



Effect of Smartphone Addiction on Academic Procrastination among College Students of Vadodara

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ABSTRACT

Smartphone has become one of the important devices used to make things easier for human lives and their activities. Smartphone addiction is a problem that pertains to uncontrollability of smartphone use. Smartphone addiction affect a person's social, psychological, and physical well-being. Specifically, adolescents are at high-risk group for smartphone addiction. Due to smartphone addiction student are at risk of procrastinating the Academic work. This study was done to assess the effect of smartphone addiction on academic procrastination among students of selected college of Vadodara. A descriptive study design was selected where 200 samples are selected by non-probability- convenient sampling technique. Data was collected by self-structured questionnaire & Likert scale. The result show that 124 students are Addicted to smartphone, 47 were strongly addicted & 29 are not addicted. Study concluded that majority of student are procrastinating their academic work due to overuse of smartphone or addiction.

Keywords: Smartphone Addiction, Academic Procrastination & Students.

Received 14.12.2022

Revised 30.01.2023

Accepted 24.02.2023

INTRODUCTION

Smartphone is one of the key tools for making people's lives and daily tasks easier is the Smartphone. Smartphone combines both computer and mobile phone features into one device having web browsers that can be connected through mobile internet, and Wi-Fi internet network is a source of education and entertainment through the applications. [1]

The excessive use of smartphones is term as smartphone addiction. These issues affect a person's social, psychological, and physical well-being. Teenagers in particular are a high-risk population for smartphone addiction. Teenagers have a close bond with their smartphones and see them as a part of themselves. Many users of smartphones have said they couldn't survive without their device. [2]

Due to the prevalence of smartphone in our society, excessive use and even addiction have become significant global issues. Although numerous studies have examined the relationship between smartphone phone use and educational outcomes, many such studies have yielded mixed findings. The majority of research used students' self-reported course grades to examine the associations between smartphone usage and academic Performance. [3]

Senecal, Koester, and Vallerand (1995) suggest that procrastination is a motivational issue including factors other than ineffective time management or inherent laziness. The academic domain stands as one of the very common domains where procrastination behaviour is most common observed. Student procrastination doing their homework, classwork, finishing their projects, as well as preparing for examinations, or many other things in the academic sense. Academic procrastination, according to Binder (2000), is any academic work that is put off or avoided because of an imbalance between one's intentions and one's behaviours to the point where it negatively affects the procrastinator. Problematic use of mobile phones is a factor that has allegedly received the least amount of research in relation to academic procrastination. [4]

Objectives

1. To assess smartphone addiction among students of selected college of Vadodara.
2. Assess the effect of smartphone addiction academic procrastination among students selected college of Vadodara.
3. To find association between smartphone addiction and social demographic variable among students selected college of Vadodara.

MATERIAL AND METHOD

A quantitative research approach was adopted to conduct this study & descriptive research design is used to assess effect of Smartphone addiction on Academic procrastination among student of selected college of Vadodara. 200 sample selected by non-probability convenient sampling technique who fulfilled the inclusion criteria which include 1. Who is Willing Participant, 2. Present at time data collection, 3. Who belongs to age group of 18 to 30 Year. Data was collected after taking Inform Consent by using Socio-demographic questionnaire, Likert scale to assess smartphone addiction & Academic procrastination questionnaires. Ethical clearance will be obtained from the Institution and formal administrative permission will be obtained from Institute. Demographic data will be analysing using descriptive statistics such as percentage, mean, median and standard deviation. Effect of Smart phone addiction on Academic Procrastination analysed by using inferential statistics. The Association between socio-demographic variable with their Smartphone Addiction was found statistically significant at $p < 0.005$ level.

RESULT AND DISCUSSION

Finding related to sociodemographic variables show that Majority of the students belongs from the age group of 18 - 20 years that are 108(54%), were 89(44.5%) from age group of 21-25 years & only 3(1.5%) from 26- 30 years. 150(75%) are Female and 50(25%) Male. Majority of students living in Urban area 113(56.5%) were 87(43.5%) in Rural area. 107(53.5%) students are from nuclear family and 93(46.5%) from Joint family, 184(92.0%) are Hindu were 8(4.0%) Christian & Muslims. 10(5.0%) are Diploma students, 185(92.5%) Undergraduate were 5(2.5 %) Postgraduate. 195(97.5 %) students are you using smartphone & 5(2.5 %) are not using. 20(10.0 %) are using smartphone from less than 1 year were 92(46.0 %) are using from 1-3 years & 88(44.0 %) are using for more than 3 years.

Finding related to smartphone addiction show that 124(62.0%) students are Addicted were 47(23.5%) are Strongly Addicted, 29(14.5%) are non-addicted.

Finding related to smartphone addiction on academic procrastination show that, 127(63.5%) are spend a lot of time on the smartphone, were 73(36.5%) are not using smartphone. 178(89.0%) are using smartphone for study purpose, were 22(11.0%) are not study. 107(53.5%) are using social media on smartphone while studying, were 93(46.5%) are not using. 131(65.5%) students study time affected by smartphone usage, were 69(34.5%) said not affected. 99(49.5%) delay college assignment submission due smartphone addiction, were 101(50.5%) not. 103(51.5%) students results were affected by smartphone addiction were 97(48.5%) student result not affected. 123(61.5%) are focus properly in studies, were 77(38.5%) are not able to study properly. 95(47.5%) are using a smartphone too much during exam preparation time for entertainment were 105(52.5%) are not using.

