A BIBLIOMETRIC ANALYSIS OF ARTICLES ON TECHNOSTRESS PUBLISHED IN WEB OF SCIENCE AND SCOPUS DATABASES

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ABSTRACT

This study aims to comprehensively examine the development of literature on technostress, an area that has attracted recent attention, through a bibliometric analysis. It provides a bibliometric evaluation covering the Web of Science (WoS) and Scopus databases. Analyses were performed using the Biblioshiny interface of the Bibliometrix package in R. The terms "techno stress", "technostress", "techno-stress", and "digital stress" were searched across topics, titles, abstracts, and keywords in these databases. A total of 3,413 records were retrieved, 1,696 from Web of Science and 1,717 from Scopus. These records were subjected to exclusion criteria, including publication type, field, and language. The data were merged in R, duplicate publications were removed, and the final analysis was conducted on 1,095 records. The first study in the field was conducted in 1982, with a substantial increase in publications observed after 2019. The annual growth rate is 11.88%, the average publication age is 4.53 years, and average citations per article are 30.99. In terms of the number of corresponding author countries, China ranks first. The most prolific author is Wang X., Tarafdar M. has the highest academic impact based on the h-index, and Frontiers in Psychology is the most prolific journal. Following technostress, the most frequently used keywords are COVID-19, stress, and social media, respectively. A thematic map based on author keywords is also included.

Keywords: Technostress, Digital Stress, Bibliometric Analysis.

INTRODUCTION

Currently, the effects of technology are evident in nearly every aspect of our lives. Regardless of whether in their professional or social lives, most individuals use various technological tools throughout the day. While the use of technology yields positive outcomes, it also brings about negative consequences. In particular, various factors, such as intensive use of technology and frequent changes in the tools used, can induce stress in individuals. This stress, experienced because of technology, is termed technostress.

Technological changes affect both the professional and private lives of individuals. An individual's social relationships may be negatively impacted, and their interest in their surroundings may diminish (Hanaylı & Tozkoparan, 2025, p. 21-22). Due to technological advancements, employers' expectations of employees have also increased. Employees are assigned greater responsibilities, and their workloads are increasing (Güngör Karyağdı & Seyitoğulları, 2026, p. 24-25).

A review of the literature reveals that the initial study concerning technostress was conducted by Craig Brod in 1982 (Brod, 1982). The concept of technostress has subsequently been addressed by various researchers and as corroborated by the conducted bibliometric analysis, has emerged as a prominent topic in recent academic studies. This indicates that academic interest in the field of technostress has been steadily increasing.

This research aims to evaluate studies on technostress according to established criteria across the WoS and Scopus databases, and to demonstrate publication trends in the field, thematic orientations emerging

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from author keywords, collaborations, and prominent countries, journals, and authors. Previous studies on technostress have generally relied on a single database such as Web of Science. In this study, however, the literature was analyzed in a more comprehensive and holistic manner by integrating both the Web of Science and Scopus databases. In addition, while "technostress" is predominantly used as the search term in the literature, this study employed a broader set of keywords, "techno stress", "technostress", "techno-stress", and "digital stress" to provide a more comprehensive coverage of the literature (Hanaylı & Tozkoparan, 2024, p. 972; Çınar & Furat, 2024, p. 46). Furthermore, this study is not restricted to a specific timeframe; by encompassing the entire publication period, it provides a broad historical perspective to the literature. The data obtained through the bibliometric analysis method were examined. The research seeks to answer several questions about technostress. These are:

- What is the diversity of sources of the studies, the annual growth rate of the literature, the average publication age, the number of researchers contributing to the field, the levels of collaboration, and the average number of citations per article?

- How does the level of scientific production change over the years?

- What is the distribution of the most prolific sources?

- What are the impact levels of the most prolific sources according to their H-index?

- Who are the most prolific authors?

- What are the academic impact levels of the authors according to their H-indices?

- What is the distribution of corresponding authors by country, and what are their levels of collaboration?

- What are the most frequently used keywords by the authors?

- How is the thematic map structured based on author keywords in the field of technostress?

TECHNOSTRESS

Organizations are currently significantly affected by technological advancements. To sustain their existence and gain a competitive advantage, organizations must be open to new technologies and utilize them (Appelbaum, 1997, p. 452). Employees, on the other hand, may sometimes experience difficulties adapting to rapidly evolving technological developments, which can lead to technostress.

Studies on the concept of technostress began with Craig Brod's 1982 publication. According to Brod, technostress is a disease of adaptation caused using new computer technologies and the inability to cope with this situation (Brod, 1982; Kıraç, 2024, p. 493-494). It is a contemporary issue arising from increasing digitalization and computer usage (La Torre, De Leonardis & Chiappetta, 2020, p. 62). Tarafdar et al. (2007, p. 302-303) stated that the use of information and communication technologies can lead to the emergence of stress in individuals. They defined technostress as an individual's inability to adapt well to or cope with new information and communication technologies. Wrede et al. (2023, p. 4) noted that while the concept of technostress is predominantly used in the international literature, the concept of digital stress, a synonym for technostress, is more frequently used in Germany.

A review of the literature reveals that multiple factors influence the emergence of technostress in working life. Shahrabi et al. (2015, p. 518) stated that various factors, such as the rapid pace of technological change, employees' inadequate education levels, excessive workload, distrust in software and hardware, and the lack of standardization in the technologies used, play a role in the experience of technostress. Changes in employees' working arrangements, such as remote work, can also influence the experience of technostress. Furthermore, negative experiences and fears, such as losing information or pressing the wrong key, also trigger technostress (Özel & Aba, 2023, p. 261).

Due to technostress, high blood pressure, blurred vision, back pain, depression, and a state of anger may be observed in individuals (Panda, 2020, p. 9-11). The probability of experiencing negative conditions such as fatigue, headaches, sleep disorders, and burnout is higher in individuals who exhibit technostress. Technostress negatively affects individuals' health, job performance, and well-being (Wrede et al., 2023, p. 4). Conversely, some studies have indicated that technostress may increase employee performance and yield positive effects (Kanık, 2023, p. 511).

