THE EMERGENCE OF STRESS IN THE CONTEXT OF THE DIGITALIZATION OF WORK

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ABSTRACT: This essay reviews the existing literature on digitization in the context of occupational safety and health, providing a view of how digitization has transformed the world of work, including the new types of work that have emerged, employment relations, skills required and job. The study highlights some critical situations for which risk reassessment is absolutely necessary to ensure occupational safety and health in the context of digitalization and concludes with the identification of gaps that exist and areas that require further research.

KEYWORDS: digitize, vb. I. Tranz. (Inform., Electron.) Transform analog signals into digital signals. – Digital + suf. -iza.
The digital age; working from home; teleworking; digital stress; psychosomatic effects; negative emotions; physical ailments; information and communication technology (ICT); artificial intelligence.

1. INTRODUCTION

Without being just an artistic, literary, poetic metaphor, the image of the spiraling evolution of the main factors of human existence which are the basic existential needs (water, food, heat, safety), the technology of production tools and machines and the work performance, which influence and drive each other in a perpetual cyclical way, fascinated me constantly and permanently. You can imagine three trajectories in ascending spirals, generated by the three markers: basic existential needs, the technology of work tools and work equipment, and the professional qualification of workers, each of which rotates on a spiral in a constantly ascending evolution towards an infinite limit unimaginable in our present.

From the first finger crushed with a stone, while trying to break a walnut shell, in the continuous social-technological-professional evolution, homo sapiens has today reached the situation of having the health of the body affected on a psychological or psychiatric level by the immaterial action of aggressive factors of an informational nature. If we analyze the consequences of the two cases, which can even happen simultaneously in our time, we can say that a physical injury of the finger disappears in a few days, maximum 2-3 weeks, while psychological and/or psychiatric conditions involve a special treatment, which can have results in a relatively short term, or in the case of severe conditions, it can have results after a long period of time, sometimes becoming a chronic condition that requires permanent treatment. In the most unfortunate cases, digital stress leads to psychiatric disorders that produce suicide attempts. This is how the highest stage of technology development, which started from simple work with bare hands, went through the use and invention of tools, mechanization, the use of different forms of drive energy, from steam, to electricity, atomic energy, automation, robotization, and reaching information processing with the help of computers, which led to the digitization of some categories of professional activities, It can be the potential source of risks to health and safety at work, which present a very high degree of danger, generating consequences of maximum gravity.

This paper analyzes the existing literature on digitalization in the context of occupational safety and health, providing an insight into how digitalization has transformed the world of work, including the new types of work that have emerged, labor relations, skills needed, and job quality. The paper highlights some critical situations for which a risk reassessment is absolutely necessary to ensure occupational safety and health in the context of digitalization and concludes with the

identification of the gaps that exist and the areas that require further research.

2. DIGITALIZATION AND THE LABOR MARKET

The digitalization of the global labor market began in the 1990s, through outsourcing, franchising and temporary agency work. During the COVID-19 pandemic, digitalization has spread massively in all activities compatible with this operating system. After this pandemic, the large-scale digitalization of economic activities continued at a steady pace, effectively using the experience gained during the pandemic.

Digital work or jobs in the digital economy comprise on-demand logistics services such as Uber, data transactions generated by social media channels, and online retail portals dedicated to one-click consumption, among others. A forthcoming ILO report provides a holistic definition of digital work: "all work that uses or is made possible by information and communication technologies (ICTs) can be considered 'jobs in the digital economy' or 'digital jobs'." [9]. 'Digital Workplace' includes careers in the ICT industry, as well as a wide variety of jobs outside the ICT industry, which are based on digital skills and take advantage of digital technologies. Digital jobs exist in all sectors and vary to the extent that they require digital skills and technology. Broadly speaking, they can be divided into three types. Firstly, ICT-intensive jobs, which are created directly through the ICT sector and which use ICT intensively, such as software engineering or website development. Secondly, ICT-dependent jobs that cannot be carried out without technology, such as online self-employment, jobs on digital labour platforms (e.g. Uber, etc.) or e-commerce platforms. Finally, ICT-enhanced jobs that use digital technologies but could be achieved without ICT, such as accounting, office management or graphic design, as well as the integration of digital technologies in sectors such as retail, service delivery, hospitality.

