

A Study on Smartphone Addiction among School Students
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Abstract

Smartphone has become a part and parcel of modern life as data reveals that in September 2020 there are 3.5 billion Smartphone users globally which accounts for 44.81% of world population and 346 million people use the device in India alone. The society has realized the value, utility and convenience of the gadget which has brought the whole world in their fingertips but it has also faced numerous associated problems. The present paper makes an attempt to assess the amount of addiction, anxiety and depression faced by school students due to use of Smartphone through a survey conducted on a representative population residing in Bengal. The results show that modern students are highly addicted to their Smartphone and spend a significant amount of time with it. They are aware of the health hazards and admit that their educational endeavor suffers considerably due to overuse of the gadget. It is also found that absence of the device causes tension, stress and restlessness among the sample surveyed.

Keywords: anxiety, attention, depression, school, Smartphone, stress, students.