

A COMPARATIVE STUDY OF THE IMPACT OF TECHNOLOGY USAGE IN WORKPLACE STRESS FOR ACADEMIC STAFF

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Abstract

Technological advancements allow us to perform multiple functions, help us to communicate more quickly and more efficiently. These technology usage requirements may be perceived as positive or negative challenges depending on their options for dealing with them. The first purpose of this study is to analyze the relationship between technology usage and workplace stress among the academic staff. The second purpose of this study was to explore how lecturers in academe perceived the influence of digital occupational stressors in their work- life balance. The sample of this study are lectures from different faculties of University of Shkodra“ Luigj Gurakuqi“ and from the University of Croatia, Faculty of Organization and Informatics in Varazdin, Croatia. For this study two techniques were applied; survey and in-depth interview. The self-designed survey consists of 4 sections questionnaires, where in the first section demographic information were gathered and the other 3 remaining sections were designed to evaluate the skills, experience, frequency and stress level related to technology usage. Statements in which respondents have to respond on a five-point scale were based on their degree of agreement with the statement. Overall reliability for the lectures’ survey was calculated by using Cronbach Alpha. Descriptive statistics were used to summarize the overall distribution of responses to each item surveyed in this study. After the survey lecturers answered an in-depth interview which was designed to explore deeper the perception of digital occupational stressors.

Keywords: *Comparative study, Technology usage, workplace stress, Albanian and Croatian academe staff*