The profile of digital workers has the following characteristics, but they are not exclusive: they are generally younger, compared to the total workforce; we can speak of an average of 30 years for Europe; the number of male workers is higher than the number of female workers; about 60% have higher education.

Digitalization allows workers to telework, work remotely, work from home. Remarkably, the COVID-19 pandemic has brought remote work to a tipping point, as more and more businesses and institutions have introduced this work arrangement as the norm. An analysis by the World Economic Forum reported that more than 80% of employers plan to rapidly digitize work processes and can move 44% of their workforce to remote operation. [9].

As digitalisation has changed the nature of work, new mandatory requirements for workers' skills have emerged. Rapid digitization makes digital skills a necessary part of a worker's skill set. The growing demand in and from digital skills has led to a shortage of digitally skilled workers around the world.

Working time and work intensity have been strongly affected by digitalization. The use of mobile devices has allowed a constant connection with work that not only brings flexibility in work management and effective communication, but also the possibility of an extension of working time, which is beneficial for the employer while for the worker it is something harmful. Digital burnout has also become more common. A survey by Microsoft showed that more than half of remote workers feel overworked, 39% of them feel burned out, and 20% of them say their employers don't care about work-life balance.

"Talking about discrimination in digital work, transparency issues can bring challenges to fairness in the workplace. A survey showed that most digital workers in algorithmic systems are not at all confident that they understand the data collection process and how their data will be used to evaluate their performance. Workers also felt less able to question or challenge the introduction of these technologies. Complaints about limited/unfair distribution of resources and unjustified closure of their account are also common among digital platform workers." [9]

3. THE IMPACT OF DIGITAL STRESS AT THE HOME OFFICE DURING THE COVID-19 PANDEMIC

In this era of digitalisation, a new trend in OSH in recent decades is the increasing focus on psychosocial risks, alongside the traditional focus on physical and chemical risks,[2]. This increased sensitivity to psychosocial risks has been driven by the shift in the structure of the labour market globally, including in Europe, from the manufacturing to the service sector. The outbreak of the Covid-19 pandemic has further highlighted this trend, as its social and psychological consequences have brought mental health into the spotlight. [3].

From the observations, it is increasingly evident that the digitalization of work is a new cause of the emergence of psychosocial and mental health risks in the workplace. The call for a comprehensive investigation of the implications of digitalisation in the field of OSH, together with the need to also consider the psychosocial dimension, has created the ground for the study of psychosocial risks and mental health concerns related to the digitalisation of work.

The Department of Occupational Medicine and Corporate Health Management, Faculty of Health, University of Witten/Herdecke, Witten, Germany, conducted a study on the development of digital stress throughout the pandemic (Sammy JS Wrede& Co-2023),[1] within the professional activities performed in the "work from home" system, or "teleworking" system that gained momentum during the pandemic. The research question posed in the study was "how digital stress developed throughout the pandemic and whether it predicts differences (in the sense of increasing the level recorded) of negative emotions and physical conditions within the home office". [1]

The method used in the study was to conduct an online survey, which was answered by 441 employees in 2020 and 398 employees in 2022, from three municipal administrations in Germany. The criterion for inclusion of workers in the study was that they had worked from home at least occasionally.

The conclusions of the study were as follows: "digital stress has increased considerably for employees working from home". No direct influences of the increase in digital stress on the occurrence and existence of confirmed cases of increased negative emotions and psychosomatically related physical conditions have not been confirmed. "The level of impact of digital stress on negative emotions and physical conditions was insignificant. This study adds new perspectives to current stress research and especially a delimitation, a better definition, of the phenomenon of digital stress that is still being explored in its early stages. The findings highlight the importance of addressing digital stress in occupational health assessments to better support workers in managing the potential adverse effects of using technology in the workplace. In addition, stakeholders who design jobs, pursuing work and employment without fun, should take these perspectives into account." [1]

As defined by Cox and Griffiths,[4] psychosocial risks and hazards encompass "those aspects of the design of works, the organization and management of work, as well as their social and environmental context, which may have the potential to cause psychological or physical harm." [4]. This definition, endorsed by EU-OSHA, classifies psychosocial risk factors into three dimensions: work organisation and design, interpersonal relationships and social interactions, and the working environment,[3] Cox and Griffiths provide a more detailed classification of psychosocial risk factors, presented in Table 1, which complements and specifies the mentioned tripartition rather than replacing it.

