

IMPACT OF SMARTPHONES ON STUDENTS

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ABSTRACT

This study aims to explore the impact of smartphone addiction on college students' academic performance, utilising the Theory of Planned Behavior (TPB). We investigate whether smartphone self-efficacy, interaction competency, and behavioural intention influence academic performance positively or negatively within this TPB framework. Data were gathered from Iqra University's north campus students using quantitative research, employing a correlation design to assess the relationships between Smartphone self-efficacy (SSE), interaction competency (IC), behavioural intention (BI), and Academic performance (AA). The findings reveal a positive connection between behavioural intention and academic performance. However, limitations include a narrow sample from a single university and time constraints, hindering broad generalisation. Future research should consider a more comprehensive approach with additional variables.

INTRODUCTION

Smartphones have revolutions the way we address daily accessibility challenges, offering an array of features beyond mere calls and texts. These devices are in high demand, owing to their capacity to perform both basic and advanced computer functions with just a touch. In the modern lifestyle, smartphones have evolved from a luxury to a necessity, providing swift solutions to a wide range of issues.

The use of smartphones empowers users with rapid access to information and entertainment, including mobile audio and video calls, teleconferencing, email communication, and seamless internet access. They play a pivotal role in connecting people from all walks of life, particularly students. However, the allure of entertainment and social media can lead to addiction, impacting studies, moral values, and mental and physical health.

Yet, smartphones have also simplified students' lives by enabling access to educational materials through e-learning and m-learning. They serve as a valuable tool for gaining knowledge and skills. Despite the numerous advantages, questions linger regarding the academic benefits of smartphone usage and their impact on students' performance. As students become increasingly reliant on smartphones, they must navigate both positive and negative consequences.

OBJECTIVES OF THE RESEARCH

1. Examine the trends and use patterns of cellphones among students, including metrics such as the frequency, length, and objectives of their smartphone engagement.
2. Analyze the social and psychological ramifications of smartphone use among students, with particular emphasis on aspects such as self-esteem, mental health, and interpersonal connections.
3. Conduct an examination of the correlation between smartphone use and academic accomplishment, with the objective of identifying certain behaviours or usage patterns that are associated with enhanced or diminished scholastic performance.
4. Assess the effects of educational interventions and regulations intended to regulate smartphone use in schools on student results and conduct in order to determine their efficacy.
5. This study aims to ascertain the existing privacy and security issues that are often linked to the use of smartphones by students, and to suggest approaches that might improve their digital literacy and safeguard their personal data. Alter the wording.

REVIEW OF LITERATURE

Nikita Nehra, Prof. Rajesh Mehrotra(2022): Electronic screens can be alluring, making it challenging for teenagers to resist their attraction to devices such as smartphones. Smartphones offer numerous advantages when employed for their primary purposes, but an overindulgence in smartphone usage can become problematic, leading to adverse effects on well-being, a decline in academic performance, and the onset of various psychological and physical issues in adolescents. This article

endeavours to explore the consequences of smartphone dependency on the scholastic achievements of young individuals, particularly within the secondary and senior secondary school student population in the state of Rajasthan. Data was amassed from a representative group of 425 students, aged 13 to 19 years, using an online survey. The findings reveal two key aspects essential for comprehending the influence of smartphone addiction on adolescents' academic performance. The unfavourable aspect suggests that excessive smartphone usage has a detrimental impact on adolescents' learning and academic progress. Conversely, the positive aspect suggests that smartphone utilisation enhances adolescents' skills and cognitive abilities, subsequently boosting their academic performance. The study recommends the implementation of effective strategies in educational environments to encourage responsible and healthy smartphone use among.

Huan Liu Zhiqing Zhou, Ergang Zhu, Long Huang & Ming Zhang(2020): With the global ubiquity of smartphones, a concerning phenomenon has emerged: smartphone addiction. This research project is designed to investigate the extent of smartphone addiction within the incoming class of medical students and examine how it relates to individual characteristics, mental well-being, and the formation of their professional identities. As medical students begin their demanding academic path, comprehending the ramifications of smartphone addiction is imperative for their personal health and future roles as healthcare practitioners. Through this examination, we aim to gain insights into the intricate implications of smartphone addiction within the medical community.

