

Investigating the Effects of Technostress towards Institutional Functions and Life Satisfaction among LSPU Instructors

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ABSTRACT

This research investigated the effects of technostress towards work commitment and life satisfactions of LSPU instructors. It utilized descriptive and correlational design using a researcher-made questionnaire with 60 respondents. To determine the effects of technostress to work commitment and life satisfaction, Pearson correlation was used to determine the effects of technostress to work commitment and life satisfaction. The study found out that the technostress such as techno-complexity, techno-insecurity and techno-uncertainty were moderate. The institutional functions in terms of instruction, research and extension services were moderate while the life satisfaction such as career, social and financial status were also moderate. The study also revealed that technostress is significantly related to institutional functions and life satisfactions of the LSPU instructors. In terms of profile, general technostress of instructors did not vary by gender and years of service, and varied by age. Thus, it recommends the establishment of an institutional health and wellness program for faculty. The administration could intensify the rewards, merits and incentives policy to faculty members as a form of appreciation. Further research about the technostress using other variables, wider respondents and qualitative method to validate or contradict the result.

Keywords: Technostress, life satisfactions, Institutional functions, flexible learning

About the presenter:

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