

STRESS GENERATED BY THE DIGITAL ENVIRONMENT

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Abstract: *At present, people daily make a compromise between being permanently connected or staying intimate. The more Internet services are used, the more difficult it is to keep confidential personal information. Thus, the digital world has become important, even giving us stress: too many passwords to remember or fear we may be the victims of some cyber attacks. So, we believe that each user needs a special protection that suits their digital lifestyle, because if we do not take protective measures, this lack of action can lead to stress.*

Key words: *digitization, techno-stress, online environment, information security.*

JEL Classification: *M15, O15.*

1. Cyber stress

Dangers and increasing complexity of the digital environment create the phenomenon of cyber-stress, most people making a compromise every day between being permanently connected or keeping their privacy.

The more Internet services are used, the more difficult it is to keep confidential personal information, especially in social media. People start to feel overwhelmed by the amount of information that exists about them in the online environment and wonder whether or not they are adequately protected. If they do not know how to take action to protect them, this lack of action can lead to stress, the attention of specialists.

According to a recent study, 73% of Europe's employees say they are stressed by the number of passwords to remember, especially as 54% admit they were the victim of a cyber attack. In addition, online information users feel they have to be available anytime and anywhere, because to a certain extent, their social connections, well-being and even their emotional balance depend on this.

The digital world has become as important as the physical world, and it gives us even stress reasons, just like the real one: too many passwords to remember or the fear that we may be victims of a data breach and that we will lose our money, personal information or even work.

We believe that each user needs a special protection that suits their digital lifestyle and that this is the future of security solutions.

Research reveals that people tend to have more confidence in those around them (for example, in their life partner) to entrust passwords or answer questions about cyber security. On the one hand, it is understandable to resort to those close to you, trusting for other things in your life.

IT technology experts say the main problem is the avalanche of information that assail us from all sides: news sometimes not even had time to read, but just cross our titles before his eyes, books, television, information work. In this amalgam of information, the online environment is the main source for a large proportion of the population - at the end of 2017, the total number of Internet users was over 4.1 billion.

2. Digital phobia

The Internet, the digital environment and virtual reality have become more and more influential phenomena in everyday life, with the tendency of digital technology users to substitute much of their classical activities with new media, whether it is leisure time, communication and information or professional and commercial activities tailored to the digital age we are in.

However, in recent years, more and more Romanians have come to psychology because of technology and multitasking, being diagnosed with digital phobia or nomophobia, a serious form of stress caused by excessive use of the phone, tablet, computer or other gadgets . So, digital stress is manifested by anxiety and physical discomfort when the phone is out of battery or at times when we can not check for online messaging notifications.

In fact, the effects of extensive use of digital devices and applications induce stress syndrome. This is all the more so as not only in personal life, but also in collectivities, at work, where digital skills are frequently asked.

Another stress factor is the fear of the effects of electromagnetic radiation on mobile digital devices, fears that to some extent are justified because of such a potential health hazard for people who use excessive mobile phones, according to the World Health Organization health.

As the Internet, intelligent devices and instant access to information become more and more integrated into everyday life, the population reluctant to use this type of technology is likely to become disadvantaged.

A study by Kaspersky Lab shows that 62% of Europeans are overwhelmed by the amount of sensitive information that exists in the online environment and 72% say that the large number of passwords they have to manage is stressing them. Romania is ranked 45th in the world as the level of computer attacks.

3. The danger of overusing the digital environment

Digital technology relieves us of mental effort. It provides us with means of dealing with mental affairs. Before, we used our brain, now we use our smartphone. If we have to make calculations, we use the computer. Whenever you transfer mental activity to that, it's like transferring energy to a device that does everything in your stead. You do not use your muscles anymore. It's just like when you go to the gym because we know our muscles are atrophied if we do not use them. The same happens with the brain.

If we do not use it, he's not well trained. more importantly, as the brain develops, it must be trained to use its full potential. So when the evolution of the young brain takes place in the digital environment, its development is strongly affected. And we need to know what future risks exist. I think we need to assess these risks and that is something that has not been done so far.

"On a screen, the information is transient, 85% of students will say they prefer to read books, because they are sure that the authors of the book have made efforts to gather that information, then have been edited, and someone has invested money for printing, while in the case of a monitor, anything can write anything".

It is proved that we learn more from a book. When you learn from a 'screen', you tend to read on the run. The book provides a profound reading. You read and think about what you read. In the old days, there is something called 'read'. Now people click and stop thinking too much. So a new term, "deep reading, "which means reading and thinking, has emerged. Reading clicks is not as useful as reading. And books are read-only, so they're better".

The secondary effects of digital technology are: decreased learning and attention, but also depression. The smartphone has replaced alcohol as the main cause of traffic accidents. Moreover, false news spreads faster than truth, a recent study has shown. There are all sorts of negative consequences. People get fatter because they move less.

Bill Gates said his daughter does not have access to that. So did the head of Apple, that his nephew does not have a smartphone, because he destroys the school performance. Former head of Facebook said the smartphone is made to induce addiction, especially when using Facebook.

The intense use of digital devices reduces mental capacity. It's not a new thing to watch television on infancy, frequent hours, computer games and violent video games, phone calls, and sending messages on the phone, scraping unwanted feelings, thoughts and personal images on social networks can have a negative influence on users' feelings, thoughts, behavior and social contacts.

The digitization of our world has not only harmful effects on the mind but also on the body. He presents a series of studies showing that insomnia, depression and addiction are the extremely dangerous consequences of using digital devices whose impact on general health development of today's younger generation can hardly be overestimated".

A physical consequence of addictive behavior - as recent data from brain research has shown - is that young people are overweight.

"Social isolation and anxiety are common side effects," "there is a downward spiral developing at the end of which there is not only depression and social isolation but also many physical diseases that touch the cardiovascular system, the muscular and skeletal system (lack of motion, incorrect position) to dementia".

Since children and adolescents in this country spend most of their time using digital devices, we need to worry about predictable mental and physical injury in the long term. "

From this treatment of the effects of digital devices can not miss the side effects of social networking.

Lack of self-control, loneliness and depression are the main stressors of modern society. They cause the death of nerve cells and in the long term it facilitates the development of dementia. Replacing real contacts with people with online networks can be correlated with a long-term reduction in the social brain of our children.

4. Conclusions

Digital devices are part of our culture, they increase our productivity, simplify our lives and are a great entertainment factor. Therefore, the debate is not about fighting or even abolishing them. But because of the serious impact they have on the young generation in particular, people should reduce the use of digital media to a minimum.

With the world of the internet, social networking founders and gaming creators have been able to offer users the ability to isolate themselves from parenting and gain a distinctive feature compared to adults, a space they shape according to their own rules. Because this space, this world of the Internet is potentially dangerous for the mental, spiritual and physical development of children, parents and educators should understand it for them to be equal with the children in the debate about it.

So, it's recommended that we periodically do a digital detox cure, a week, a day or just a few hours closing the internet and the devices we use frequently. Instead, we can enjoy nature, the relationship with family and friends, communicating face to face in a pleasant and familiar environment.

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