Table 1. Classification of psychosocial risks according to Cox and Griffiths, [4]

No	Domain	Source(s) of risk generation
1	Context of the position occupied	Lack of variety or short work cycles, fragmented or meaningless work, underutilization of components, uncertainty.
2	Workload and work intensity	Overloading or underworking, the pace of technology, time pressure, tight deadlines.
3	Workplace control	Low participation in decision-making, lack of control over task allocation, workload and/or pace
4	Working hours	Shift work, night shifts, inflexible working hours, unpredictable overtime
5	Working environment and equipment	Inadequate work equipment, poor equipment maintenance, lack of space, poor lighting, excessive noise
6	Position in organization, job description	Ambiguity of attributions, conflict of attributions-tasks, unclear responsibilities
7	Organizational Culture and Function	Poor communication, low level of support for problem-solving and personal development, lack of definition of organizational goals.
8	Interpersonal relationships at work	Social or physical isolation, poor relationships with superiors, interpersonal conflicts, lack of social support, aggression, harassment.
9	Professional career	Poor salary, job insecurity, low social value of the work performed.
10	Family-work interference	Conflicting demands for work and home, low support at home, dual career issues

It is worth noting that psychosocial risk factors can lead to both physical and psychological harm. While physical injuries, such as a fall from a height, have a direct impact on health, psychosocial risks are thought to indirectly affect the worker's mental and physical health through a stress-mediated pathway, [5]. To clarify, exposure to psychosocial risk factors induces work-related stress, which can lead to negative health outcomes. Negative mental health outcomes include anxiety, burnout, sleep problems, exhaustion, and dissatisfaction. Such outcomes are mostly triggered by work-related stress associated with psychosocial risk factors, although physical factors such as inadequate equipment and the work environment can negatively affect mental health. In contrast, physical health outcomes stemming from psychosocial risks include musculoskeletal disorders, fatigue, and eye strain. Normally, in such cases, psychosocial risks do not act in isolation, but combine with or exacerbate the effects of physical risk factors, such as those related to ergonomics[6].

Starting from the Cox & Griffiths classification,[4] author Frederico Moja, analyzed in his paper "Digitalization and psychosocial risks",[7] each source field of psychosocial risk factors, generated by the digitization of work following the same classification:

1.-*Job tasks and career development*-: "Skills concerns are at the heart of the debate on digitalization. The automation of physical and cognitive tasks is expected to cause a disqualification of workers, a disappearance of

the need for certain qualifications necessary for tasks. The disqualification does not only stem from the use of physical robots, but extends to other areas of digitalization, such as the use of algorithm-based worker management systems or AI (artificial intelligence) and operational instructions from smart digital devices. Job polarisation is an indirect consequence of automation – which works at the level of the labour market – that comes with disqualification and loss of job variety: the automation of medium-skilled tasks forces workers to be either less skilled or more qualified. To cope with disqualification and avoid the negative effects of job polarisation, workers need to acquire skills that enable them to meet the new demands of the digital labour market. Dissatisfaction, fear of job loss, limited career prospects, and feeling of transitional work are associated with disqualification. In addition, switching to low-skilled occupations can evoke fears of job loss or social status. The pressure to acquire new skills further accentuates these risk factors, which can lead to negative mental health outcomes such as burnout, anxiety and depression." [7]