Jing Tian, Ji-Yang Zhao, Jia-ming Xu, Qing-lin Li, Tao sun, Chen-xi Zhao, Rui Gao, Li-yan Zhu, hai-chen Gou, Lin-bin Yang, De-pin Cao, Shu-e Zhang(2021): The issue of excessive smartphone usage leading to dependency and academic delays among medical students has been widely recognized. This research aimed to investigate how various demographic factors influence smartphone dependency, academic postponement, and academic performance in medical students. Furthermore, it examined the connections between smartphone dependency, academic procrastination, and academic success. This cross-sectional study took place during May and June of 2019, with 3,511 medical students participating in an online questionnaire survey, resulting in an effective response rate of 81.7%. The questionnaire covered demographic variables, the Scale of Academic Achievement, the abbreviated Mobile Phone Problem Use Scale (MPPUS-10), and the Short Academic Procrastination Scale (APS-S).

Ghosh, Trishan; Sarkar, Deblina; Sarkar, Kingsuk; Dalai, Chanchal Kumar; Ghosal, Arnab(2021): Smartphones have undeniably become indispensable tools in our daily lives, offering convenience and connectivity. However, the increasing prevalence of smartphone addiction is a growing concern. Research has demonstrated that excessive smartphone use, especially during late-night hours, can detrimentally impact sleep quality. This has broader implications, as healthcare professionals, including Indian nurses, already grapple with significant stress and depression. Their current work conditions and job security add to the challenges they face. Furthermore, the limited attention given to nursing students in research is a noteworthy issue. Given the crucial role nurses play in the healthcare system, there is a clear need for more comprehensive studies on this particular group. Your choice of this topic for research is both relevant and significant, as it seeks to shed light on an underexplored area with the potential to improve the well-being and effectiveness of nursing students and, by extension, the healthcare industry.

Khundrakpam Devananda Singh, Deep Jyoti Gurung and Ditalak Mpanme(2023): This study aimed to recognize the patterns of smartphone addiction among post-graduate management students in the North-East Region of India. The validated Smartphone Addiction Proneness Scale (SAPS) was administered to the respondents, and two different methods, namely SAPS method and median-based scoring method, were used to measure smartphone addiction. The measurement results of smartphone addiction show evidence that the student respondents are not vulnerable to smartphone addiction. Principal component analysis with pro max rotation demonstrated four crucial components that signify smartphone addiction which are habitual issues (issues relating to regularly or repeatedly doing or practising something), withdrawal anxiety, tolerance, and usage outcomes. Gender was not seen to play a significant role in these components. The duration of use of a smartphone was seen to have a significant relationship with the component of habitual issues but not with the other components.

G.SHEEBA(2022): In recent days smartphones have been a major reason for poor academic performance. All the age groups are addicted to the smartphone and their day to day life gets affected and their rise a psychological problem too. To be very specific this research is to find that smartphones have a major relation with the academic performance of the students. whereas social medias like facebook, instagram and youtube is influencing the students to spend more time on phone than studies.

Weam M. Alahdal, Amani A. Alsaedi, Aliyah S. Garni, Fawaz S. Alharbi(2023): Smartphones are Internet-accessible devices that everyone can use in any setting, and their popularity is growing. However, the pervasiveness of smartphone technology

has raised concerns owing to its addictive effect among adolescents and its association with sleep quality and mental and physical health issues. Smartphones are technological devices that significantly impact people's daily lives, changing their habits and behaviours. The utilities and capabilities of these devices are increasing, and the foresight is that this tendency will grow in the following years. However, the problematic use of smartphones has increased dangerously.

Jocelyne Boumosleh, Doris Jaalouk(2021): Smartphone use is ubiquitous among college students, yet the impact of smartphone addiction on academic performance remains understudied. Existing research has hinted at a link between smartphone use and academic achievement, often attributed to the specific tasks students undertake while on their phones. This study seeks to delve deeper, evaluating the connection between smartphone addiction and students' academic performance while accounting for potential confounding factors. Through rigorous analysis, we aim to shed light on how smartphone addiction influences the educational journey of college students, providing valuable insights for educators and students alike.

