

Technical Writing

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CYB-4990-001 Capstone Seminar in Cybersecurity

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September 1st, 2025

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Cybersecurity/Security Fatigue has become an attack vector for threat actors to exploit easily by using a form of Social Engineering technique and Cognitive Hacking. This issue will and has already affected organizations due to an extensive number of variables, such as “the business environment, coupled with increased reliance on advanced technologies, a shortage of cybersecurity, increased regulatory demands, and a relentless cybersecurity threat landscape” (Nobles, 2022, p.50). Eventually, this, along with a myriad of other aspects, leads to Human Performance Issues (Nobles, 2022); employees of various ranks become overwhelmed by the security burden in their daily lives and work so much that it decreases their cognitive skills and proficiency in identifying and perceiving attacks when they occur.

Presently, the human factor remains unaddressed, and organizations continue to pursue the issue as one that can be mitigated by more severe security efforts. This intensive approach organizations are carrying out gradually drives fatigue, burnout, and stress to escalate, which creates a **vicious cycle** that invites human error to grow further (Nobles, 2022). It positions security officers and employees alike to commit mistakes and insecure practices more than they would normally be inclined to. Organizations must, in contrast, depend on psychology-based/human factor experts and follow through a strategy that **High-reliability Cybersecurity Organizations** adopt; effectively managing human performance issues. While psychology, human factors, and HRCOs disciplines are not a definitive solution to this complex issue, they are in fact components of a highly influential methodology/program that alters the behavior of employees. As a resolution, business organizations absent of administrating these human-based deficiencies are highly susceptible to cyberattacks compared to those that aren't unaware.

References

- Nobles, C. (2022). Stress, Burnout, and security fatigue in cybersecurity: A human factors problem. *HOLISTICA – Journal of Business and Public Administration*, 13(1), 49–72.
<https://doi.org/10.2478/hjbpa-2022-0003>