An examination of the literature indicates that the number of dimensions of the technostress concept addressed in research varies. Tarafdar et al. (2007, p. 315-316) treated technostress as a five-dimensional construct in the scale they developed. Alam (2016, p. 62), on the other hand, addressed technostress in his study with the dimensions of techno-overload, techno-complexity, and techno-uncertainty. Through this study, the technostress scale was simplified (Türen et al. 2015, p. 9).

Techno-overload refers to information and communication technologies compelling individuals to work longer and faster. Techno-invasion indicates individuals always being reachable, the need to be constantly connected, and the blurring of boundaries between personal life and work (Tarafdar et al., 2007, p. 315). Technological innovations necessitate stepping outside the routine and require additional effort (Alam, 2016, p. 63). Techno-complexity is the individual who considers themselves inadequate at using new technologies and feels the need to exert more effort to understand the relevant technology. Techno-insecurity is individuals experiencing the threat of losing their jobs due to new technologies or other individuals who possess a better understanding of new technologies (Tarafdar et al. 2007, p. 315). Even when innovations and changes are positive, they can evoke negative emotions, such as unpredictability and uncertainty, in the individual. Techno-uncertainty is an individual's need to continuously educate themselves to keep up with the latest developments in situations where change is constant, and the resulting restlessness they experience (Alam, 2016, p. 63).

A review of the technostress literature reveals that the concept is grounded in various theoretical approaches that explain stress processes at both the individual and organizational levels. Furthermore, fundamental theoretical frameworks such as the Person-Environment Fit Theory and the Conservation of Resources (COR) theory are widely used in technostress research. The Person–Environment Fit theory argues that stress arises from a mismatch between an individual's skills and environmental demands. According to the Conservation of Resources (COR) theory, individuals tend to protect their psychological, cognitive, and emotional resources, and stress occurs when these resources are threatened or when individuals experience actual resource loss. In this context, techno-uncertainty and high workload may lead individuals to experience psychological outcomes such as burnout and emotional exhaustion. (Merdan, 2026, p. 71; Akgül, 2025, p. 5152).

From a strategic management perspective, technostress is a critical issue at both the organizational and managerial levels, as it profoundly impacts not only individuals but also the broader organization. Technostress is closely intertwined with strategic human resource management practices, digital transformation strategies, and corporate policies. Consequently, the effective management of technostress within an organization requires employees to be receptive to enhancing their technological adaptation capacities, alongside the provision of corporate support mechanisms and the adoption of a human-centric approach.

METHODOLOGY

The bibliometric analysis method was employed in this study. The analyses in the study were conducted using the Biblioshiny interface of the Bibliometrix package in R (Aria and Cuccurullo, 2017). The research data were extracted from the Web of Science (WoS) and Scopus databases. The search strategy was developed using database-specific field codes and Boolean operators to maximize the retrieval of relevant publications while ensuring consistency across databases.

In the Web of Science database, the following search query was used: TS=("techno stress" OR "technostress" OR "techno-stress" OR "digital stress"), where TS refers to the Topic field, including title, abstract, author keywords, and Keywords Plus. In the Scopus database, the equivalent search query was TITLE-ABS-KEY("techno stress" OR "technostress" OR "techno-stress" OR "digital stress"), where TITLE-ABS-KEY searches the title, abstract, and author keywords. The Boolean operator OR was employed to retrieve publications containing any of the synonymous search terms.

A PRISMA flow diagram was created regarding the data selection and elimination processes (Page et al., 2021). As presented in the PRISMA flow diagram in Figure 1, a search was conducted using the relevant terms in the WoS and Scopus databases on November 26, 2025. A total of 1,696 records were retrieved from WoS, and 1,717 from Scopus. In both databases, articles and review articles were included in the analysis. Accordingly, the document type filter was restricted to Articles and Review Articles in both databases.

Studies in the social sciences and in English were identified and utilized. Specifically, only publications indexed under the relevant Social Sciences subject areas (including business, management, psychology, and related social science disciplines) were retained, and the language filter was restricted to English. The primary rationale for this choice is that English is the dominant language in global scientific communication, thereby enhancing the consistency and comparability of the dataset for bibliometric analyses. Although technostress is a multidisciplinary field of research, this study is limited to the social sciences as a deliberate methodological choice. This restriction was intended to reduce conceptual heterogeneity in the bibliometric analysis and maintain the study's focus. Accordingly, technostress is examined not as a medical or technical issue, but as a behavioral and managerial phenomenon affecting employees and organizations. In line with this focus, publications in psychology and behavioral sciences were also included in the social sciences analysis.

The records were exported from both databases with full bibliographic information and cited references in formats compatible with the Bibliometrix package (BibTeX for Scopus and Plain Text for Web of Science). The data obtained from WoS and Scopus were merged in R, using the Bibliometrix package, and duplicate publications were removed. The data obtained from WoS and Scopus were merged in R, using the Bibliometrix package, and duplicate publications were removed.

FINDINGS

In accordance with the criteria specified in the methodology section, 1,095 articles were accessed. The articles were published in 525 different sources. The annual growth rate of the literature was 11.88%. The average publication age was 4.53. Based on this information, the literature on technostress is current and attracts considerable interest.

According to the data obtained, 2,840 researchers contributed to the field, and 108 authors conducted single-authored research. The number of authors per article is 3.39. It can be stated that a significant portion of the studies was produced through collaborative work. Furthermore, 20% of the studies were produced through international collaboration. A total of 3,028 distinct keywords were used in the studies. The average number of citations per article is 30.99.

Figure 2 presents scientific output over the years on the concept of technostress. The figure exhibits a horizontal trend from 1982 to 2012; following 2012, a more distinct increase in the number of publications is observed. The initial period of approximately thirty years constitutes a phase during which the subject had not yet garnered interest, lacked popularity, and production was highly limited. While slight increases in the number of publications are observed after 2012, there is a substantial surge after 2019. As a result of the analysis, Figure 8 demonstrates that one of the most frequently used author keywords is COVID-19. The proliferation of hybrid and remote work during the COVID-19 pandemic, along with increased use of digital technologies, may have concurrently led to an increase in the number of studies. In the technostress literature, which began in 1982, the increasing share of technology in our lives over the years parallels the rise in studies on technostress.

