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### **The impact of stress on the work of IT professionals**

Employees working in the IT industry are subjected to many health problems due to constant physical and mental stress in their work. Diseases can be caused, supported, or exacerbated by stress. A common health problems due to stress are acid-peptic ulcer, alcoholism, asthma, diabetes, fatigue, tension headache, hypertension, insomnia, irritable bowel syndrome, psychoneurosis and skin diseases such as psoriasis, lichen planus, urticaria, pruritus, neurodermatitis, etc. Globalization and privatization have led to new labor relations, job instability, insecurity regarding future working conditions, and rapid obsolescence of skills.

IT professionals are faced with constant stress due to the timing of work, complemented by environmental and domestic stress. Stress occurs to an imbalance between resources and needs, including imposed on their own. During stressful situations, concentration, awareness of posture, dexterity during work, and many neurophysiological changes happen in the body, leading to a decrease in labor productivity. Many young people lack positive lifestyle factors that lead to early obesity (41%), poor physical fitness (66%), and poor eating habits that increase their risk of stress problems. [3].

Any type of work has goals, and the employee is stressed when he or she is given unattainable goals and cannot cope with this situation. There is also the concept of technostress - this is a word used to explain the phenomenon of stress arising from the use of computers. This is a modern disease of adaptation caused by the inability to cope with new computer technologies in a healthy way.

To identify the sources of development of such diseases, the following preventive measures can be used:

1. Check IT employees with a questionnaire that includes detailed information about health problems, family history, diet, lifestyle, sports and yoga, and health check reports.
2. Assess the severity of stress using the stress scale on the Holmes and Rache scale, which will measure stress depending on the number of units of life change, and the final assessment will give a rough estimate of how stress affects the health of IT employees.

Stress scores were higher for employees who developed diabetes, hypertension, dyslipidemia, and obesity. Most obese employees had higher stress. Among metabolic disorders in workers with a higher stress indicator was dyslipidemia, then hypertension and diabetes.

To measure stress in accordance with the Holmes and Rache stress scale, the number of “units of life change” that apply to events in the last year of a person’s life is added, and a final estimate will give a rough estimate of how stress affects health.

- Score over 300: risk of disease.
- Score 150-299: the risk of the disease is moderate (30% reduction compared to the above risk).
- Score <150: the risk of the disease is negligible [1].

Since the number of young applicants perceiving work in the IT field should be fully aware of the problems associated with work, the competitive nature of the IT industry may not allow time to regulate physical activity and other lifestyle factors. Colleges should include ergonomic awareness, posture and the most important regular exercise and stress management skills in the curriculum. An organization staffed by computer users should encourage frequent work breaks and compulsory holidays in order to improve their productivity. Effective time management will help professionals develop these healthy professional habits. Particular attention should be paid to neck pain and related problems, as well as the appearance of early hypertension. Specialist physicians should begin more thorough controlled trials, as IT specialists face specific problems, and a preventive approach is best for medical problems associated with IT [2].

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