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ARTICLE

Smartphone Addiction Among University Students: A Psychological Perspective and Management

Jyoti Sindhu*, Arvind Kumar & Namita Jain*****

Abstract

Purpose

The research aims to study the nuisance of smartphone addiction in students from a psychological perspective and discuss its management strategies to create a more engaged and productive student life.

Design/methodology/approach

The data was collected from 664 students of the Universities in Delhi through a structured questionnaire with established scales of smartphone addiction (SA), stress (ST), cyberloafing (CL) and social support (SS). SPSS was employed for descriptive analysis and Amos was used for confirmatory analysis.

Results/Findings

The results of the study revealed that psychological variables like stress (ST) considerably affect both cyberloafing (CL) and smartphone addiction (SA) and that CL also affects SA. While CL was found to be significantly impacted by the feeling of perceived social support (SS), ST was found to be significantly unaffected.

Research Implications

Addiction to smartphones is a significant problem that is becoming more widespread as technology continues to progress. The research empirically

* Assistant Professor, Department of Commerce, Indraprastha College for Women, University of Delhi, New Delhi.

** Professor, ABV- School of Management & Entrepreneurship, Jawaharlal Nehru University, New Delhi.

*** Assistant Professor, Department of Commerce, Delhi School of Economics, University of Delhi, New Delhi.