Finding related Association between social demographic variable and smartphone addiction show that, Age and Qualification of adolescent students was found statistically significant at $p < 0.005$ level. Gender, Area of living, Type of family, Religion, using smartphone & Duration of using smartphone was found statistically non-significant at $p < 0.005$ level.

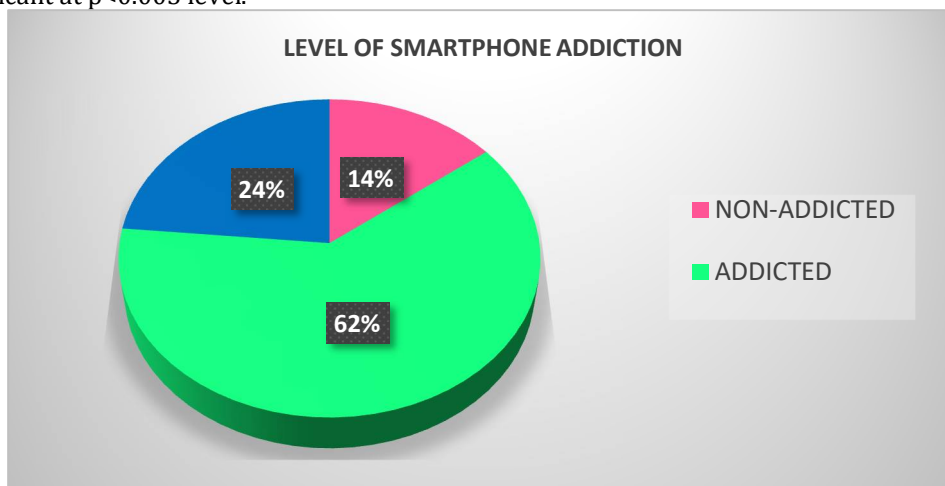


Fig. 1: Level of Smartphone addiction among students

Table 1: Association between Socio-Demographic Variables and Smartphone Addiction(N-200)

Sr. No.	Socio-Demographic Variable	Non-Addicted	Addicted	Strongly Addicted	Chi Value	Df	P-Value
1.	Age				17.630	4	0.001**
	18-20 Years	11	80	17			
	21-25 Years	17	44	28			
	26-30 Years	1	0	2			
2.	Gender				4.779	2	0.92*
	Male	8	25	17			
	Female	21	99	30			
3.	Area Of Living				0.291	2	0.864*
	Rural	12	53	22			
	Urban	17	71	25			
4.	Type Of Family				2.424	2	0.298*
	Joint	17	57	19			
	Nuclear	12	67	28			
5.	Religion				3.886	4	0.422*
	Hindu	27	115	42			
	Muslim	1	3	4			
	Christian	1	6	1			
6.	Qualification				15.406	4	0.004**
	Diploma	2	1	7			
	Ug	27	119	39			
	Pg	0	4	1			
7.	Using Smartphone				2.727	2	0.256*
	Yes	27	122	46			
	No	2	2	1			
8.	Duration Of Using Smartphone				0.888	4	0.926*
	Less Than 1 Year	4	12	4			
	1 To 3 Years	12	59	21			
	More Than 3 Years	13	53	22			

**Significant

*Non-Significant

Table 1 show that association between socio-demographic variables and smartphone addiction. Result show that Age and Qualification of adolescent students was found statistically significant at $p < 0.005$ level. Gender, Area of living, Type of family, Religion, using smartphone & Duration of using smartphone was found statistically non-significant at $p < 0.005$ level.

According to one of the studies done in Saudi Arabia in April 2020 on the student regarding Smartphone Addiction among University Students in Light of the COVID-19 Pandemic: Prevalence, Relationship to Academic Procrastination, Quality of Life, Gender and Educational Stage. Total 556 samples were selected. The result of the study shows that 37.4% were addicted & 62.8 % students are Average Procrastinating the Academic Work, 7.7% had a high level of Academic Procrastination.[5]

CONCLUSION & RECOMMENDATION

The study concluded that smart phone addiction is affecting the Academic of college students. Majority of student are procrastinating their academic work due to overuse of smartphone or addiction.

This type study should be conducted on large sample from different places to generalized broadly. The same study can be done at different setting. Similar study can be done in that assess the effect of smartphone addiction on academic result as well as it can be done on behavioral changes among the student after smartphone addition. Study should be done on preventive measure for smartphone addiction among the student.

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CITATION OF THIS ARTICLE

Sandhya Kumari Rajbhar, Dhvani Patel, Dhruvi Patel and Divy Kumar Patel. Effect of Smartphone Addiction on Academic Procrastination among College Students of Vadodara. *Bull. Env. Pharmacol. Life Sci.*, Vol 12 [12] November 2023: 40-43