**<CN>Chapter 2:**

**<CT>The Sociology of Stress**

**<A>Discussion Question Answers**

1. Define the following terms.

A. Future shock

B. Superstress

C. Technostress

D. Email stress

E. Dopamine

F. Shallow effect

G. Cognitive surplus

H. Civility

I. Incivility

J. Empathy

K. Vitamin D

L. Nature deficit disorder

M. Environmental disconnect

N. Water footprint

O. Present shock

P. FOMO

Q. Digital dementia

**Answer:** Answers will vary.

2. Please describe how technostress, incivility, and environmental disconnect can create the “perfect storm” of stress.

**Answer:**

• Opening statement

• Explain the concept of sociology

• Explain how stress affects the social fabric

• Explain the impact of our love affair with technology and the stress associated with it (and memory)

• Explain the problems associated with incivility and rudeness

• Explain how our disconnection with nature creates more stress

• Synthesis: connect the dots

• Concluding remarks: summary statement

3. How can addictions be stressful? Please relate the concept of screen addictions to the bigger problem of stress and addictions.

**Answer:**

• Opening statement

• Explain what screen addiction is

• Include the concerns of isolation and alienationå

• Describe how this behavior affects other aspects of your life

• Tie in FOMO, outsourcing memory, etc.

• Synthesis: connect the dots to stress

• Concluding remarks: summary statement

**<A>Practice Activity Answers**

1. According to Manpower, approximately how many Americans typically don’t leave their workstation during the lunch hour?

A) 12%

B) 22%

C) 37%

D) 50%

Ans: D

2. The term *shallow effect* is related to what concept?

A) The lack of water in underground aquifers

B) The dumbing down of Americans from Internet exposure

C) One’s “water footprint” in relationship to one’s carbon footprint

D) Poor scores on standardized academic tests

Ans: B

3. What non-inert substance in plastic is associated with problematic changes in one's hormonal balance?

A) Polypropylene

B) Styrofoam

C) PCBs

D) Phthalates

Ans: D

4. True or False? “Future shock” is an unproven theory, according to futurist Alvin Toffler.

Ans: False

5. True or False? Melatonin is known as the “feel good” neurotransmitter.

Ans: False

6. True or False? The leading cause of incivility in America is aggressive radio talk show hosts.

Ans: False

7. True or False? Water, and the lack thereof, is suggested to become a significant social stressor in the months and years to come.

Ans: True

8. True or False? The term *presenteeism* is a corporate business term to describe high productivity levels often motivated by one’s optimal stress level.

Ans: False

9. True or False? Flint, Michigan, is the only city in the United States with undrinkable water.

Ans: False

10. True or False? Social media theorist Douglas Rushkoff explains that one reason why people are so stressed is that technology has stripped people of time to process scores of information through social media.

Ans: True

11. True or False? According to experts, we are in the midst of the 6th great extinction

Ans: True