

Relationship between Smartphone Addiction and Academic Performance among University Students

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Abstract : The present study aims to focus on the relationship between smartphone addiction and academic performance of students along with social networking sites, overuse of smartphone, GPA's and time management skills as their sub-variables. In this world of technology, the smartphone becomes a vital part of everyone's life. The addiction of smartphones has both negative and positive impact on young people (students). Students keep themselves busy with smartphones without noticing that smartphone addiction is creating a negative impact on their social, academic, and personal lives. A quantitative approach was used to collect data through questionnaire from 360 students of two private universities in Pakistan in summer 2017. The target age group was 19-24 studying in Bachelors programmes. Data were analyzed by using SPSS (version 20), linear correlation and regression tests were applied. Results reveal that there is a negative relationship between smartphone addiction and academic performance. Moreover, it has been proved that students with good time management skills achieve high grades/GPA's than those who have poor time management skills. From the findings, the researcher suggests that students should spend their time wisely and use their smartphones for educational purpose. However, students need training and close monitoring to get benefits out of smartphones use.

Keywords : smartphone addiction, academic performance, time management skills, quantitative research

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