

BOOK CHAPTER | Technophobia

Causes, Effects and Solutions to Techno-Phobia Threats Among Information Technology Application and Devices Users

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Abstract

Fear is one of the major challenges in human endeavour, fear of sophisticated Technology has in no small measure affected the development of Information in this part of the world. The fear of technology has discourage many from exploring the goodies in computer world. Technology is the organization of knowledge for the achievement of practical purposes. Technology in this context, is the effort to organize the world for problem solving so that goods and services can be invented, developed, produced, and used. The technology has in many users overwhelmed by fear also known as 'phobia'. This chapter examines the causes, impact and solutions to the fear of technologies for information Technology Applications and Devices users.

Keywords: Technophobia, Information Technology, Phobia, Application, Devices

Introduction

Phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you encounter the source of your fear. The fear can be of a certain place, situation, or object. A phobia is usually connected to something specific. Technophobia is the fear or dislike of an advanced complex device like computers or the technology in general. It generally refers to the sense of an irrational fear; it is the opposite of technophilia or technophile meaning the love for technology.

Causes of Phobia

Genetic and environmental factors can cause phobias. Having close relative with an anxiety disorder are at risk for developing a phobia. Distressing events such as nearly drowning can bring on a phobia. Exposure to confined spaces, extreme heights, and animal or insect bites can all be sources of phobias. People with ongoing medical conditions or health concerns often have phobias. There is a high incidence of people developing phobia after traumatic brain injuries. Substance abuse and depression are also connected to phobias.

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aversion to computer, fear or apprehension towards dealing with modern technology, especially computers, thus this can be an obstacle to vital implementation and adoption of e-learning and Information Technology advancement in higher institute of learning in Nigeria. The concept first received extensive notice during the Industrial Revolution, technophobia has been observed to affect various societies and communities throughout the world. As the technology evolves technophobia can not be ruled out in our society.

Causes of Technophobia

According to (North & Noyes, 2002) Technophobia which also refers to computer anxiety is caused by unexposed to computer technology. fear of impending interaction with a computer that is, inconsistent tackling the threat presented by the computer As modern technologies become more complex and difficult to understand, increase the probability of their use to produce anxiety.

Other causes of Technophobia

- ❖ Fear of unknown
- ❖ Lack of confidence
- ❖ Lack of adequate training and self-development
- ❖ Fear of damaging the computer.
- ❖ Fear of the modern technology
- ❖ Not ICT compliance
- ❖ Lack of following the new technology trends.
- ❖ Laziness
- ❖ Fear of losing power or status.
- ❖ Fear of looking stupid.
- ❖ and fear of losing control.

The Threats of Technophobia

Use of technology sometimes has unpleasant side effects, which may include strong, negative emotional states that arise not only during interaction but even before, when the idea of having to interact with the computer begins. Frustration, confusion, anger, anxiety, and similar emotional states can affect not only the interaction itself, but also productivity, learning, social relationships, and overall well-being.

Appelbaum and Primmer (2019) pointed out that “technophobia is more common than other phobias in business and industry, they further explained that this type of phobia is an intense anxiety about computers that can produce physical symptoms ranging from.

- Sweaty palm
- Dizziness
- Abnormal breathing
- Heart pounding
- Feelings of unreality.
- Chest pains or tightness
- Dry mouth
- Confusion and disorientation
- Headache

Solution to Technophobia

It is true that today, the computers are used in schools at young ages, but some research shows that many older people are less anxious when they use the computer, than persons aged under 30 years, suggesting that computer anxiety can be reduced based on the level of experience (MacIntyre & Gardner, 2014). The following should be followed by anyone with Technophobia.

- Take your time.
 - Simplify.
 - Get help when you need it.
 - Call in an expert.
 - Get formal training.
 - Start over.
 - Think like your device.
 - Experiment.
1. **Take time:** Just because digital technology can be super-fast does not mean you have to try to keep up. Working too quickly can add pressure to an already pressure-filled situation. Deadlines, whether self-imposed or otherwise, can greatly increase the stress surrounding technology, both in the short and long terms.
 2. **Simplify:** Do one thing at a time. Just because technology can do many things at the same time, this does not mean you have to. By doing too many tasks at once, sometimes called "multitasking madness," you might not pay enough attention to any one task in order to carry out the sequence of steps you should.
 3. **Get help when needed:** Whether it is from a family member, co-worker, or friend, sometimes all you need is a quick tip from someone who has experienced the same situation or problem before.
 4. **Consult an Expert:** Sometimes it is more cost-effective to delegate to professionals. Hiring a professional trainer can save you from lot of situation.
 5. **Get Formal Training.** This could be on-the-job training, learning more about new technology reduces the stress surrounding it.
 6. **Start Over:** Sometimes the fastest and easiest solution to a problem with devices like computers is simply to turn the device off and on it back.
 7. **Think like your device.** Though digital technology sometimes seems incomprehensible, lots of thought goes into how devices operate, including their user interfaces. If you can put yourself into the shoes of the persons who designed the device, you often can figure what specific steps to take to problem solve.
 8. **Experiment:** Many technophobes avoid trial and error because they are afraid that if they press the wrong button, they'll break the device.

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