

Topic Effects of Mobile Phone Addiction on Students

Priyanshi choudhary

SRKPGC Kishangarh, B.A. English Literature, Semester IV, Maharishi Dayanand,
Saraswati University (MDSU), Ajmer

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Abstract:

Mobile phone addiction has become a growing concern among students due to increased use of smartphones for education, communication, entertainment and social networking. While smartphones support learning, excessive use is associated with poor academic performance, sleep disturbances, anxiety, reduced attention span and weaker social interaction. This paper discusses the causes, effects and strategies to prevent mobile phone addiction among students. Mobile phone addiction has become a growing concern among students due to increased use of smartphones for education, communication, entertainment and social networking. While smartphones support learning, excessive use is associated with poor academic performance, sleep disturbances, anxiety, reduced attention span and weaker social interaction. This paper discusses the causes, effects and strategies to prevent mobile phone addiction among students. Mobile phone addiction has become a growing concern among students due to increased use of smartphones for education, communication, entertainment and social networking. While smartphones support learning, excessive use is associated with poor academic performance, sleep disturbances, anxiety, reduced attention span and weaker social interaction. This paper discusses the causes, effects and strategies to prevent mobile phone addiction among students.

Introduction

Smartphones are an important part of modern education. Students rely on them for online classes, research, communication and educational apps. However, many students spend several hours every day on social media, gaming and video streaming.

This excessive use can develop into mobile phone addiction, a behavioral pattern in which individuals find it difficult to control their phone use despite negative consequences. The issue has attracted increasing attention from educators and researchers because of its effect on learning and well-being. Smartphones are an important part of modern education. Students rely on them for online classes, research, communication and educational apps. However, many students spend several hours every day on social media, gaming and video streaming. This excessive use can develop into mobile phone addiction, a behavioral pattern

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Literature Review

Recent studies have reported that problematic smartphone use is linked with lower academic achievement, poor sleep quality, anxiety and depression. Researchers also note that constant notifications and multitasking reduce concentration and productivity. Although smartphones provide educational opportunities, balanced use is essential. Recent studies have reported that problematic smartphone use is linked with lower academic achievement, poor sleep quality, anxiety and depression. Researchers also note that constant notifications and multitasking reduce concentration and productivity. Although smartphones provide educational opportunities, balanced use is essential. Recent studies have reported that problematic smartphone use is linked with lower academic achievement, poor sleep quality, anxiety and depression. Researchers also note that constant notifications and multitasking reduce concentration and productivity. Although smartphones provide educational opportunities, balanced use is essential.

Objectives

1. Understand mobile phone addiction.
2. Identify its causes.
3. Examine academic, physical and psychological effects.
4. Suggest preventive measures.

Causes

Common causes include social media engagement, online gaming, fear of missing out (FOMO), peer pressure, boredom, stress relief, easy internet access and lack of parental or self-control. Common causes include social media engagement, online gaming, fear of missing out (FOMO), peer pressure, boredom, stress relief, easy internet access and lack of parental or self-control. Common causes include social media engagement, online gaming, fear of missing out (FOMO), peer pressure, boredom, stress relief, easy internet access and lack of parental or self-control.

Effects on Students

Academically, addicted students often procrastinate, perform poorly in examinations and struggle to focus. Physically, prolonged screen time may cause eye strain, headaches, neck pain and sleep problems. Psychologically, excessive use is associated with stress, anxiety, loneliness and low self-esteem. Socially, face-to-face communication and family interaction may decline. Academically, addicted students often procrastinate,

perform poorly in examinations and struggle to focus. Physically, prolonged screen time may cause eye strain, headaches, neck pain and sleep problems. Psychologically, excessive use is associated with stress, anxiety, loneliness and low self-esteem. Socially, face-to-face communication and family interaction may decline. Academically, addicted students often procrastinate, perform poorly in examinations and struggle to focus. Physically, prolonged screen time may cause eye strain, headaches, neck pain and sleep problems. Psychologically, excessive use is associated with stress, anxiety, loneliness and low self-esteem. Socially, face-to-face communication and family interaction may decline.

Recommendations

Students should set screen-time limits, keep phones away during study sessions, disable unnecessary notifications, exercise regularly, maintain healthy sleep habits and schedule regular digital detox periods. Parents and teachers should encourage responsible technology use. Students should set screen-time limits, keep phones away during study sessions, disable unnecessary notifications, exercise regularly, maintain healthy sleep habits and schedule regular digital detox periods. Parents and teachers should encourage responsible technology use. Students should set screen-time limits, keep phones away during study sessions, disable unnecessary notifications, exercise regularly, maintain healthy sleep habits and schedule regular digital detox periods. Parents and teachers should encourage responsible technology use.

Conclusion

Mobile phones are valuable educational tools when used wisely. However, addiction can negatively affect academic success, health and relationships. Developing healthy digital habits will help students enjoy the benefits of technology while reducing its harmful effects. Mobile phones are valuable educational tools when used wisely. However, addiction can negatively affect academic success, health and relationships. Developing healthy digital habits will help students enjoy the benefits of technology while reducing its harmful effects. Mobile phones are valuable educational tools when used wisely. However, addiction can negatively affect academic success, health and relationships. Developing healthy digital habits will help students enjoy the benefits of technology while reducing its harmful effects.