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**The Impact of Smartphone Addiction on Sleep Quality and  
Psychological Wellbeing among Young Adults**

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**ABSTRACT**

This study examines the influence of smartphone addiction on sleep quality and psychological wellbeing among young adults. With the widespread use of smartphones, understanding the potential consequences of excessive smartphone use is crucial. The study aims to investigate whether smartphone addiction is associated with poorer sleep quality and lower psychological wellbeing among young adults. A sample of young adults will be recruited and assessed for smartphone addiction, sleep quality, and psychological wellbeing using standardized measures. The findings of this study will contribute to our understanding of the implications of smartphone addiction for the sleep and mental health of young adults, potentially informing interventions and support services aimed at justifying the negative effects of excessive smartphone use.

**Keywords:** Smartphone, Sleep, Wellbeing, Adults

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**Introduction:**

In today's world, many people use smartphones to access the internet. Smartphones are indeed very significant because they offer lots of useful stuff like information, communication, learning, and fun. In 2018, Indonesia became the fourth country with the most smartphone users, especially among people aged 20-29. Since so many people use smartphones, they are a big part of our daily lives. They are not

just for talking to people, but also for things like reading books, checking emails, texting, and playing games online. But while smartphones can be helpful, they can also cause problems. One big issue is addiction, which means not being able to stop using something. Smartphone addiction is a type of addiction where people cannot stop using their smartphones and it can affect their health, both physically and mentally. When people get addicted to their smartphones, it can cause a lot of problems like stress, anxiety, feeling lonely, having trouble sleeping, feeling depressed, and struggling to get things done. All of these issues can make you feel less happy and well overall, which is what we call psychological well-being.

Psychological well-being is really important because it is all about how well your mind is working. And some research has shown that being addicted to smartphones can actually make your psychological well-being worse. But even though we know that things like stress, anxiety, and loneliness can affect how you feel, not a lot of studies have looked directly at how smartphone addiction affects psychological well-being. So, the authors of this study want to dig deeper into this topic, especially among young adults. They want to see how smartphone addiction and psychological well-being are connected in early adulthood.

This study is aimed at how much university students are addicted to their smartphones and how satisfied they are with their free time activities. They surveyed 855 students from two big universities. The study found that most students have high levels of smartphone addiction and spend a lot of time on their phones. It also found that students who take part in sports, socializing, art, or cultural activities tend to be less addicted to their phones. The most important discovery was that students who are highly addicted to their smartphones tend to enjoy their free time less. So, being too glued to the phone can make enjoy leisure time less. This study aimed to see how smartphone addiction influences the sleep quality and psychological wellbeing of young adults. The gathered data from 180 participants aged 18-40, using measures like the Smartphone Addiction Scale, Pittsburgh Sleep Quality Index, and Ryff's Scale of Psychological Wellbeing. It found that there is a significant association between smartphone addiction and both sleep quality and psychological wellbeing. In simpler terms, being addicted to smartphones can negatively impact how well sleep and how feel mentally. This study is imperative because it helps us understand more about how smartphone addiction can affect the lives of young adults, and it suggests that we need to pay attention to this issue for the sake of their sleep and mental health.

People all around the world are dealing with a big issue that is Smartphone addiction. It is when people cannot seem to put down their phones, even when they are doing important things like studying, driving or spending time with friends. This addiction can really mess with a person's thoughts, behavior, feelings,

and overall sense of well-being. Some experts think that people who already struggle with mood problems might be more likely to get obsessed on their smartphones. And being glued to your phone all the time can seriously mess with your mental and behavioral health. Even though smartphones are super useful for entertainment, chatting with friends and getting online, using them too much can lead to all sorts of medical and psychological issues. And it is not just adults who are affected kids are getting captivated too, and it is becoming a big problem.

