PC STRESS

The idea that your PC would help cut office stress as it made you more productive sounded really good the first time you heard it, didn't it? But has it really happened that way?

For most office workers, the PC has in fact helped them achieve increased productivity. The PC has brought better information. It has facilitated better decisions. But it has also brought its share of pressures and has added significantly to the job stress of most office workers interviewed in a recent Learning Systems survey. In fact, nearly 70% of the survey respondents said the PC has added "significant" stress to their jobs.