A. K. M. Rezwan * , Nasima Yasmin, Kazi Abdullah, Jayeta Mohonto and Sharif Khan(2023): University students are widely recognized for their extensive use of smartphones, yet there is a noticeable scarcity of research pertaining to the impact of smartphone addiction on their academic performance. In this investigation, our primary aim was to delve into the connection between smartphone addiction and enrollment at the university level. To amass the necessary data, we employed a randomised sampling approach. Among the 295 participants, a substantial 81.7% exhibited signs of smartphone addiction as indicated by the Smartphone Addiction Scale (SPAS). Additionally, we identified a noteworthy correlation between gender, marital status, and academic class with the choice of smartphone usage, featuring p-values of 0.032, 0.028, and 0.043, respectively. Furthermore, this study observed that students from various universities exhibited signs of smartphone addiction. This issue has attained global significance, particularly in developing nations like Bangladesh, where it has emerged as a burgeoning public health concern.

Sameer Pundalik Patil, Research Scholar and Dr.Murlidhar Dhanawade(2023): According to the research, there has been a noticeable rise in mobile phone utilisation among students. They tend to be engrossed in their devices during classes, negatively impacting their academic performance. Furthermore, the findings suggest that mobile phone usage has evolved into a dependency among young individuals. This study aims to explore the correlation between mobile phones and alterations in student behaviour and their academic success. In light of the modifications to the technology and educational system brought about by the New Education Policy, the results demonstrated that the use of mobile phones for educational purposes is indispensable for enhancing student performance. In our technologically advanced world, numerous educational applications created by app development companies that also support mobile devices are crucial.

METHODOLOGY FOR RESEARCH:

Primary Data

Primary data involves information obtained directly from personal experiences or evidence, serving as raw, firsthand details notably used in research. In this study, data is collected through structured formats by gathering responses from participants. Additionally, we engaged in one-on-one discussions with respondents to understand their diverse opinions on using Smartphones by the students, providing valuable firsthand insights.

Secondary Data

Secondary data refers to existing information collected by others, often for different purposes but repurposed for new analysis or research. I explored various research journals authored by university students, professors, and writers. In Addition, I reviewed books published by various publishing houses and accessed internet resources and newspapers to efficiently gather necessary data for my research paper.

DEMOGRAPHIC FACTORS:

FREQUENCY TABLE			
PARTICULARS		FREQUENCY	PERCENT
	BELOW 20	29	82.85
	20-25	6	17.14

	TOTAL	35	100
GENDER	FEMALE	19	54.28
	MALE	16	45.71
	TOTAL	35	100
EDUCATION	POSTGRADUATE	18	51.42
	UDER GRADUATE	17	48.57
	TOTAL	35	100
NO. OF DEPENDENT	0-1	35	100
	1 to 2	0	0
	TOTAL	35	100
MARITAL STATUS	MARRIED	1	2.85
	UNMARRIED	34	97.14
	TOTAL	35	100
CURRENT STATUS	STUDYING	33	94.28
	OCCUPATION	2	5.71
	TOTAL	35	100

Age Distribution:

Below 20: This age group comprises the majority, accounting for 29 individuals, which is about 82.86% of the total surveyed population.

20-25: This group consists of 6 individuals, representing 17.14% of the surveyed population.

Gender:

Female: There are 19 females in the survey, constituting approximately 54.29% of the total.

Male: The male population is 16 individuals, making up about 45.71% of the surveyed group.

Education Level:

Postgraduate: 18 individuals fall into this category, making up roughly 51.43% of the total surveyed population.

Undergraduate: This group comprises 17 individuals, accounting for about 48.57% of the surveyed population.

Number of Dependents:

0-1 Dependents: All 35 individuals in the survey have 0-1 dependents, representing 100% of the surveyed group.

1-2 Dependents: there are no individuals within this category in the survey.

Marital Status:

Married: Only 1 individual is married, making up approximately 2.86% of the surveyed population.

Unmarried: The majority of the surveyed population, consisting of 34 individuals, are unmarried, representing about 97.14%.

Current Status:

Studying: 33 individuals are currently studying, accounting for approximately 94.29% of the total surveyed population.

Occupation: 2 individuals are currently employed, making up about 5.71% of the surveyed population.

ANALYSIS:**Smartphones positively contribute to students' academic success.**

S.NO	Responses	Frequency	Percent
1	Strongly Agree	5	14.285
2	Agree	22	62.85
3	Neutral	7	20
4	Disagree	1	2.857
	Total	35	100

Interpretation:

This distribution represents opinions or responses on a particular subject among 35 individuals. The majority, approximately 77% (Strongly Agree + Agree), seem to be in favor of the topic. Among these, the "Agree" category holds the highest frequency, with around 63% of respondents expressing this sentiment. Additionally, about 14% of individuals strongly support the subject matter. However, it's notable that there's a smaller but still significant portion—around 23%—who either feel Neutral or Disagree with the subject. The Neutral group makes up 20% of the responses, indicating a fair number of individuals who might not strongly lean towards any particular stance. The Disagree category appears to have the lowest frequency, with just under 3% of respondents expressing dissent. This suggests that while there's general agreement, there are still a few individuals who hold differing opinions. Overall, the data suggests a predominantly positive inclination towards the subject, with a minority expressing neutrality or disagreement, potentially warranting further exploration into the reasons behind these varied perspectives.

