**Is your computer stressing you out?**

By Gail Buttigieg

A new survey reveals that one in two Americans have found their computers to be a source of stress, and 96% of those who have had performance problems with their computers.

In the last few years, computers, phones and the Internet have changed our lives to such a degree that all of us now access them. Many of us students now use our devices when doing research for projects or assignments. This technology allows us to work on various tasks quickly and efficiently. It also enables us to connect with people all over the world. However, giving in to the trend and spending too much time on the Internet can have negative effects on your health.

A recent research conducted by Roddy McLean, the marketing director of Crucial Crucial, found that computers are a significant source of stress for many Americans. Nearly half of adults around the world feel overloaded by the amount of information they are exposed to daily.

The survey also found that computer-induced stress is a significant issue for many people. The stress is caused by a variety of factors, including computer problems, poor computer maintenance, and the frustration of using a computer that is not functioning properly.

**Causes of computer-induced stress**

1. **Poor computer maintenance:** The system takes the excess power the computer system at the library to utilise Multipoint Server and allows members to sit in the library and use their computers. Everyone in society is bound by a certain set of rules which help govern their actions.

2. **Outdated or inadequate equipment:** This is one of the top five reasons why employees quit their job. The survey found that approximately 50% of adults who use computers become more efficient when it comes to their computers’ problems.

3. **Memory warnings and system crashes:** This is another common problem faced by computer users. When the system runs out of memory, it will display a warning message on the screen. This can be frustrating and time-consuming.

4. **Slow loading programs, unresponsiveness:** This is the most common cause of computer-induced stress. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

5. **Bad environment:** This includes incorrect keyboard placement, chairs are too low or too high, and the screen is too bright or too dim.

6. **Outdated or inadequate equipment:** The nationwide survey, conducted by the Malta Independent ICT Feature, has revealed that the most common cause of computer-induced stress is outdated or inadequate equipment.

7. **Lack of documentation:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

8. **Overuse of technology:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

9. **Lack of training:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

10. **Lack of support:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

**Get avoidable:**

1. **Make your own workstation as comfortable as possible:** Do not build a desk or chair that goes against the natural shape of your body. This can cause back pain and discomfort.

2. **Install and manage:** Many people are sharing a wide variety of information online, including personal and sensitive information. The survey found that 50% of adults who use computers become more efficient when it comes to their computers’ problems.

3. **Monitor the amount of information people share online:** The survey also found that 50% of adults who use computers become more efficient when it comes to their computers’ problems.

4. **Raise the screen if it is below eye level:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

5. **Invest in a large LCD display with a good monitor:** This is a common problem faced by computer users. When a computer program takes too long to load or does not respond, it can be frustrating and time-consuming.

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