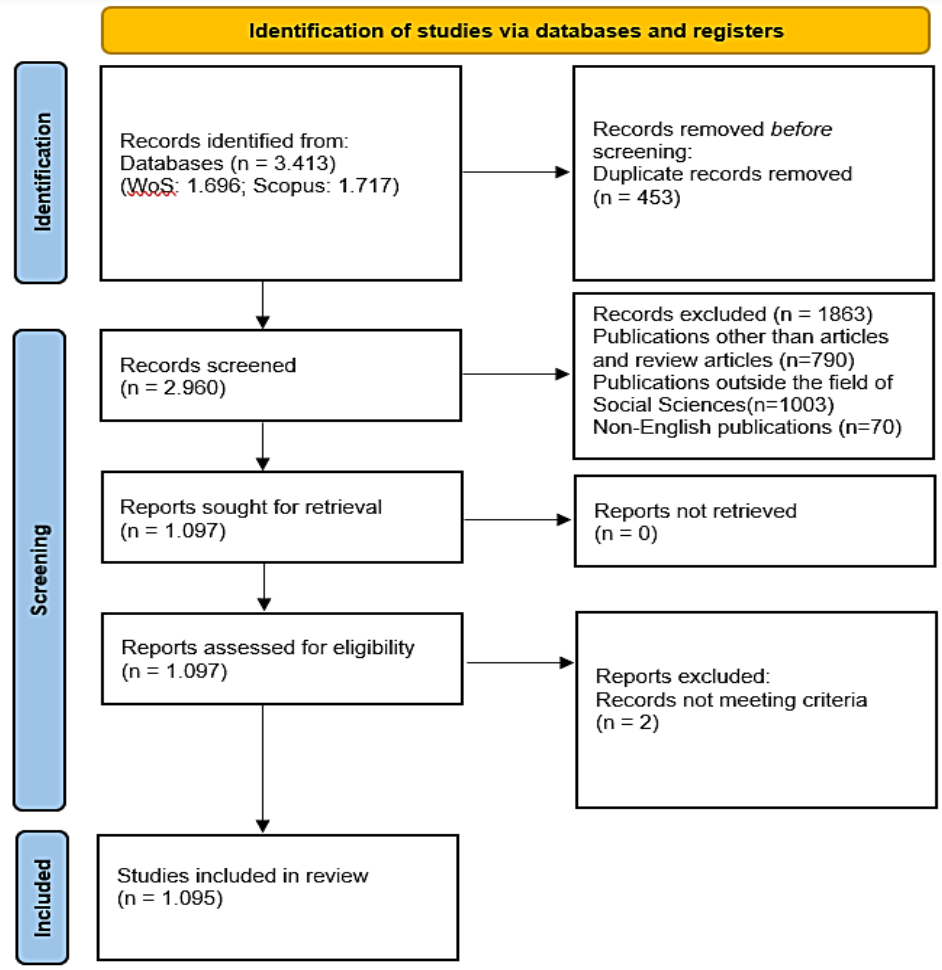

Figure 1. PRISMA flow diagram

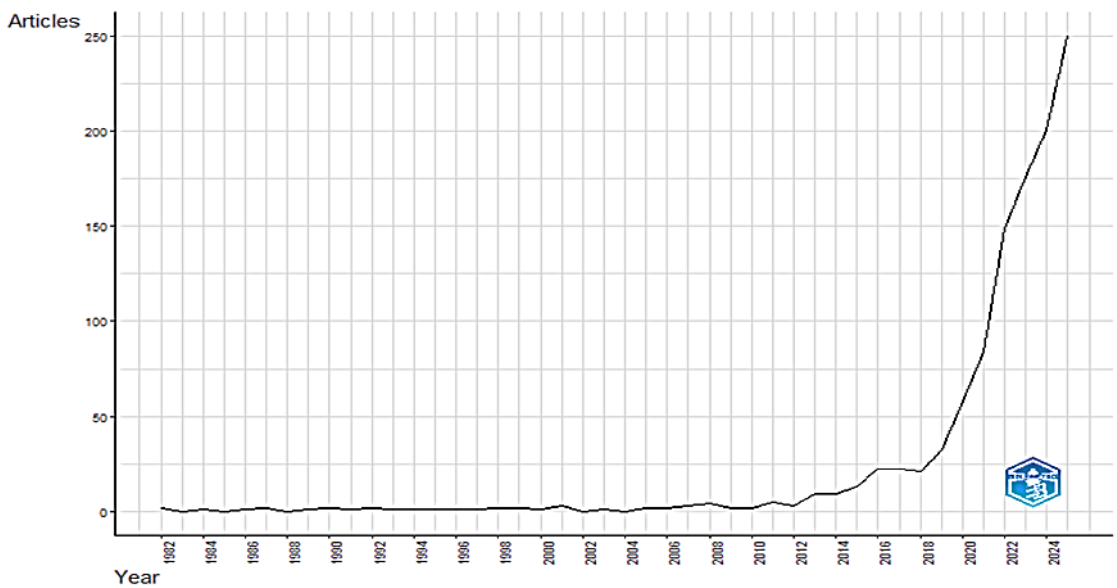

Figure 2. Annual scientific production

Figure 3 presents the distribution of the most prolific journals regarding the concept of technostress. Upon examining the results, it is observed that Frontiers in Psychology (50) and Computers in Human Behavior (43) possess the highest publication volume. Compared to the top two journals, a significant decline in publication volume is observed starting from the third-ranked source, Information Technology and People (24).

