

Technostress in Academia

A SYNTHESIS STUDY TO UNVEIL SOCIAL INEQUALITIES



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Presented on behalf of the Sub-group of 'Inequalities in Academia', WG1, DIGI-net

Virtual Mobility: Technostress among older academics in European countries

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Umar Bin Qushem from Finland and Sylwia Przytula from Poland

Main activities performed

Umar and Sylvia developed a distinctive approach to draw a varied group of scholars to their research. They also revolutionized communication by establishing a dynamic digital hub, which allowed their team to seamlessly share ideas and track progress.

Their research was characterized by clear objectives, compelling questions, and a systematic approach. The findings were expected to illuminate the negative impacts of digitalization in academia and the diverse reactions of academics, either adapting or struggling with these changes. They viewed themselves not just as researchers, but as explorers navigating the intricate terrain of academic research.

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