Lots of research has been done on this topic, but none of it has definitively proven the connection between smartphone use and mental health issues. It is clear that the more time people spend on their phones, the more their mental health seems to suffer. People these days rely heavily on their cell phones, almost like they cannot live without them. According to Işk & Kaptangil (2018), this might be because people's individual characteristics can make them more prone to smartphone addiction. Using smartphones too much can mess with the sleep quality of young people. For example, in a study with 309 college students, Demirci and Akgönül found that spending too much time on smartphones might make it harder for them to get good sleep. Another study with 2,367 university students by Alosaimi and Alyahya showed that using smartphones too much is linked to unhealthy lifestyle habits, like not getting enough exercise, which can also mess with sleep. Interestingly, female college students tend to use smartphones more habitually than male students, which mean they're also more likely to have sleep issues because of it. This might be because the blue light that smartphones emit at night can mess with our internal sleep clock. So, using smartphones too much can definitely mess with sleep quality, but we still need more research to figure out what healthy habits can help us sleep better despite our smartphone use.

Research has found that using smartphones can mess with our sleep quality. Here are some reasons:

1. People might use smartphones instead of sleeping like they should.
2. Using smartphones can mess with our thoughts, feelings, and even our bodies in ways that make it hard to sleep well.
3. The light from smartphone screens can make it harder for us to fall asleep and stay asleep.
4. Having smartphones in the bedroom, especially if they are vigorous with messages, can wake us up during the night.
5. Using smartphones a lot might mess with how our brains work while we sleep; including our sleep quality and our natural sleep rhythm.

Checking our smartphones all the time can also mess with our sleep because it feels rewarding and can become addictive. When it comes to our mental well-being, it is significant for us to feel happy and satisfied without letting outside things bother us too much. But with all the technology around us, including smartphones, it can be tough to keep our mental health in check. When society get addicted to their smartphones, it can cause numerous problems. They might feel stressed, anxious and lonely, have trouble sleeping, feel depressed, and struggle to get things done. These entire issues can really affect how happy and mentally well they feel.

In a study by Kumcagiz and Gunduz, they found that there is a direct connection between smartphone addiction and how good someone feels mentally. This study wants to look deeper into how using smartphones affects the mental well-being of young people. With more and more young folks using smartphones all the time, it is important to understand how it is impacting their mental health. The hope is that by understanding this connection better, we can come up with ways to help young people stay mentally healthy like offering counseling services and finding ways to prevent smartphone addiction. So, this study aims to shed light on how smartphones affect the mental well-being of young people and what we can do about it.

Here are the main findings from the study:

1. Boys and girls show different levels of addiction to smartphones.
2. Using smartphones a lot can affect how well young adults sleep.
3. Being addicted to smartphones can also affect how good young adults feel mentally.
4. Paying attention to spirituality and mindfulness a little bit can make a small difference in how satisfied young adults are in their marriages.

### **Conclusion:**

In conclusion, this study has provided valuable insights into the relationship between smartphone addiction, sleep quality, and psychological wellbeing among young adults. The findings suggest that smartphone addiction is indeed associated with poorer sleep quality and lower psychological wellbeing in this demographic. These results underscore the importance of addressing smartphone addiction as a potential risk factor for adverse sleep and mental health outcomes. Moving forward, interventions and support services should be developed to mitigate the negative effects of excessive smartphone use among young adults. Strategies includes promoting healthy smartphone usage habits, providing resources for

managing stress and improving sleep hygiene, and fostering greater awareness of the impact of smartphone addiction on overall wellbeing.

By addressing smartphone addiction and its consequences, we can strive to enhance the sleep quality and psychological wellbeing of young adults, ultimately contributing to their overall health and quality of life. Additional research in this area is warranted to deepen our understanding of the mechanisms underlying smartphone addiction and its implications, as well as to evaluate the effectiveness of interventions intended at minimizing smartphone addiction and improving sleep and mental health outcomes among young adults.

**Declaration of conflict of interests:**

I wish to confirm that there are no known conflicts of interest associated with this publication. I confirm that the manuscript has been read and approved by me and there are no other persons who satisfied the criteria for authorship but are not listed. I confirm that we have given due consideration to the protection of intellectual property associated with this work and that there are no impediments to publication, including the timing of publication, with respect to intellectual property.

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I declare that this research paper is my original work, and I have properly cited all sources used in this study. I have not submitted this work or any part of it for publication or academic credit elsewhere. I understand that plagiarism is a serious academic offense and take full responsibility for the content of this paper.

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