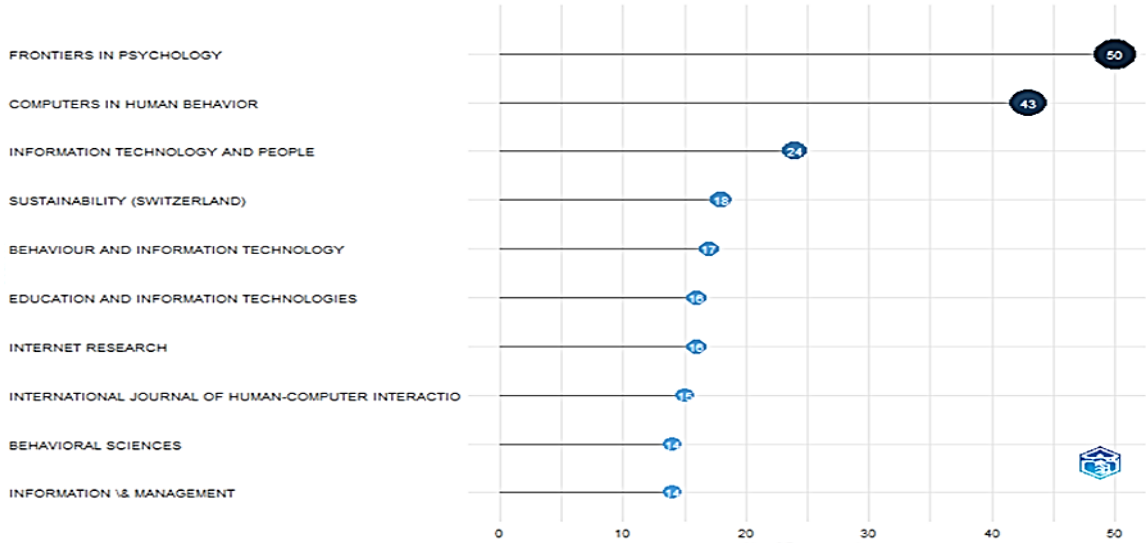

Figure 3. Distribution of the most prolific sources

In Figure 4, the sources' contributions to the field are ranked by their h-index. According to the findings, the journal Computers in Human Behavior (33) ranks first, and the journal Frontiers in Psychology (19) ranks second. According to the data in Figure 3, Computers in Human Behavior ranks second by number of articles. Based on the data in Figure 4, it ranks first in citation potential and scientific impact. Based on this information, Computers in Human Behavior is the dominant journal in the literature in terms of citation potential and scientific impact.

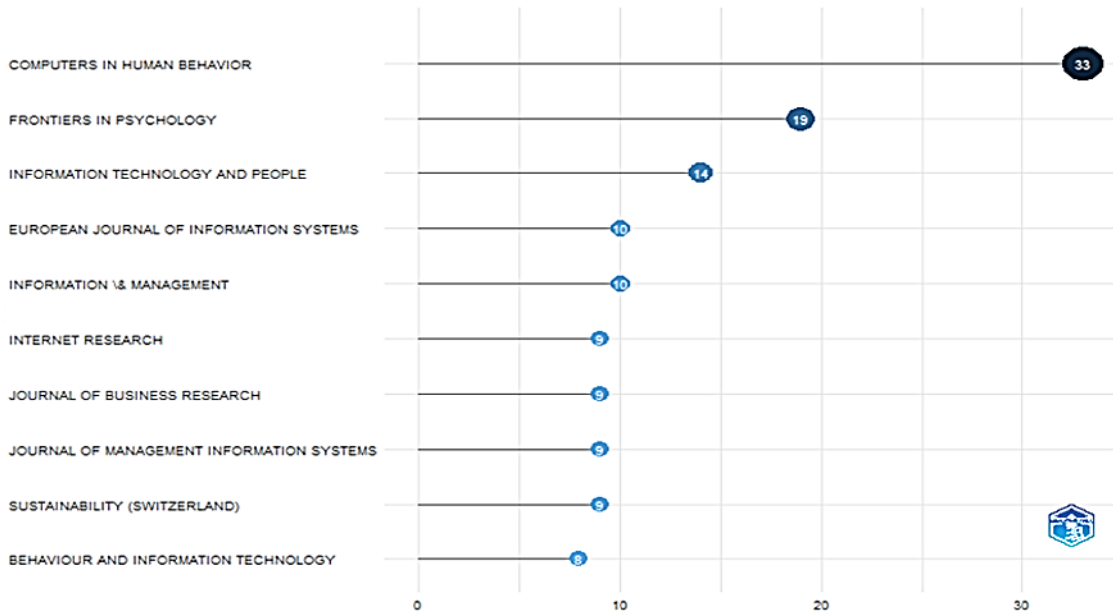

Figure 4. Impact levels of sources according to h-index

Figure 5 shows the top 10 most prolific authors on the concept of technostress. The most prolific author is Wang X (20). Wang X (20) is followed by Tarafdar M (16) and Maier C (15), respectively. Furthermore, all authors in this top-ten ranking have contributed at least seven articles to the field.

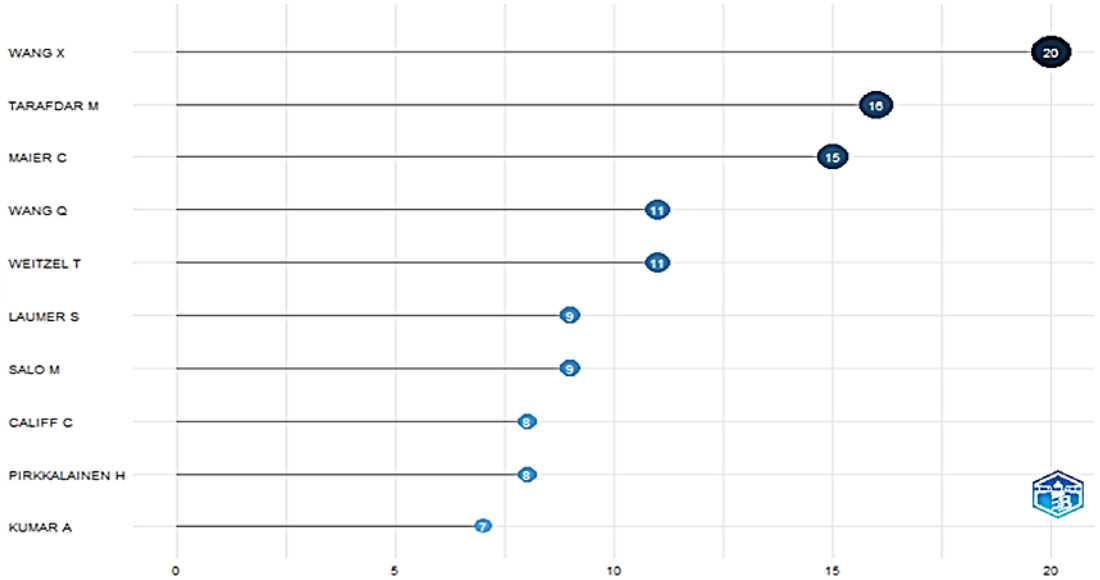

Figure 5. Most prolific authors

Figure 6 shows the authors' academic impact levels based on their h-indices. Wang X, who ranks first by the number of articles in Figure 5, ranks third in the academic impact ranking of authors. It was determined that the author with the highest academic impact, according to the h-index, is Tarafdar M (14). The difference between Figures 5 and 6 is a significant finding, demonstrating that quantity and impact level can differ. Therefore, based on the data obtained, the most influential and consistently cited author in the literature on technostress is Tarafdar M (14). The frequent use of the technostress scale developed by Tarafdar by researchers may also affect these results (Tarafdar et al., 2007).

