

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 [redacted], exchanging opinions, and [redacted] information. However, as the duration of social media usage increases, so does the experience of [redacted], known as technostress. This form of stress arises when the constant availability and flood of information are perceived as overwhelming.

The [redacted] 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 [redacted] for usage time, selecting content that promotes personal well-being, and using [redacted] that support mindful usage.

Another aspect of awareness in social media is the [redacted] 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 [redacted] from opinions are crucial.

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