ Awareness in Social Media and Technostress

In today's digital age, social media has become an integral part of daily life, offering platforms for , exchanging opinions, and information. However, as the duration of social media usage increases, so does the experience of , known as technostress. This form of stress arises when the constant availability and flood of information are perceived as overwhelming.

The on social media can lead to various negative psychological states, such as anxiety, depression, and a feeling of being overwhelmed. Therefore, conscious use of these platforms is essential to minimize technostress. This includes setting for usage time, selecting content that promotes personal well-being, and using that support mindful usage.

Another aspect of awareness in social media is the of information. In a world where anyone can share information, it's important to verify the credibility and sources of the information. Critical thinking and the ability to differentiate from opinions are crucial.

Finally, plays a significant role in the context of awareness in social media and technostress. A strong focus on one's and setting personal boundaries can help mitigate the negative effects of constant connectivity and information overload.