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And my opinion is based on research by scientists.

Swedish researchers from Ericsson conducted a study in which they found that slow video loading can cause stress. The study was conducted in Copenhagen, where, according to a number of experiments, the world's highest mobile Internet speed was recorded – 22.3 Mbit/s.

The authors asked participants to complete a task in a certain amount of time, during which they had to watch a slow-loading video on their smartphone. During viewing, brain activity, brain movement speed, and heart rate were recorded.

It turned out that "hanging" the video caused an increase in heart rate by 38%, and a delay in loading for just 6 seconds provoked the same stressful reaction as when watching horror movies or solving complex mathematical problems. People were more nervous than standing in a long line at a supermarket.

Researchers who conducted the experiment note that mobile operators need to pay more attention to the quality of communication.