

Information Overflow and Its Role in Causing Anxiety

Mohsen Haji Zeinolabedini^{*,1}, Zahra doostzade¹

Information overflow refers to the amount of unclassified information that a person gets confused in order to use and meet his needs. In fact, a person is faced with information bombardment. Information overflow is a condition in which there is a large amount of communication inputs in a system or person, information processing is not possible and it leads to system failure. Sociologists and political science researchers see information overflow as a systematic or global concept in which many of them are ignored due to the huge flood of messages in the environment. The overflow of information causes the user to get confused or stressed when accessing the required information. Stress is the root of many environmental and industrial diseases. Today, every person needs self-knowledge to enter into a lifestyle that will bring him peace.

The existence of information overflow causes problems such as information anxiety in the user, which in this article first explains the concept and its role in creating information anxiety.

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* Corresponding Author, Assistant professor, Tel: 021-29902323, Email: m_zabedini@sbu.ac.ir

¹ Faculty of Knowledge and Information Department, Shahid Beheshti University, Tehran, Iran