TECHNOLOGY ANXIETY AMONG TEACHERS:

CAUSES AND SOLUTIONS

DR PREETI SANGWAN*

Abstract

For teaching effectively, for participating students actively in teaching learning process, for growing professionally, technology proficiency is necessary for teachers these days. But we have observed that there is anxiety among teachers about use of technology in their classes. Some of the teachers enjoy using technology professionally while others remain ignorant about digital tools. Why they don't learn new digital tools, why teachers don't find themselves comfortable in using technical tools in teaching students? This contextual paper is an effort to know about technology anxiety, its various types, causes of technology anxiety among teachers and about some solutions of overcoming this technology anxiety.

Keywords:

Technology anxiety;
Digital tools fear;
Phobia of using technology in education;
Causes of technology anxiety;
Solutions of technology anxiety.

Author correspondence:

Assistant Professor (Teaching of Mathematics)
Rao Lal Singh College of Education, Sidhrawali (Gurugram)-122413
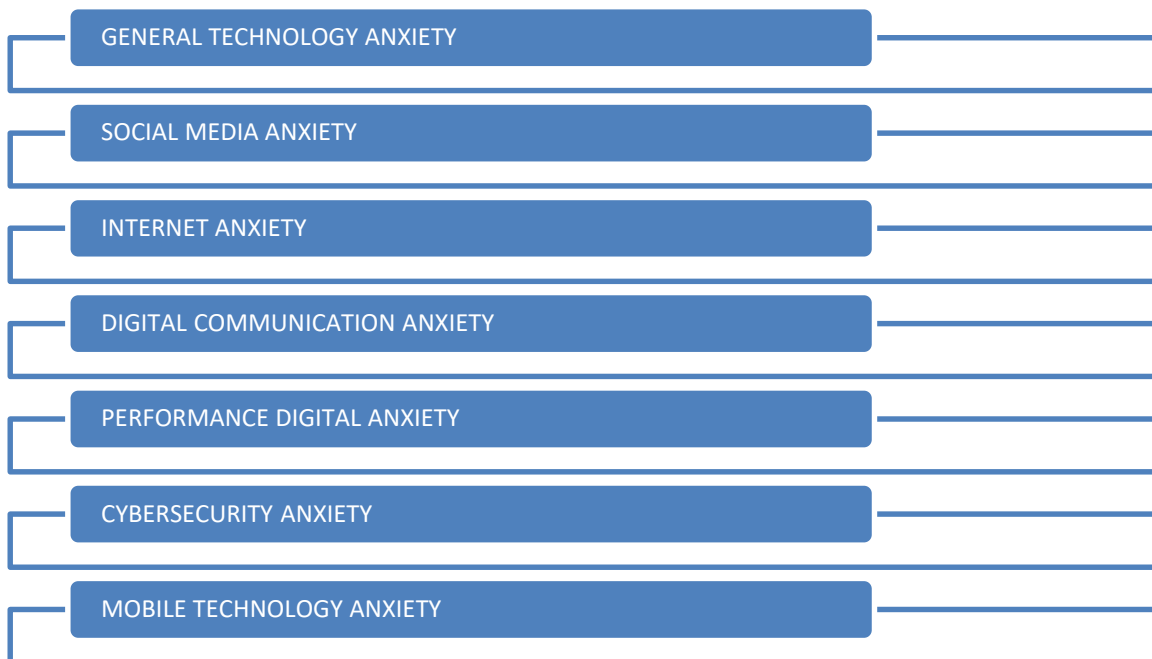e-mail: drpreetisangwan81@gmail.com

1. Introduction

Technology anxiety means when a person has to use technology in day to day life or work and he feels stressed, tensed, have sense of fear in integrating technology there. Due to such feelings, neither he understands the use of digital tools nor implement that effectively in his profession. In today's time, when technology is playing an important role in our lives, technology anxiety impacts adversely on our productivity, learning, and adaptability.

Technology anxiety can be of many forms based on the source of fear. I am sure that all of us have experienced below explained anxieties in life while using mobiles, computers, laptops, social media platforms, smart boards, internet banking or during presentations. When person feels uneasiness in using any of the type of technology, don't want to learn about digital tools, devices, feels that he or she cant use technology in his or her teaching or work known as general technological anxiety.

