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***Status of techno stress among university librarians of Lahore.* Unpublished M.Phil. thesis, University of the Punjab, Lahore, 2011. [Abstract]**

**Amna Asghar**

University of Central Punjab, Lahore, Pakistan  
Email: amn.asghar@yahoo.com

To keep up with the pace of the new ICTs, librarians have to constantly renew their technical skills while enduring the pressure of a more complex system, and its higher expectations for productivity. Techno stress is “a modern disease of adaptation caused by an inability to cope with the advanced computer technologies in a healthy manner.” The study investigates the status of techno stress among university librarians of Lahore.

The issue of techno stress has been addressed by different scholars from all over the world. Most of the studies on techno stress are from the fields of psychology, management sciences, information science, library science and other disciplines. According to the best of my knowledge this is the first study on this issue in Pakistan.

The researcher did not study techno stress as a disease but its underlying causes and its physical, psychological and behavioral effects on the subjects. Relationship between techno stress and librarian's computer skills has been identified. Moreover, the study also aimed at suggesting the strategies to cope with techno stress at individual and organizational levels. It is hoped that it will contribute to the knowledge of limiting adverse effects of techno stress, so that efficiency and productivity of individuals and organizations could increase.

A questionnaire based survey was conducted on librarians working in 29 HEC affiliated institutions in Lahore, having at least one year of post-degree experience of working with computer applications in libraries. Eighty two librarians responded and response rate was 95%, after all precautions. SPSS version 16 was used to analyze the data.

The major causes of techno stress were fear of virus, fragility of storage media, inappropriate infrastructure and invasion of privacy. The data revealed that techno stress among libraries was on initial stage due to their youth, high interaction with computers, motivation towards learning and updating their ICTs skills. It was found that there was no relationship between computer skills of librarians and the techno stress.

Techno stress could be overcome partially or completely by following some simple strategies at individual and organizational levels.