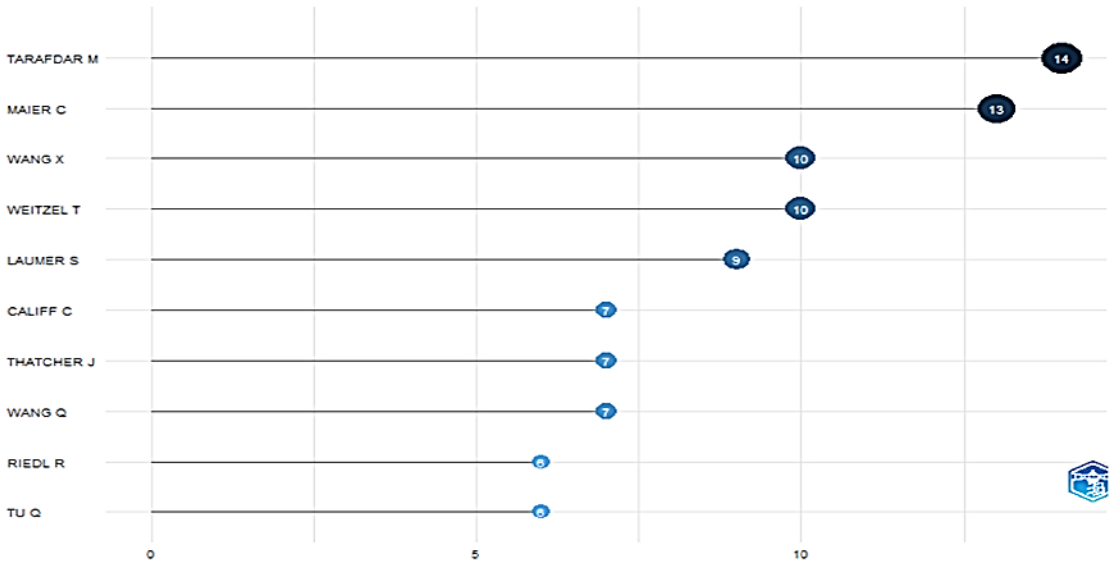

Figure 6. Academic impact levels of authors according to their h-indices

In Figure 7, the red section indicates international collaborations. The blue section, on the other hand, indicates national publications. According to the graph, China has the highest number of corresponding authors. Furthermore, it is ahead of other countries in terms of both international collaboration and national publications. Therefore, China's national research capacity and its participation in international collaborations in this field are high. In the graph, the data for Türkiye and Sweden draw attention due to the abundance of single-country publications compared with those for other countries. Türkiye and Sweden conduct their studies in this field predominantly at the national level. In future research, integrating Türkiye and Sweden into global networks and collaborations could further enhance their scientific impact.

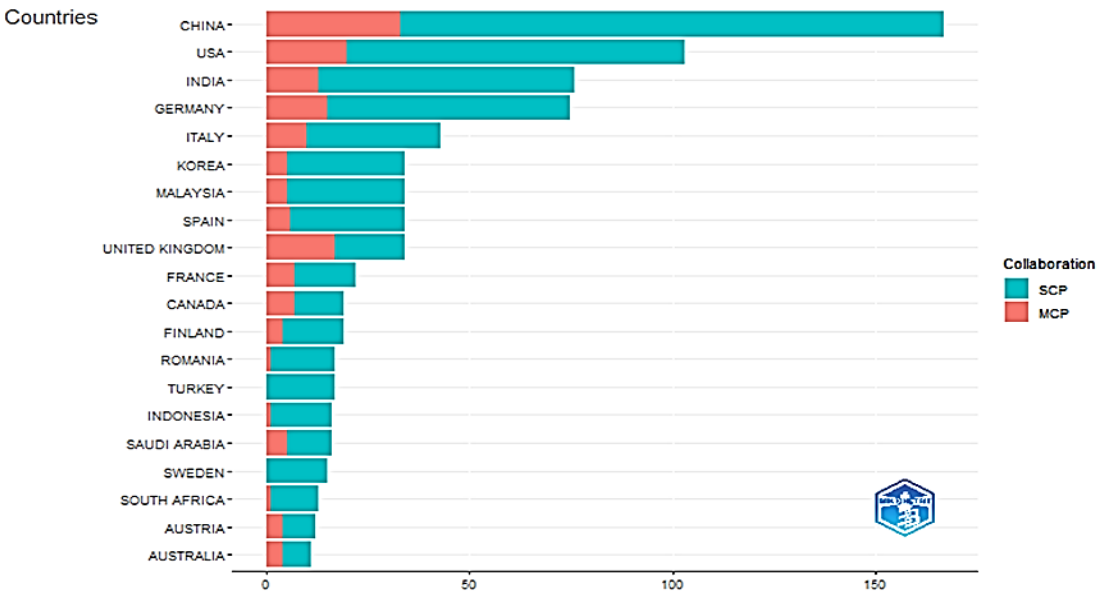

Figure 7. Distribution of corresponding authors by country

Figure 8 presents the percentage distributions of the most frequently used keywords by the article authors. Since technostress is the main concept, it is expected to be the most frequently used keyword. The fact that Covid-19 is the most frequently used keyword after the main concept indicates that the literature regarding technostress gained momentum with Covid-19. The upward trend in the annual scientific production graph presented in Figure 2 also occurred during the COVID-19 pandemic and the subsequent period. The increase in the number of companies transitioning to remote or hybrid work during the pandemic led to greater use of digital technologies. The emergence of stress as a prominent keyword can be explained by the authors' drawing on the stress literature as they address the concept of technostress. Furthermore, the prominence of social media as a keyword demonstrates that technostress can be associated not only with working life but also with daily life.

