

Impact of Mindfulness on Technostress: A Theoretical Integration

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With the emergence of the pandemic period, technology played a crucial role in facilitating distant work settings. This results in significant benefits given to both individuals and organisations. However, with excessive use of technology by individuals, the concept of "technostress" emerged. The current theoretical review suggests mindfulness as a factor which reduces technostress. Thus, drawing on the transaction-based approach, the current paper attempts to conceptualise the impact of mindfulness on technostress. The proposed model and propositions showed influences of mindfulness on technostress and its dimensions. Moreover, the current paper suggests insights to the practitioners on the actions which need to be taken on reduction of technostress among employees using mindful practices.

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