

Mobile Phone Addiction Among Students

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Abstract- — Nowadays mobile phones are used by almost every student. Students use phones for online classes, chatting, social media, games, watching videos, and many other things. Mobile phones are useful in daily life, but using them too much can slowly become a bad habit. Many students spend long hours on their phones without even noticing it. Because of this, studies, sleep, health, and even relationships can get affected. This study is about mobile phone addiction among students and how it affects their daily life. It also explains some reasons behind excessive mobile phone usage and simple ways to reduce it. Even though smartphones are helpful, students should know how to use them in a balanced way.

Keywords: Mobile Phone Addiction, Students, Smartphone Usage, Social Media, Academic Performance, Mental Health, Sleep Disturbance, Technology, Student Behavior, Physical Health.

I. INTRODUCTION

Technology has changed people's lives a lot, especially students. Today almost every student has a smartphone. Mobile phones help students attend online classes, search information, communicate with others, and learn many things easily.

But nowadays many students spend too much time on mobile phones. Social media apps like Instagram, WhatsApp, YouTube, and Snapchat keep students busy for many hours. Some students even use phones during class hours and while studying.

Mobile phone addiction means using phones too much and finding it difficult to stay away from them. Some students feel uncomfortable when they don't have their phones with them. Slowly this habit can affect concentration, sleep, studies, and health.

Teachers and parents are also noticing that students are becoming more distracted because of smartphones. So it is important to study how mobile phone addiction affects students.

Objectives of the Study

- To understand mobile phone addiction among students
- To know the reasons for excessive mobile phone usage
- To study the effects of mobile phone addiction on students
- To understand how mobile phones affect studies and health

- To suggest some ways to reduce mobile phone addiction
- Causes of Mobile Phone Addiction

One main reason for phone addiction is social media. Many students spend hours scrolling through Instagram reels, chatting on WhatsApp, or watching YouTube videos. These apps are designed in a way that keeps users active for a long time.

Online gaming is another reason. Some students play games for many hours because they feel excited and entertained. In some cases students even forget about studies while gaming.

Easy internet access also increases mobile phone usage. Smartphones give quick access to videos, music, games, and information. Because everything is available in one device, students become dependent on phones very easily.

Stress and loneliness can also be reasons for excessive phone usage. Some students use mobile phones to avoid stress or boredom. Spending time online may feel relaxing at first, but slowly it can become a habit.

During online class periods many students became more attached to smartphones. Even after regular classes started again, the usage did not reduce much.

Effects of Mobile Phone Addiction on Students

Effect on Academic Performance

Mobile phone addiction affects studies in many ways. Students who use phones while studying often lose concentration quickly. Notifications, messages, and social media distract them again and again.

Many students spend more time on entertainment apps than on homework or studying. Because of this, assignments may get delayed and marks may also decrease.

Effect on Sleep

Nowadays many students use phones late at night. They watch videos, scroll social media, or chat with friends before sleeping. This affects sleep badly.

Students who sleep late often feel tired during classes. Lack of sleep can also cause headaches, poor concentration, and low energy during the day.

Effect on Physical Health

Using mobile phones continuously for long hours can create physical problems. Some students experience eye pain, headaches, neck pain, and back pain because of screen usage. Excessive phone use also reduces physical activities. Instead of going outside or playing games, many students prefer staying with their phones.

Effect on Mental Health

Too much phone usage can also affect mental health. Spending many hours online sometimes increases stress, anxiety, and loneliness.

Social media can also affect confidence levels. Some students compare themselves with others online and feel unhappy about their own life. This may affect emotional health slowly.

Effect on Social Relationships

Mobile phones help people stay connected, but too much usage can reduce face-to-face communication. Some students spend more time online than talking with family or friends directly.

Because of this, relationships may become weaker. Students may also lose interest in social activities.

II. METHODOLOGY

This study is based on descriptive research. Information was collected from articles, websites, journals, and general observation about student mobile phone usage.

The study mainly focused on understanding how students use smartphones daily and how excessive usage affects their studies, sleep, health, and social life. Different sources were studied and the information was arranged in a simple way.

III. RESULTS AND DISCUSSION

From this study, it is clear that mobile phone addiction is becoming common among students nowadays. Most students use smartphones mainly for social media, entertainment, chatting, and gaming. Educational use is also there, but entertainment takes more time.

The study shows that excessive phone usage affects concentration and academic performance. Students who continuously use phones during study time often struggle to focus properly.

Another common problem noticed was lack of sleep. Many students stay awake late at night using mobile phones. Because of this they feel tired and less active during the daytime.

Some students also face health problems like headaches, eye strain, stress, and reduced physical activity because of long screen time.

At the same time, mobile phones are useful for communication and education. The problem mainly happens when students cannot control their usage. So students should learn to use phones in a balanced way and avoid unnecessary screen time.

IV. CONCLUSION

Mobile phones are very useful in student life and help in communication and learning. But excessive usage can create many problems related to studies, sleep, health, and social life. Nowadays mobile phone addiction is increasing among students. If students do not control their screen time, it may affect their future and daily lifestyle slowly.

So students should use mobile phones carefully and spend more time on studies, outdoor activities, and real-life communication. Proper awareness and self-control can help reduce mobile phone addiction.

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