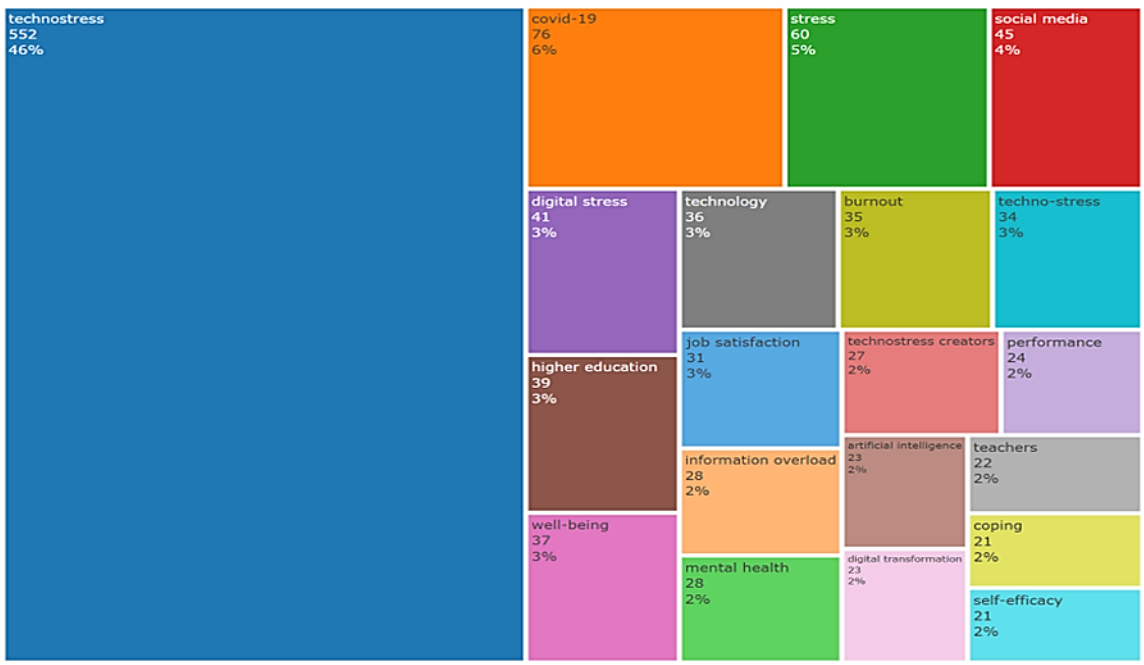

Figure 8. Tree map of the most frequently used keywords

Figure 9 presents the thematic map generated based on author keywords. The conceptual structure of the technostress literature is presented according to the levels of development (density) and relevance

(centrality). The upper-left quadrant indicates niche themes, the lower-left quadrant indicates emerging or declining themes, the upper-right quadrant indicates motor themes, and the lower-right quadrant indicates basic themes.

Niche themes possess high density but low centrality. They are more specific fields of study. In this section, the concepts of self-efficacy, health, and stress that appear in the blue circle have high developmental value. This indicates the area in the literature regarding the individual psychological effects and health-oriented outcomes of technostress. It is observed that the topics of self-efficacy, health, and stress are well developed, constituting a conceptually coherent research area. Furthermore, its low centrality value indicates that it has limited connections to the overall structure of the technostress literature, evolving primarily as a specialized sub-research field. Since the centrality level is low, it is not situated among the subjects within the literature's main themes. It is observed that the themes of technology, coping, and information technology in the other circle also represent studies that remain limited, rather than constituting the main backbone of literature.

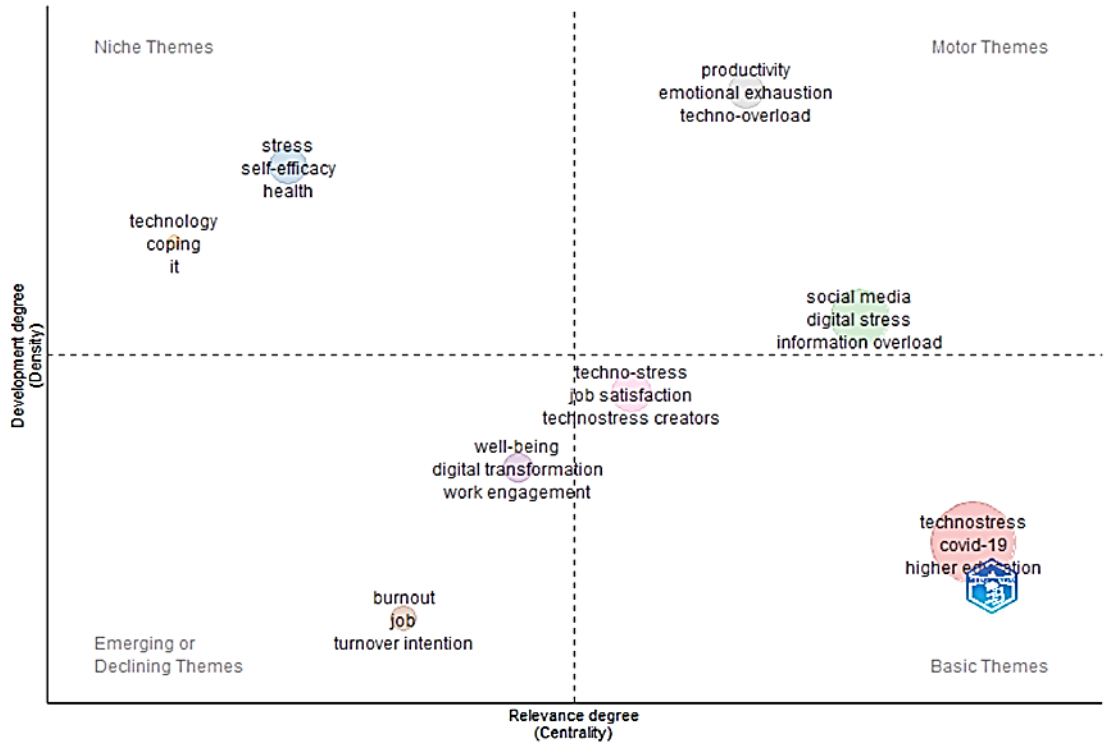

Figure 9. Thematic map based on author keywords

In the emerging or declining themes, the concepts of burnout, job, and turnover intention are observed in the brown circle located at the bottom. They possess low development and centrality. In the purple circle, on the other hand, there is a group consisting of the concepts of well-being, digital transformation, and work engagement. It is observed that rather than the negative concepts such as burnout and turnover intention in the other circle, positive concepts are situated in the purple circle. This situation indicates that researchers have begun to take an interest in both positive outcomes and negative consequences. The positioning of these themes within the emerging or declining quadrant indicates that this area has not yet fully developed and currently holds a weak position in the literature.

