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إفريقيا وتحديات القرن الواحد والعشرين

**Africa in the Age of ICT: Forewarning on Technostress  
as a Public Health Challenge**

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## **Abstract**

There is no doubt that Africa, like other continents is presently in the age of Information Communication Technology (ICT). The communications revolution is a positive development in interactions between individuals, institutions, groups and states as they engage in relations in a globalised world. However, the rapid introduction of ICT in the workplace may cause individuals to suffer from a combination of technology fatigue and aversion known as technostress. Technostress, could be defined as a modern disease of adaptation caused by an inability to cope with computer technologies in a healthy manner. It manifests in two distinct and related ways: in the struggle to accept computer technology, and in the more specialized form of over-identification with computer technology. This paper sets out to examine the symptoms and manifestations of technostress and the implications, both psychological and physiological on the individual. The object of this enquiry therefore is to bring to the front burner the public health dimension of the computer revolution and to proffer sustainable and adaptive ways through which individuals and society could better use and manage the effect of ICT.