

Email Addiction:

- Suw (2008) said that some people do not even realise that they are aware of their own behaviour of checking email.

Information Overload:

- Jackson (2009, pp.vii) stated that 53% of the workers received more emails than they could handle.
- Limberg (2008) stated that these pointless emails had cost a FTSE firm an estimated of £39million a year.

Working Life:

- Whitty & Carr (2006) expressed that email has improved the companies' communication internally.

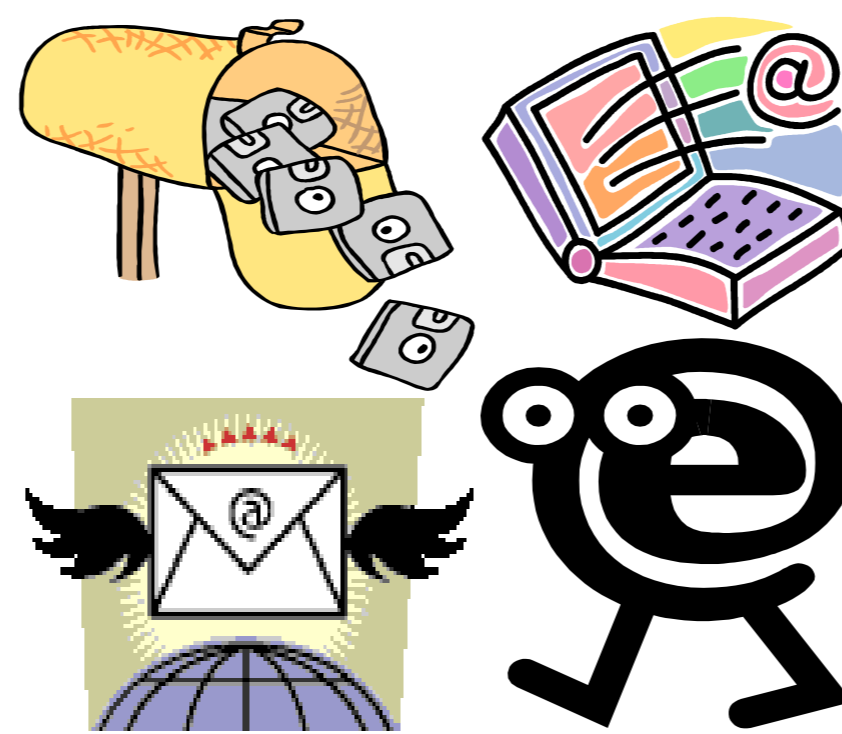
Communication:

- Helsper & Whitty (2010) found that internet users tend to be braver from taking action if they were not comfortable with their partners' action.

Email Languages:

- Shang (2005) stated that email journals did created a different writing mode compare with the paper journal.

IMPACT OF



EMAIL

Getting Popular:

- Baker (2001) stated that in 1996, 20 trillion emails were sent and in two years time, it has increased to 78 trillion.

Mobile Usage:

- Meall (2007) stated that mobile email access is more useful than the traditional phones calls

Stress:

- Limberg (2008) who believed that email is the main problem for causing employee anxiety.
- Hair, Renaud & Ramsay (2007), said that those who saw email as less disturbing were less likely to be stressed.

Social Life:

- The addict would spend less time with people in their life and prefer to log on to the internet and this behaviour indirectly would affect marriages the most when there is less communication and interaction between the family members (Young 1999).

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