Motor themes constitute the driving force in the literature. In the gray circle within this area, productivity, emotional exhaustion, and techno-overload are observed. These themes indicate that the concepts of techno-overload, emotional exhaustion, and productivity are examined together in the literature. The high centrality and density of these themes indicate that they constitute one of the main research streams in the technostress literature and represent a conceptually well-developed area of research. This cluster demonstrates that the concepts of productivity, techno-overload, and emotional exhaustion are closely associated and frequently examined together in the literature. This finding suggests that technostress research has largely focused on the relationship between employee performance and psychological

outcomes. Social media, digital stress, and information overload in the green circle are also situated among the motor themes. This finding indicates that the themes of social media, digital stress, and information overload, which are clustered together, constitute an important and central research axis in technostress literature.

Basic themes indicate the main and focused subjects in the literature. In the upper-left circle within this theme, technostress, job satisfaction, and technostress creators are located, and it possesses a higher level of development than the other circle in the same theme. Given its position, the circle encompassing Covid-19, technostress, and higher education stands out as the theme of highest centrality. This finding indicates that, due to their high centrality, these themes constitute the backbone of the literature, and the connection between Covid-19, technostress, and higher education represents one of the most central research streams in the field.

Figure 10 presents the three-fields plot regarding country, author, and keywords, respectively. Upon examining the middle column, it is observed that Wang X. and Tarafdar M. have made significant contributions to the development of the literature. When the country distribution of the most prolific authors is examined, China and Germany stand out. The keywords in the right column of the plot indicate the most frequently used keywords by the prominent authors. It is observed that prominent authors in the field, such as Wang X. and Tarafdar M., use keywords including technostress, stress, and impact. While the tree map of the most frequently used keywords in Figure 3 shows the overall landscape of the literature, the three-fields plot illustrates the keywords most frequently used by prominent authors in the field. The reason why Covid-19 stands out in the tree map of the most frequently used keywords but does not prominently appear in the three-fields plot is that authors who made significant contributions to the literature published their studies mostly prior to the Covid-19 pandemic. In general, the three-fields plot reveals the structural relationships among countries, authors, and keywords; it demonstrates that technostress research exhibits a centralized structure dominated by China and Germany and is concentrated around a select group of highly influential authors and a core set of thematic keywords.

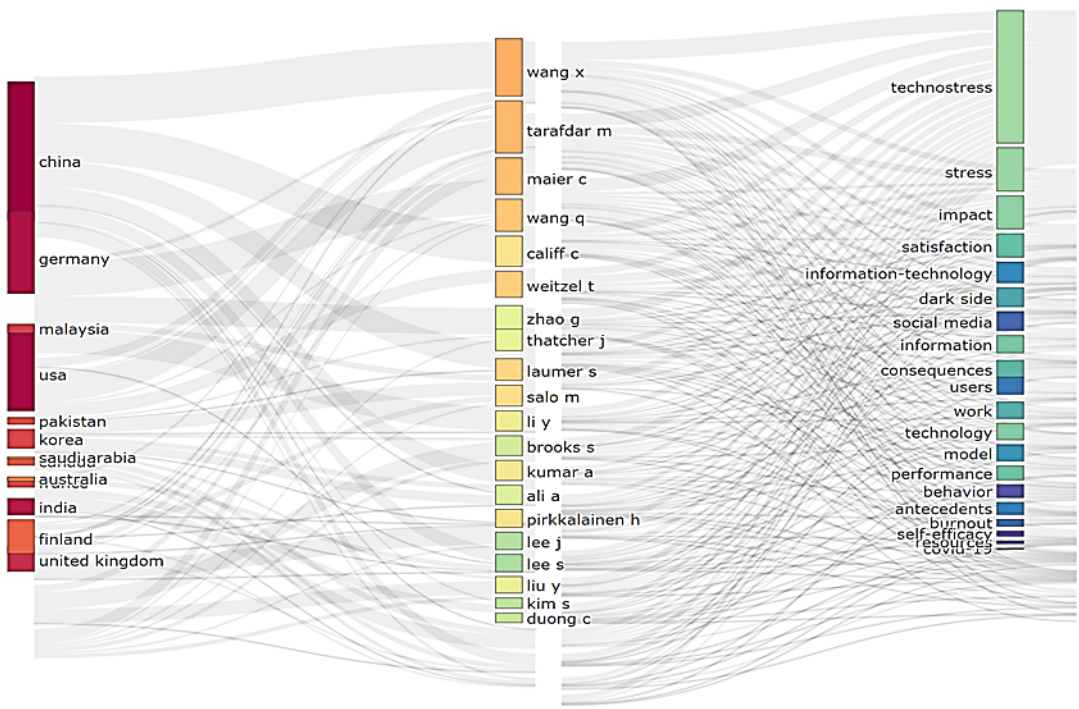

Figure 10. Three-fields plot

CONCLUSION, DISCUSSION AND RECOMMENDATIONS

This research has revealed the development of technostress literature in the social sciences, including its sources, authors, countries, and prominent concepts, through a bibliometriclysis. The first study was published in 1982. Slight increases in the number of publications were observed after 2012. It was

determined that there was a substantial surge after 2019. It was determined that the articles were published in 525 different sources. The annual growth rate of literature was 11.88%, and the average publication age was 4.53. Considering this information, it can be stated that the concept of technostress has attracted interest in recent years. Considering both the increasing publication trend and the prominence of digitalization today, it can be anticipated that interest in the field of technostress will continue. Since technostress can affect not only individuals but also organizations, it holds significant organizational and strategic importance. From a managerial perspective, this rapid and continuous growth indicates that organizations must continually update their digital workplace policies to enable employees to adapt to technological innovations and the pace of change.

