

A Cross-Sectional Study on Smartphone Addiction, Sleep Hygiene, and Perceived Stress

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Abstract : Introduction: The introduction of android and iOS has changed our lives dramatically over the past few years. The new generation is more dependent on their mobile phones for carrying out their daily pursuits. Smartphones have revolutionized our lives. The cutdown in rates of mobile network services has been affecting us drastically. A new type of dependence is seen among the people for Smartphones. A cross-sectional study was conducted to determine the state of addiction among the group of medical students, along with its association with sleep hygiene and anxiety. Material and Method: Study included 50 individuals in the age group of 18-35 years. Smartphone Addiction Scale Short Version, Sleep Hygiene Index, and Perceived Stress Scales were used conducting the study. Results: Mean age of 22 years (12%). The majority of subjects were 20-year olds (15 out of 50), the majority were males with few females. Mean Smartphone addiction score 39 (very severe), Mean Sleep Hygiene Index score 26.76 (moderate maladaptive hygiene and Mean Perceived Stress score of 19.92 (moderate stress). Conclusion: In majority students were found to have a very severe Smartphone Addiction with moderate sleep hygiene and a moderate level of perceived stress. The Smartphone was being used was for surfing social media applications.

Keywords : addiction perceived stress, sleep hygiene index, smartphone

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