

**SCREEN EXPOSURE, TECHNO STRESS, GRATITUDE AND
SUBJECTIVE WELL-BEING AMONG PROFESSIONALS**

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ABSTRACT

In the contemporary digital era, professionals are increasingly exposed to prolonged screen time due to the widespread use of computers, smartphones and other digital devices. While these technologies enhance efficiency and connectivity, they also contribute to psychological strain, often referred to as technostress. At the same time, positive psychological constructs such as gratitude may play a protective role in maintaining subjective well-being. Therefore, the present study examined the relationship between screen exposure, technostress, gratitude and subjective well-being among professionals, with a particular focus on the buffering role of gratitude.

The study was conducted on a sample of 123 professionals, including doctors, physiotherapists, lawyers and other working individuals from Darbhanga and Madhubani districts of Bihar. Participants were selected using purposive sampling. Screen exposure was measured through self-reported daily screen time, technostress using the Technostress Scale (Tarafdar et al., 2007), gratitude using the Gratitude Questionnaire (GQ-6), and subjective well-being using the Satisfaction with Life Scale (SWLS).

The results indicated that screen exposure was positively related to technostress ($r = .48, p < .001$) and negatively related to subjective well-being ($r = -.41, p < .001$). Gratitude was positively associated with subjective well-being ($r = .46, p < .001$) and negatively related to technostress ($r = -.36, p < .01$). Regression and moderation analyses suggested that gratitude significantly reduced the negative effect of technostress on well-being. The findings highlight the importance of managing digital exposure and promoting gratitude for enhancing well-being among professionals.

KEYWORDS: *Screen Exposure, Technostress, Gratitude And Subjective Well-Being.*

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