It was determined that 2,840 researchers contributed to the field of technostress, and that 108 authors published single-authored publications. The number of authors per article is 3.39. It can be stated that a significant portion of the research in this field was conducted through collaboration. The data showed that 20% of the publications were produced through international collaboration. Given that technostress is not a localized problem but rather a significant global issue, further increases in international collaboration are expected to advance literature. A total of 3,028 distinct keywords were used in the studies. It was determined that the average number of citations per article is 30.99. Based on these findings, the field exhibits conceptual diversity and a certain degree of academic impact.

Frontiers in Psychology and Computers in Human Behavior were the most prolific journals. In the examination based on their h-indices, it was determined that Computers in Human Behavior ranks first and Frontiers in Psychology ranks second. Based on the available data, it can be concluded that Computers in Human Behavior is the dominant journal in literature in terms of citation potential and scientific impact. These findings demonstrate that technostress research is predominantly published in journals focusing on the psychological and behavioral aspects of technology use. This situation suggests that the field has developed primarily around individuals' and organizations' responses to technology, while its integration with the strategic management perspective has remained relatively limited.

The most prolific authors are Wang X., Tarafdar M., and Maier C., respectively. The authors with the highest academic impact, according to the h-index, are Tarafdar M., Maier C., and Wang X., respectively. This difference in ranking is a significant finding, demonstrating that quantity and impact level can differ. The frequent use of the technostress scale developed by Tarafdar by researchers may also contribute to Tarafdar M. being the most influential and consistently cited author (Tarafdar et al., 2007). The findings regarding the most influential authors demonstrate that the theoretical development of technostress research is shaped by a group of highly cited researchers. These researchers have made significant contributions to measurement approaches and conceptual frameworks in the field.

It was determined that countries such as China, Germany, and the USA stand out as prominent in the field. Based on the corresponding author data, China is the leading country in both the number of national publications and the number of publications involving international collaboration. The abundance of single-country publications on Türkiye and Sweden, compared with other countries, is noteworthy. From a global strategic management perspective, China's leadership in technostress research reflects its rapid digital transformation and the intensive integration of workplace technology. This situation can be explained by China’s rapid digitalization process, state-supported technology policies, and large-scale academic production capacity. This finding indicates that multinational organizations operating in countries with high levels of digitalization, such as China, should consider technostress management as a crucial component of their cross-cultural human resource strategies. Furthermore, this situation indicates that emerging economies, particularly China, together with Western academic actors, are playing an increasingly influential role in international research.

After the term "technostress," the most frequently used author keywords are "Covid-19," "stress," and "social media," respectively. The increase in the number of companies transitioning to remote or hybrid work during the COVID-19 pandemic, along with the related use of digital technologies, may have contributed to COVID-19 being among the most frequently used keywords. Evaluated from a strategic management perspective, the global proliferation of remote and hybrid work models during the COVID-19 pandemic demonstrates that technostress management has become a critical component of digital transformation strategies. In the context of the global strategic management literature, this finding indicates that employees' well-being and technological adaptability should be regarded not merely as

individual-level phenomena, but rather as strategic elements that foster the sustainable competitive advantage of organizations. The frequency of use of the keyword "stress" can be explained by the technostress concept, drawing on the stress literature. The keyword social media, on the other hand, demonstrates that technostress is associated not only with working life but also with daily life.

According to the thematic map generated from author keywords, technostress, job satisfaction, and technostress creators are among the core themes that form the backbone of the literature, exhibiting a higher level of development than the other circle group in the same quadrant. The circle encompassing Covid-19, technostress, and higher education possesses the highest centrality due to its position. The Covid-19 pandemic and higher education constitute a central focal point in the technostress literature. Examining the thematic map from a managerial perspective, it can be stated that technostress is a significant strategic issue affecting employees' job satisfaction and well-being in technology-intensive work environments.

Based on the three-field plot, it was determined that China and Germany stand out in the literature; Wang X. and Tarafdar M. have made significant contributions to its development, and their studies are predominantly centered around the keyword's "technostress", "stress", and "impact". This finding indicates that the intellectual structure of the technostress literature is shaped around specific researchers and fundamental research themes. This finding also suggests that expanding the technostress literature across disciplines and strategic management perspectives could contribute to the field's intellectual advancement.

This research presents significant implications and contributions to the field of global strategic management. The findings also demonstrate that technostress has become a critical strategic challenge. In the current digital era, it would be beneficial for organizations seeking to achieve a competitive advantage to proactively redesign their strategic human resource management policies. Furthermore, the establishment of a digital work culture by leaders and the provision of internal training for employees on technology use can make substantial contributions to reducing and effectively managing technostress levels.

Overall, it has been determined that technostress is a concept that has attracted interest in recent years and continues to develop. Therefore, this research aimed to demonstrate trends in the literature through a bibliometric analysis and to guide researchers in their future studies on technostress. Furthermore, this study demonstrates that the concept should be addressed not only at the individual level but also within the context of organizational and strategic management. Additionally, the study emphasizes the importance of digital transformation processes from a managerial perspective. At this point, to create and sustain competitive advantage, organizations need to prioritize technostress management and adopt a holistic approach that accounts for employee well-being and integrates digital transformation into corporate policies, particularly human resource policies.

The research data were retrieved from the Web of Science and Scopus databases, encompassing all years. Therefore, these limitations should be considered when interpreting the current findings. The research entails certain limitations in terms of field, language, and publication type. In future research, different fields and distinct databases may be included in the analysis. Specifically, the analysis was limited to English-language social science publications to enhance conceptual consistency and maintain the study's focus on the organizational and behavioral dimensions of technostress. The research entails certain limitations in terms of field, language, and publication type. However, technostress is inherently a multidisciplinary phenomenon that has also been extensively investigated in disciplines such as health sciences, information systems, human–computer interaction, and occupational health. Consequently, excluding these disciplines may have limited the comprehensiveness of the bibliometric landscape and influenced the intellectual structure, thematic patterns, and collaboration networks identified in this study. Therefore, the findings should be interpreted as reflecting the social science perspective on technostress rather than the entire multidisciplinary body of literature. In future research, broader multidisciplinary datasets, additional databases, and non-English publications may be included in the analysis to provide a more comprehensive understanding of the evolution of technostress research.

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