Abstract

Tecnoestresse is a negative psychological condition related to the use of information and communication technology (ICT), or to the threat to their future use. This is a psychosocial phenomenon with four dimensions: disbelief, anxiety, fatigue and inefficiency. The aim of this study was to verify the existence of an association between the dimensions of tecnostress and demographic work and psychosocial variables in 368 subjects from work institutions located in Porto Alegre, RS, and the metropolitan region. For data collection, the instruments used were the Technostress - RED/ICT Scale and a questionnaire for the survey of demographic, work and psychosocial variables. Results show that women have higher averages in the dimensions of disbelief and anxiety. Associations identified mainly in the form set of psychosocial variables and a lesser proportion in the labor variables. The findings indicate the need of intervention at the prevention level due to the largest mean value at the fatigue dimension followed by the anxiety dimension.

Keywords

Tecnoestresse, Technology for communication and information, Prevention, Psychosocial phenomenon.