2.-*Work intensity and workplace control*-:"The integration of digital technologies in the workplace aims to increase productivity and streamline work processes. However, this progress comes with a potential trade-off between harnessing technology for productivity and addressing OSH concerns. This is because increased reliance on technology can diminish workers' control over jobs and lead to an increase in work. Essentially, technology dictates the path, rate, and work schedule, leaving human workers limited room for initiative. Concerns about workload and job control are widespread in various areas of digitalization. Firstly, the use of robots for task automation can lead to a decrease in the control role and an increase in dependence on the robotic system, which can lead to increased stress levels, by losing control over the work activity. In addition, the decrease in the human role of supervising the car's activity can contribute to overload, especially if notifications from the car are received outside of normal office hours. Second, the use of AI (artificial intelligence) is involved in intensifying work, involving reduced breaks, accelerated pace of work, and the simultaneous execution of multiple tasks. In addition to being a source of stress in itself, the pressure to complete tasks at the rapid pace dictated by technology can cause workers to adopt unsafe behaviors in an effort to boost performance. Similar concerns arise in the field of work on digital platforms, where the intensification of work due to automatic assignment of tasks is exacerbated by evaluation systems. Under these systems, tasks are assigned based on worker performance and customer satisfaction rates, reducing their control over workload. As a result, workers may be required to accept and perform tasks for which they are not qualified, as well as tasks that may expose them to violence and harassment from customers (e.g. on-site tasks such as delivery or cleaning services to be provided in unsafe neighbourhoods), in order to maintain high performance ratings. Moreover, the emphasis on satisfaction rates can make worker-customer interactions more stressful, as workers are pressured to exude kindness and positivity, possibly hiding their true emotions. Digital surveillance, another facet of AI (artificial intelligence) and the use of smart digital devices, are helping to increase work. The extensive data collection by digital systems allows for the monitoring of performance and work pace, as well as the tracking of tasks. The perception or reality of being under surveillance can lead to increased work, irrational behaviors, and self-censorship. It can also promote a 'ready to work!' culture, creating an environment characterized by low trust and competitiveness. Negative surveillance effects can occur even when monitoring is aimed at increasing worker safety through the use of smart digital devices. Increased work, loss of workplace control and digital surveillance, which result in a general loss of autonomy, contribute to high levels of stress. Consequently, these factors qualify as psychosocial risks that can lead to adverse psychological and physical outcomes. Mental health consequences include anxiety, illness and absenteeism, decreased performance, burnout, depression, burnout, and a heavy mental load. From a physical point of view, a sedentary lifestyle and prolonged exposure to the screen are linked to increased work – for

example, in cases of remote scheduling through digital platforms can trigger negative health outcomes, such as musculoskeletal disorders and cardiovascular diseases." [7]

3.-*Work environment and work equipment*-: "The relationship between workers and workplaces has been significantly affected by digitalization. Specifically, the development of remote and hybrid work arrangements, along with the emergence of digital platforms, has broken the traditional link between work and the physical workplace, allowing tasks to be carried out in different locations. While occasional remote work existed before the Covid-19 pandemic, pandemic-induced mobility restrictions and limited social interactions have accelerated the widespread adoption of such arrangements, proving their resilience and persisting even after the pandemic. Despite the benefits, such as increased flexibility and time management, there are associated risk factors, especially in terms of ergonomic and environmental issues for those working outside of traditional office settings. On the one hand, platform and remote work often involves working in unconventional workplaces, such as homes, bars and libraries, without ergonomic standards and adequate work equipment (e.g. working from a kitchen desk without an ergonomic chair, adequate screen or keyboard, with an inadequate keyboard, inadequate lighting). This can lead to ergonomic problems and musculoskeletal disorders. In working on the digital platform, ergonomics concerns extend beyond online tasks, encompassing on-site activities such as parcel delivery, where workers are required to provide their own equipment, often failing to comply with ergonomic standards. On the other hand, the rise of remote and hybrid arrangements, accompanied by a decrease in on-site workers, has led to a structural transformation of physical workspaces towards smaller, more flexible and shared environments. This change can compromise the quality of on-site work, as common spaces make it difficult to identify a particular workstation, hinder group activities due to limited space and noise, and occasionally force individuals to resort to teleworking. It is worth noting that while hybrid work mitigates some of the negative effects of fully remote work, it introduces its own set of OSH concerns." [7]

4.-*Family-workplace interference*-: "Beyond the ergonomic and environmental risks discussed above, the blurred distinction between workplaces and physical ones, along with the ability to work from home and the possibility of being permanently connected via mobile phone or other devices, raises concerns about work-life balance. The boundaries between private and professional life are expected to blur as the workplace breaks through and penetrates beyond the walls of domestic life. The lack of a tight separation between work time and private life – which in traditional work arrangements consists of commuting from home to the office – causes him to work longer and be overconnected. Simultaneous demands in personal life, such as childcare responsibilities and work tasks due to overlapping personal and professional life, can lead to conflict within families. Another adverse outcome associated with disconnection difficulties is digital addiction. All of these factors can lead to mental health problems such as anxiety, sleep problems, depression, and burnout." [7]