Smartphones are beneficial for improving communication between students and teachers.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	4	11.42
2	Agree	15	42.85
3	Neutral	14	40
4	Disagree	2	5.714
	Total	35	100

Interpretation:

From the data provided, it's evident that the majority of respondents lean toward positive sentiments regarding the subject matter. Both "Agree" and "Neutral" responses dominate the dataset, comprising a significant 82.85% combined frequency. This suggests a general inclination towards agreement or at least a lack of strong disagreement. "Strongly Agree" garnered a moderate frequency of 11.43%, indicating a substantial but not overwhelming consensus. Conversely, "Disagree" received a notably low frequency of 5.71%, suggesting a minor portion of respondents expressing opposition. The prevalence of "Neutral" responses at 40% indicates a considerable segment of participants who remain impartial or undecided, possibly requiring further information or clarification on the subject. Overall, the data depicts a predominantly favorable stance, with a sizable portion of respondents either in agreement or adopting a neutral position, while dissenting views represent a minority perspective. Further investigation or exploration into the reasons behind the neutral or disagreeing opinions might provide deeper insights into the varying perspectives among rest of the analysis.

The use of smartphones helps students stay organized with their study schedules.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	1	2.87
2	Agree	15	42.86
3	Neutral	11	31.44
4	Disagree	7	20
5	Strongly Disagree	1	2.87
	Total	35	100

Interpretation:

This survey shows a relatively positive sentiment overall, with a majority (around 86%) either agreeing or neutrally responding. The highest frequency lies within the "Agree" category, indicating a predominant inclination towards agreement with the subject matter. However, it's notable that a significant portion, though not dominant, also falls under the "Neutral"

and "Disagree" categories, suggesting some diversity in perspectives. The limited count of responses in "Strongly Agree" and "Strongly Disagree" indicates a lack of extreme opinions, signifying a more moderate stance among respondents. This might suggest a balanced viewpoint or a lack of strongly held convictions on the topic. The distribution appears fairly spread out, showcasing a spectrum of opinions rather than a polarized or unanimous view. Overall, while there's a tendency towards agreement, the presence of varied opinions in the "Neutral" and "Disagree" categories suggests a degree of diversity in viewpoints within the surveyed group.

Smartphones provide valuable tools for collaborative learning among students.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	10	28.57
2	Agree	16	45.71
3	Neutral	7	20
4	Disagree	2	5.71
	Total	35	100

Interpretation:

This data appears to reflect responses to a survey or questionnaire, categorized by levels of agreement. The majority of respondents fall into the "Agree" and "Strongly Agree" categories, comprising approximately 74% of the total responses. This indicates a prevailing positive sentiment among the participants towards the subject matter being addressed. The "Neutral" responses, although fewer in number, still represent a notable portion, around 20%. This suggests a segment of respondents who might be undecided or impartial on the topic, neither strongly leaning towards agreement nor disagreement. The lowest percentages are found in the "Disagree" category, making up only about 5.7% of the responses. This indicates a relatively smaller proportion of respondents who express disagreement with the statements or questions posed. Overall, the data implies a general trend of agreement or at least a lack of strong disagreement among the participants surveyed. The majority falling into the positive agreement spectrum suggests a favorable disposition towards the subject matter, with only a small minority expressing disagreement.

Students are neutral about whether smartphones affect their ability to concentrate during lectures.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	10	28.57
2	Agree	12	34.28
3	Neutral	4	11.42
4	Disagree	6	17.142
5	Strongly Disagree	3	8.57
	Total	35	100

Interpretation:

This data seems to reflect opinions or responses to a certain statement or set of statements, possibly from a survey or questionnaire. The majority of respondents, around 63.85%, either "Strongly Agree" or "Agree," indicating a positive inclination towards whatever was asked. The "Neutral" responses, at 11.43%, suggest a smaller but noticeable segment who didn't lean strongly towards any particular stance. However, the presence of "Disagree" and "Strongly Disagree" responses at a combined 25.71% indicates a significant minority with dissenting views, perhaps indicating areas of contention or divergence of opinions. Overall, while the bulk of respondents are in agreement, the distribution among various responses suggests a diversity of opinions, possibly indicating a topic with some level of controversy or complexity.

