
**A Study on the Relationship between Smartphone Addiction and Anxiety,
Depression, and Stress among College Students with special reference to
Chhattisgarh State**

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Abstract:

This study investigates the relationship between smartphone addiction and mental health parameters such as anxiety, depression, and stress among college students in Chhattisgarh. A sample of 70 students was surveyed using a structured questionnaire. The findings reveal a significant positive correlation between smartphone addiction and levels of anxiety, depression, and stress. This study underscores the urgent need for educational interventions and mental health support services in higher education institutions.

Introduction:

The ubiquitous use of smartphones has significantly transformed the daily lives of individuals, especially college students. While smartphones provide numerous benefits, including instant communication and access to information, their overuse has led to negative psychological consequences. The increasing prevalence of smartphone addiction raises concerns about its impact on students' mental health. This study seeks to explore the association between smartphone addiction and anxiety, depression, and stress among college students in Chhattisgarh.

Brief Literature Review:

Recent studies have reported strong associations between excessive smartphone use and mental health issues. Research by Elhai et al. (2017) indicated that smartphone addiction is positively correlated with anxiety and depression. Similarly, Samaha and Hawi (2016) found a link between smartphone overuse and increased stress levels. In the Indian context, studies such as those by Prasad et al. (2018) highlighted rising smartphone dependency among youth and its psychological consequences.

Rationale of the Study:

There is limited research in the regional context of Chhattisgarh exploring how smartphone addiction affects mental health among college students. Given the socio-cultural and academic pressures unique to this region, this study aims to fill the gap by analyzing local trends and implications.

Research Gap Identified in the Literature:

Despite a growing body of global literature on smartphone addiction, there is a paucity of empirical studies focusing on students in Chhattisgarh. Most existing research fails to account for regional differences and local challenges faced by students.

Objectives of the Study:

1. To assess the level of smartphone addiction among college students in Chhattisgarh.
2. To examine the relationship between smartphone addiction and anxiety, depression, and stress.

3. To identify gender differences in smartphone addiction and its psychological effects.
4. To recommend strategies for mitigating the negative impact of smartphone use.

Research Purpose and Questions:

The purpose is to understand the psychological impact of smartphone addiction. Key research questions include:

- What is the extent of smartphone addiction among college students?
- How does smartphone addiction relate to anxiety, depression, and stress?
- Are there significant gender differences in smartphone addiction and its effects?

Limitations:

- The sample size is limited to 70 students.
- The data relies on self-reporting, which may introduce bias.
- The findings are specific to Chhattisgarh and may not be generalized.

Method:

A descriptive correlational research design was used. The Smartphone Addiction Scale (SAS-SV) and Depression, Anxiety, and Stress Scale (DASS-21) were used for data collection.

Participants (N=70):

The study sampled 70 undergraduate and postgraduate students from various colleges in Chhattisgarh using purposive sampling.

Data Collection:

Data was collected through an online and offline survey method using a structured questionnaire that included demographic details and validated psychometric scales.

Data Analysis:

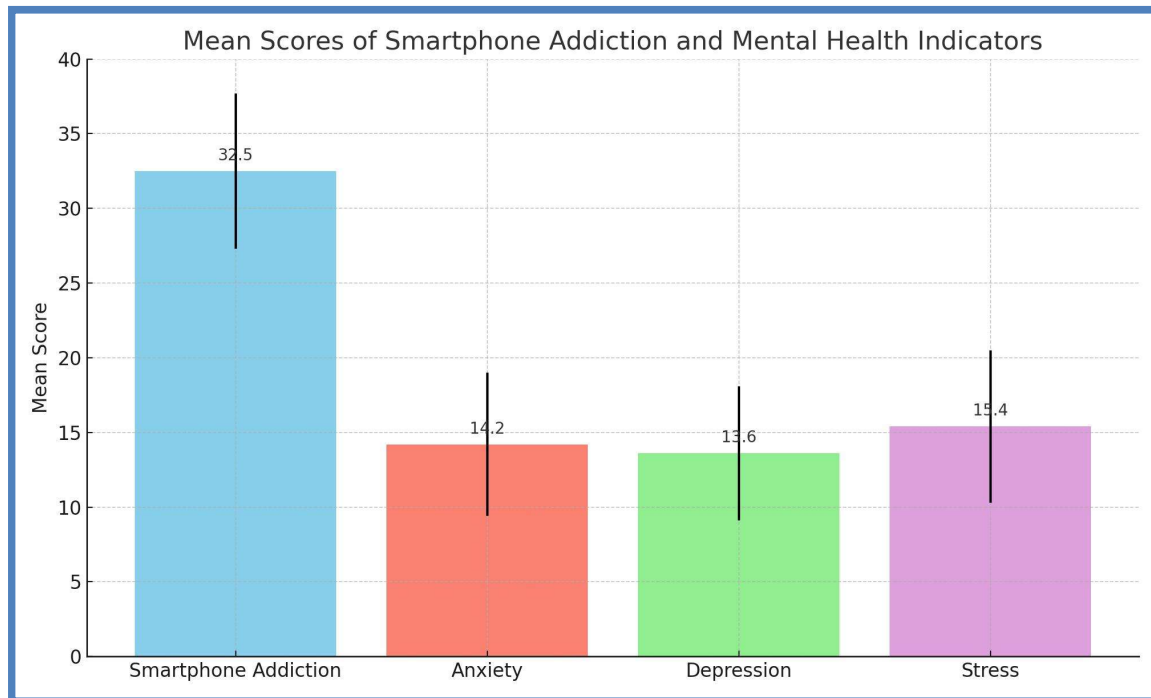
Data were analyzed using SPSS. Descriptive statistics, Pearson correlation coefficients, and t-tests were employed.

Analysis of Survey Responses:

Table showing Descriptive Statistics of Smartphone Addiction and Mental Health Indicators among College Students

Variable	Mean	SD	Min	Max
Smartphone Addiction	32.5	5.2	18	45
Anxiety Score	14.2	4.8	6	21
Depression Score	13.6	4.5	5	20
Stress Score	15.4	5.1	6	23

Graph showing Descriptive Statistics of Smartphone Addiction and Mental Health Indicators among College Students



Interpretation of Results:

The data reveal moderate to high levels of smartphone addiction. Pearson correlation showed significant positive relationships between smartphone addiction and anxiety ($r = 0.61$), depression ($r = 0.58$), and stress ($r = 0.64$), indicating that higher smartphone addiction is associated with greater psychological distress.

Discussion:

The findings align with previous literature, confirming that smartphone addiction is a contributing factor to mental health issues among youth. The results also suggest that gender differences exist, with females reporting higher anxiety and stress levels. The study highlights the need for targeted psychological interventions.

Results:

The study found that smartphone addiction is prevalent among college students in Chhattisgarh and significantly associated with increased anxiety, depression, and stress.

Conclusion:

Smartphone addiction poses a serious threat to the mental well-being of college students. There is a pressing need for awareness campaigns and counseling services to address this growing concern.

Educational Implications:

Educational institutions should incorporate digital wellness programs and provide mental health support. Educators should also monitor and guide students in balancing academic and digital lives.

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