5.-*Role in work organization*-: "The adoption of digital technologies is reshaping organizational structures and relationships between workplaces. This is especially evident in digital technologies that directly influence the way work is organised, such as in the context of digital platforms and the use of AI (artificial intelligence). One consequence is that workers often predominantly interact with digital systems – whether it's the platform, smart digital devices, or task allocation software – rather than with human colleagues or managers. These transformations can be detrimental to workers, isolating them from the work structure and diminishing bargaining power with employers, as well as hindering cooperation and collective action between workers. In the context of platform work, the traditional worker-employer relationship is altered by the classification of workers as self-employed. In addition, workers lose their ability to negotiate tasks and communicate with a human management representative, shifting the balance of power in favor of the platform. Similar concerns arise with the use of

AI (artificial intelligence), the use of the video-game technique (game-ification), where the monitoring of work, and the automatic assignment of tasks contribute to a competitive environment that undermines the collective organization of workers and bargaining power. This power asymmetry can lead to negative mental health outcomes, such as anxiety and feelings of vulnerability. The involvement and consultation of workers is crucial for the smooth and efficient introduction of new technologies into work activities. The more impact a technology has on work routines, the more workers need to be aware of how it works and what it is for. Transparency about how technologies work and their role in workflows is essential for worker acceptance and building a relationship of trust between humans and technology. Importantly, a lack of transparency is reported in different areas of digitalization, often related to how algorithms work, what worker data is collected and for what purposes and how the data is subsequently used. Workers and managers may not be fully aware of how algorithms and digital systems work. This lack of awareness can negatively affect workers' trust in technologies, leading to misuse, non-use, and even sabotage. At the other end of the spectrum, low awareness, combined with a distorted relationship between humans and technology, can cause stress and negatively affect mental health, while overconfidence could expose workers to physical dangers." [7]

6.-*Interpersonal relationships*-: "Transformations in interpersonal relationships and communication are widely reported in all areas of digitalization. The widespread use of digital communication channels such as online meetings, video calls, chats, and emails has diminished the role of in-person meetings and direct interpersonal relationships, with most work-related interactions being mediated by technological devices. Team structures and activities are shifting towards more pragmatic arrangements, where informal speaking is replaced by instrumental and effective communication. Remote working arrangements symbolize these transformations, in which work-related communication is entirely digital, affecting all areas of digitalization horizontally. The most immediate consequence of these changes is a feeling of isolation: the lack of support from colleagues results from reduced social and human interaction, along with a lack of support from management and recognition of the work performed. Despite being connected for long periods through digital channels, the general isolation leads to feelings of loneliness, meaninglessness and a low identification with the work performed. In some cases, not only does the friendly and informal exchange disappear, but it can also be replaced by a competitive environment favored by the use of AI (artificial intelligence), the use of video-game techniques and the automatic assignment of tasks. Additionally, exposure to digital bullying such as cyberbullying, harassment, and third-party violence may increase. Abuse can be perpetuated by colleagues and similar problems can arise in relationships with angry customers, as seen in platform work on location (e.g., manual work). Negative mental health outcomes associated with a feeling of isolation include anxiety, impaired reasoning ability, loss of professional identity, depression, dissatisfaction, and burnout." [7]

In order to minimise and eliminate the negative consequences of the digitalisation of work, a human-centred approach is needed to achieve a positive digital transition of work. At all stages of digitalisation, from the development of new technologies to their implementation in the workplace, workers should be seen as the ultimate goal of transformation. Consequently, digital technologies need to adapt to workers' needs, emphasising a human-centred approach as a fundamental condition to ensure that the digital transition results in improved working conditions and healthier workplaces. This requirement is consistent with and aligned with the directives and legal provisions governing the field of occupational safety and health.

4. DIGITAL STRESS - CAUSES AND TREATMENT

According to an article by author Aditi S.,[10] digital stress refers to the negative impact that technology and the digital world can have on our mental and physical well-being. With the increasing use of digital devices and the internet, digital stress has become a significant

problem in modern society. This article contains information about digital stress, its causes and cure, tips and tricks to avoid it.

The causes of domestic digital stress (also valid for digital stress at work) are at least the following:

1.-*Information overload*- : Given the abundance of information available on the internet, it can be difficult to filter relevant information from irrelevant information. This leads to information overload and can cause stress as people try to process and retain all the information.

2.-*Social Media*- : Social networks can be a significant source of digital stress. It can cause anxiety, depression, and feelings of inadequacy as people compare themselves to others and their seemingly perfect lives. Social media can be addictive, leading to a constant need for validation and approval.