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* Assistant Professor (Teaching of Mathematics, Rao Lal Singh College of Education, Sidhrawali (Gurugram)-122413

GENERAL TECHNOLOGY ANXIETY

SOCIAL MEDIA ANXIETY

INTERNET ANXIETY

DIGITAL COMMUNICATION ANXIETY

PERFORMANCE DIGITAL ANXIETY

CYBERSECURITY ANXIETY

MOBILE TECHNOLOGY ANXIETY

Other type of technological anxiety is to feel stressed in browsing websites, using online platforms, have fear about data theft, cyber attack etc. is known as internet anxiety.

When the person has fear of criticism, judging by others, regarding posting, commenting, or interacting on social media platforms, it's called social media anxiety.

Some of the people have fear about online meetings, have hesitation regarding video calls, overthinks about sent messages or mails is known as digital communication anxiety.

When person feels nervous of using technology in his profession or educational settings where proficiency is desired in creating or presenting content using digital tools or completing task using technology is also a technology anxiety known as performance technology anxiety.

Most of us also afraid from online transactions or installing new apps. That's why avoids net banking and digital payments. Its due to cybersecurity anxiety.

When the person feels anxiety in learning and opting to new technological tools, feels panic by fast technical advancements and feels stress during technology training sessions in workshop, he or she is facing technology learning anxiety.

When person feels stressed about using smartphones, tablets, or other mobile devices, installing apps, feels panic by frequent updates or notifications, suffers from mobile technology anxiety.

2. CAUSES OF TECHNOLOGY ANXIETY
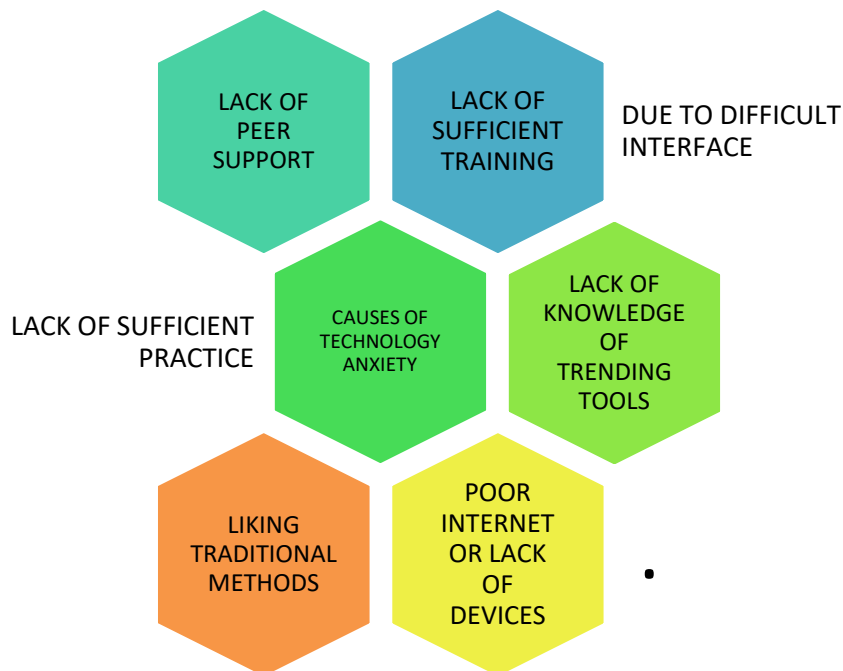
a. **NO TRAINING OR NOT SUFFICIENT TRAINING**

Most of the teachers in India don't receive formal training on using digital tools in their teaching or have given training by experts for short duration i.e. not enough for gaining mastery over the tools.

b. **LACK OF KNOWLEDGE OF TRENDING DIGITAL TOOLS**

Other cause of technology anxiety is teacher's unawareness of advanced educational technologies plateforms such as AI-based learning platforms, LMS, and interactive tools in their subjects.

Older educators, feel uncomfortable in learning and using technology as compared to younger colleagues.

