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### **Abstract**

In the world of new technologies, information, as a key corporate resource, is often regarded as the lifeblood of business. It is imperative for organisations to protect information assets through a system of information security to ensure organisational competencies. As a result of the continued escalation of cyber-attacks and the increasingly regulated data protection landscape, organisations tend to comply with Information Security Management System (ISMS) best practices. This research attempts to unveil the reasons for the low adoption of ISMS standards or frameworks. In addition, this research draws a clear picture of currently popular ISMS standards and frameworks, adoption status, benefits, drivers, and challenges of adoption. These findings provide a greater understanding and a comprehensive analysis of factors influencing the adoption of ISMS standards or frameworks.

This research is based on an extensive literature review and findings resulting from quantitative data collected from 92 IT or information security professionals through an online survey. Findings indicate that human factors and external influences are the two main factors influencing adoption. Human factors include defining the scope, change resistance, obtaining employee buy-in, conducting risks assessments, and creating and managing ISMS documents. External influences include the cost of implementation and the complexity of ISMS standards and frameworks.