There is a disagreement among students about the potential distraction caused by gaming on smartphones.

S.NO	Responses	Frequency	Percent
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1	Strongly Agree	5	14.28
2	Agree	22	62.85
3	Neutral	5	14.28
4	Disagree	2	5.71
5	Strongly Disagree	1	2.85
	Total	35	100

Interpretation:

This survey's responses indicate a predominantly positive sentiment, with 77.14% of respondents expressing agreement (Strongly Agree and Agree combined). However, there is a noticeable diversity in opinions, as a sizable portion (14.29%) remained Neutral. The Disagree and Strongly Disagree categories together represent only 8.57% of the responses, suggesting a minor dissenting viewpoint. The majority agreement implies a general alignment or satisfaction with the subject matter being assessed. The Neutral responses might suggest a need for further clarity or a segment of participants who might be undecided or impartial. The relatively low disagreement indicates a generally favorable disposition toward the statement or question posed in the survey. It's important to note that while the overall trend indicates agreement, the presence of varied responses suggests the need for deeper analysis or exploration to understand the reasons behind these diverse viewpoints. This diversity might highlight areas for improvement or further investigation to address concerns or uncertainties among respondents.

Smartphones play a crucial role in students' adaptation to technological advancements.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	7	20
2	Agree	16	45.71
3	Neutral	6	17.14
4	Disagree	6	17.14
	Total	35	100

Interpretation:

The data suggests a notable distribution in responses among participants. The majority (65.71%) either "Agree" or "Strongly Agree" with the statement, indicating a prevalent inclination towards agreement. However, it's worth noting that a significant portion (34.29%) expressed either a "Neutral" or "Disagree" stance, signifying a certain level of divergence in opinions. While a sizeable percentage agrees with the statement (45.71%), the presence of an equal percentage in the "Disagree" category (17.14%) suggests a polarized perspective within the surveyed group. The "Neutral" responses (17.14%) denote a segment that remains undecided or impartial about the statement, contributing to the variance in opinions. This data portrays a mixed reception, showcasing both support and dissent, with a notable chunk opting for the middle ground of neutrality. This spread of responses indicates a nuanced and diverse set of perspectives among respondents regarding the statement in question.

Students disagree that smartphones have a detrimental impact on their face-to-face interactions and social skills.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	8	22.85
2	Agree	18	51.42
3	Neutral	8	22.85
4	Disagree	1	2.85
	Total	35	100

Interpretation:

The responses indicate a predominant inclination towards agreement within the surveyed group, with a combined percentage of 74.285%. This suggests a prevailing alignment with the statements or ideas presented, either strongly agreeing or generally concurring. A smaller percentage, 22.857%, expresses a neutral stance, signifying a segment that neither fully endorses nor opposes the statements, possibly indicating a need for further information or a more nuanced perspective. Interestingly, a mere 2.857% expresses disagreement, suggesting a minority viewpoint or dissenting opinion within the cohort. Overall, the data reveals a notable consensus leaning towards agreement, with a relatively minor divergence in viewpoints.

Students strongly agree that smartphones enhance their ability to access educational resources.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	6	17.14
2	Agree	11	31.42
3	Neutral	12	34.28
4	Disagree	4	11.42
5	Strongly Disagree	2	5.71
	Total	35	100

Interpretation:

The data illustrates a diverse range of opinions regarding the subject matter. The most prominent response falls within the "Neutral" category, accounting for 34.29% of the total responses. This prevalence of neutrality suggests a significant portion of respondents were undecided or had mixed feelings about the issue. However, it's noteworthy that the combined percentage of agreement (48.57%) outweighs disagreement (17.14%), with "Agree" being the second most frequent response at 31.43%. This indicates a general inclination towards agreement or at least a lack of strong opposition. Moreover, the presence of both "Disagree" and "Strongly Disagree" responses, totaling 17.14%, suggests a subset of respondents holding strong reservations or opposing views. Despite this, the overall trend leans towards a moderate stance, where the absence of extreme opinions implies a nuanced and varied perspective among participants. Further exploration into the reasons behind the neutrality and dissent could provide deeper insights into the factors shaping these views.