3.-*Cyberbullying*- : Cyberbullying is another cause of digital stress. It can cause feelings of shame, guilt, and isolation, leading to anxiety, depression, and other mental health issues.

FOMO*:* FOMO can also cause digital stress. People often feel pressure to stay connected to the internet and social media to avoid missing out on important events or news.

Treatments for digital stress applicable in domestic work can be the following:

1.-Digital detox: A digital detox involves a break from technology and the internet. This can be done by disconnecting from all devices, social media, and other digital distractions. Digital detoxes can help reduce stress and increase concentration and productivity.

Mindfulness: Mindfulness involves being present in the moment and paying attention to your thoughts, feelings, and physical sensations. Mindfulness can help reduce stress and anxiety caused by technology and the digital world.

Exercise: Regular exercise has been shown to reduce stress and improve mental health. It can also help combat the negative effects of sedentary behavior, which is common among people who spend a lot of time on digital devices.

Social connection: Social connection is essential for our mental health and well-being. It's important to make time for face-to-face social interaction with friends and family, especially during a digital detox.

Tips and tricks to avoid digital stress, applicable in domestic work:

Set boundaries: Set boundaries around the use of digital devices and the internet. This can include limiting screen time, turning off notifications, and avoiding using digital devices in bed.

2.-Practice digital minimalism: Digital minimalism involves being intentional about the technology and digital devices you use. It's about using technology to improve your life, not control it.

3.-Take breaks: Taking breaks from digital devices and the internet can help reduce stress and increase focus and productivity. Try to take a five-minute break every hour to stretch, walk, or do something else.

Use technology to your advantage: Technology can be a powerful tool to help reduce stress and improve mental health. There are several apps and tools available that can help with mindfulness, meditation, and stress reduction.

Chapter conclusions and study conclusions:

Digital stress is a growing concern in modern society. It can cause anxiety, depression, and other mental health problems. However, there are several ways to combat digital stress, including digital detoxes, mindfulness, exercise, social connection, and setting boundaries around our use of technology. By taking these steps, we can use technology to improve our lives and reduce stress, rather than allowing it to control us.

We resorted to a study of digital stress, applicable in domestic work, to understand more simply and directly the causes of digital stress, as they appear in the use of digital systems, in order to make a transition to digital stress at work, which occurs as a consequence of professional activity. For this we go back to the beginning of this study and remember how and where digital stress in the workplace arose.

As you already know, the evolution of the technology of tools, work equipment, means of production, evolution generated by the increasingly large and complex needs of human society, also entails new, more complex, and more difficult to control risks.

The digital age, so awaited and applauded, has brought us robotization, information processing with the help of increasingly powerful and complex computers, information and communication technology (internet, social networks), artificial intelligence, and with all this specific professional risks have appeared, increasingly complex risks, for which it would be necessary to exclude these technologies from professional activity. In this study, we have shown the emergence and intensification of scientific research on the social-psychological and physical consequences generated by this large-scale digitization of professional activities. We have seen the results and conclusions obtained by specialists in the field, we have seen the concerns related to occupational safety and health in the digitized professional sectors, and the related ones affected by digitalization. We have seen that this research in the field of digitalization in the workplace continues, with a main and permanent concern focused on finding new methods in ensuring safety and security at work.

At the end we can also add some personal observations on this field, applicable starting with Romania. In addition to the intrinsic risks related to digitalization, other related risks have arisen from the use of technology that is not adapted to professional needs. Here we include IT applications used in the work process that do not match the needs of the digitally assisted activity. There are also many cases in which the so-called digitization is actually a primitive processing of data by the same method of manual entry, which reminds us of punching cards and inserting them into computers decades ago; there has been no implementation of automatic data retrieval systems (e.g. by reading them from the identity card). There are cases, especially in the budgetary sector, of insufficient IT networks supported by adequate groups of servers to ensure the operation of network access stations under conditions of efficient data transfer speed. At the workplace we can report the absence of equipment with performance compatible with the requirements of current software applications and technical characteristics that ensure the safety and health of the operator; lack of proper workplace arrangement; lack of adequate and digitally responsive working hours. These would be just examples of multiple existing cases, all of which certainly lead to the emergence of digital stress.

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