

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.