Not acquiring knowledge of trending tools adding frequently day by day causes anxiety

c. **POOR INTERNET OR LACK OF DEVICES**

Poor internet connectivity and lack of computers, laptops, mobiles can be a reason for not learning and applying digital tools in teaching learning process

d. **TRADITIONAL METHOD APPROACH**

Most of the teachers use traditional methods in teaching, making conventional teaching as an interactive digital one is an innovative effort.

Some teachers don't wish to integrate technology in their teaching as they seem technology a threat to their traditional teaching roles, leading to resistance and anxiety.

e. **LACK OF PEER SUPPORT:**

Limited collaboration among teachers for sharing best practices with other teachers is also one of the reasons for teachers' technology anxiety.

f. **DUE TO DIFFICULT INTERFACE:**

When teachers find some software or app difficult to understand or utilise in their concerned subjects, due to difficult interface they feel stressed to integrate it in their teaching and don't devote sufficient time.

g. **LACK OF SUFFICIENT PRACTICE:**

After attending a tutorial, webinar or workshop if we teachers don't give sufficient time for practicing that digital tool, we can't gain mastery over that and as a result it will create a sense of fear in using that without much practice.

3. SOLUTIONS OF TECHNOLOGY ANXIETY AMONG TEACHERS

Technology anxiety is an obstacle in the effective use of digital tools in personal, academic, and professional field. It can be overcome through continuous practice, sufficient training, positive mindset and with collaboration of colleagues.

a. **PROPER TRAINING WITH EASY TUTORIALS**

Proper training sessions should be provided to teachers in which hands on experiences can be provided to them of trending tools with easy instructions. For helping teachers there should be easy written manuals and video tutorials of various digital tools

b. **CONSTANT ASSISTANCE**:

There should be help desks, online plateforms, groups, forums, or peer mentoring, where teachers can receive help when needed.

c. **SIMPLE EXPOSURE WITH MANAGABLE TASKS**

Easy-to-use tools Like MS Word, PPT, Google forms should be taught first before moving to more complex systems like LMS. It will be tough for a teacher to integrate a new tool immediately in his/her subject, so start with involving them in simple tasks like sending emails or creating basic presentations.

d. **MOTIVATE TEACHERS FOR PRACTICE**

Encouraging teachers to practice use of digital tools in mock lessons or simulations before implementing them in a live classroom. Create a "low-risk" space where professionals can experiment with technology without the stress of making mistakes. Encourage teachers for frequent use of technology to build familiarity and reduce anxiety. The more individuals interact with technology, the more interesting it becomes.

e. **POSITIVE ATTITUDE TOWARDS USE OF TECHNOLOGY**

Encourage teachers to view technology as a tool for growth and learning rather than a challenge. We should reinforce the idea that it's okay to make mistakes but learning should be going on. Teachers should make aware about the benefits and advantages of using technology, such as improved efficiency, access to resources, and expanded learning opportunities. When they will understand the value of technology, they will more likely to embrace it.

f. COLLABORATIVE LEARNING

Encourage online collaboration, where teachers can learn from each other and can share their experiences with one another, can help in learning of softwares or apps. Collaborative learning will help in building confidence and fosters a sense of community. They should be motivated to celebrate small successes, such as when someone masters a new tool or completes a tech-related task. Positive reinforcement will help in reducing anxiety and build self-confidence.

g. EASY TO NAVIGATE INTERFACES

Teachers should be motivated to use easy, simple digital tools or interfaces as per their comfort level. For example, larger text sizes or simplified toolbars can make technology more accessible for those who feel panic while using technology.

h. INTEGRATE TECHNOLOGY INTO DAILY LESSONS

Ensure that teachers use email, web browsing, apps frequently in their teaching and official work. For educators and students, integrating technology into daily lessons or activities will help in reducing anxiety by making it a natural part of the learning process.

i. PROFESSIONAL DEVELOPMENT
Teachers should be motivated to attend regular workshops, webinars, or training sessions to update their skills and keep pace with technological changes. Ongoing learning will help teachers feel more prepared to handle new technologies as they emerge.

4. CONCLUSION:

This paper was an effort to know about technology anxiety, its various types, causes of technology anxiety among teachers and solutions of overcoming these causes. By addressing the root causes of technology anxiety and with supportive learning environment including the right tools and resources, constant practice, positive mindset, proper training and with willingness to learn, teachers can gain the confidence they need to integrate technology effectively.

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