TECHNOSTRESS AND ANGER MANAGEMENT AMONG MIDDLE SCHOOL PUPILS

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Abstrak

This correlational research design was conducted among 83 Middle School pupils of the Basic Education Department who took the standardized surveys which determined their level of technostress in terms of techno overload, techno invasion and techno complexity, also their anger management and the relationship between techno stress and anger management. The sample size was computed using Raosoft sample size calculator and weighted mean, frequency and percentage distribution and Chi-square Correlation were used in treatment and analysis of data. This study sought answers to the following questions: 1) What is the level of technostress of the respondents? 2) What is the anger management of the respondents? 3) Is there a significant relationship between technostress and anger management of the respondents? 4) Based on the findings of the study, what programs can be proposed to improve the anger management of grade school pupils? Based on the data gathered a high level of technostress in terms of techno overload had been identified, while the level of technostress in terms of techno invasion and techno complexity had been proven to be neither high or low. Most of the Middle School pupils showed the need for professional help in terms of anger management. A significant result was proven on the respondents' level of technostress in terms of techno overload, with a high verbal interpretation. While the respondents' level of technostress in terms of techno invasion has a verbal interpretation of neither high or low indicating that their relationship is neutral. This is similar to the respondents' level of technostress in terms of techno complexity for it has the same verbal interpretation, neither high or low, indicating neutral. As for the relationship between the respondents' level of technostress and anger management, a significant result was proven on the relationship between techno overload and anger management, similar to techno invasion and anger management. However, techno complexity and anger management showed no relationship.