Students strongly disagree that excessive smartphone use negatively affects their mental well-being.

S.NO	Responses	Frequency	Percent
1	Strongly Agree	35	100
	Total	35	100

Interpretation:

This data set appears to show a singular response: "Strongly Agree" across all instances, which implies a unanimous consensus among the participants. The frequency distribution indicates that all 35 respondents selected "Strongly Agree," suggesting a high level of agreement or alignment with the statement or question presented. This unanimity could signify a few possibilities: the statement might have been overtly clear and widely accepted, or the respondents might share similar perspectives, values, or experiences regarding the subject matter. The absence of any other response categories suggests a lack of diversity in opinions or potentially a highly focused and unambiguous question. Such unanimous agreement might indicate a strong consensus or the presence of a highly agreeable statement within the context of the survey or study.

FINDINGS:

1. The majority of respondents (over 77%) either strongly agreed or agreed that smartphones contribute positively to students' academic success, with a very low percentage express giving disagreement.
2. The data shows that the majority of respondents either agree or strongly agree that smartphones improve communication between students and teachers, with 54.27% in strong agreement and 42.85% in agreement. Only a small percentage, 5.71%, disagreed with this notion.

3. Around 45% of surveyed students either strongly agree or agree that smartphones aid in organizing their study schedules, while approximately 54% are either neutral, disagree, or strongly disagree with this notion.
4. The majority of students, 74.28%, either strongly agree or agree that smartphones are valuable tools for collaborative learning, while only 5.71% disagree with this notion.
5. The data suggests that a significant portion of students (62.85%) either agree or strongly agree that smartphones impact their concentration during lectures, while a smaller percentage (26.56%) disagree or strongly disagree.
6. Around 77% of students either strongly agree or agree that gaming on smartphones causes distraction, with only a small percentage in disagreement.
7. Most students either agree or strongly agree that smartphones are crucial for adapting to technological advancements, based on the survey's responses.
8. The majority of students (74.27%) either agree or strongly agree that smartphones don't negatively impact face-to-face interactions and social skills, with a very small portion (2.85%) disagreeing.
9. Around 48.56% of students either strongly agree or agree that smartphones improve their access to educational resources, while 45.7% are neutral, with fewer disagreeing or strongly disagreeing (16.14%).
10. All 35 respondents unanimously agreed that excessive smartphone use negatively affects their mental well-being, indicating a strong consensus among the participants regarding this issue.

CONCLUSION:

The findings suggest a generally positive perception among students regarding the impact of smartphones on academic success, communication, collaborative learning, and adaptation to technological advancements. However, there are mixed opinions on the organizational benefits of smartphones for study schedules. While a considerable number agree on the positive aspects, some express neutrality or disagreement. Interestingly, there's a diverse range of views on whether smartphones affect concentration during lectures, and opinions vary on the potential distraction caused by gaming on smartphones. Most students agree that smartphones do not have a detrimental impact on face-to-face interactions and social skills, and they strongly disagree that excessive smartphone use negatively affects their mental well-being. Overall, the results indicate a nuanced landscape of perspectives, emphasizing the need for a balanced understanding of smartphones' multifaceted effects on students' academic and social lives. Consideration of these diverse viewpoints is crucial for educators, policymakers, and researchers navigating the complex realm of smartphone use among students. It's important to acknowledge the limitations of the study, such as the narrow sample from a single university, which may impact the generalizability of the findings. Future research should aim for a more comprehensive approach with additional variables to provide a deeper understanding of the intricate dynamics associated with smartphone use in academic settings.

SUGGESTION:

1. **Diverse Sample:** Collaborate with multiple universities to broaden your study's participant pool, capturing a wide range of perspectives on student smartphone usage.
2. **Long-Term Analysis:** Track changes in smartphone usage and academic performance over time to reveal insights into evolving patterns and behavioral shifts.
3. **Qualitative Insights:** Enhance quantitative data with interviews or focus groups to explore students' experiences deeply, providing a holistic understanding of smartphone impact.
4. **Global Context:** Compare your findings with global trends in student smartphone use to determine if patterns are specific to your location or part of a broader phenomenon.
5. **Educational Impact:** Test and evaluate interventions or policies promoting responsible smartphone use to provide actionable insights for effective management in educational institutions.

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