



Negative Impact of Smartphones on Student's Academic Performance

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Technology has transformed the way students learn, communicate and spend their time. Smart phones are one of the most commonly used devices among the students. Although the smartphones have made life easier through the easy access of the information, online learning opportunities, availability of the free educational resources, instant communication and other educational purposes. However, despite their numerous advantages the excessive and uncontrolled use of the smartphones among the students is a matter of concern. Overuse of the smartphones often leads to distraction, reduced concentration, poor academic performance and various physical and mental health problems. As a result, smartphones, instead of being a source of convenience are increasingly becoming the source of distraction and addiction among the students.

Causes of Smartphone Addiction Among Students

Several factors contribute to the excessive use of smartphones among students. One of the major reasons is the growing popularity of social media. Students spend hours of their valuable time scrolling, chatting and sharing content on social media platforms such as Instagram, YouTube, Snapchat, Telegram, WhatsApp and Facebook. Students also spend a lot of time on online gaming. Smartphones also provide easy access to the internet making it difficult to avoid. Peer pressure and the fear of missing out are another cause of smartphone addiction among students. Students feel influenced by their friends to stay active on social media. Online relationship has become more important than real-life relationship. Many students also use smartphones to escape from reality, stress, boredom and loneliness. Moreover, the increasing dependence on smartphones for online classes and educational activities often leads students to spend even more time on non-academic activities.

Negative Effects of Smartphones on Students

Excessive use of smartphones has several negative impacts. One of the major impacts is poor academic performance. Students spend more time on their smartphones rather than on studies. The constant use of smartphones reduces concentration and distracts students from their goals. Excessive screen time leads to sleep problems, eye problems, headaches and other mental problems. The continuous use of smartphones release dopamine which causes the feeling of satisfaction and pleasure. This leads to smartphone addiction making it difficult for student to control their screen time. Spending hours on social media leads to anxiety, stress and emotional instability. Students compare their real life with reel life which lowers self-confidence and creates the feelings of loneliness. Moreover, students become physically less active, spending more time on their smartphones which leads to obesity and other health problems. Shabani *et al.* (2025) studied smartphone addiction among university students and

found that 48.1% used their phones for 4-6 hours daily. About 50.4% used smartphones primarily for social media, research, news and entertainment. The study also showed that many students were emotionally attached to their phones as 84.6% experienced anxiety or distress without their phones. Physical symptoms were also reported, with 23% experiencing wrist or neck pain due to prolonged use. Singh and Ajita (2026) studied smartphone addiction among male and female university students and found that high prevalence of addiction with 59% of males and 50% of females identified as addicted while 36% of males and 43% of females were at high risk while only a small proportion showed no addictive behaviour.

Ways to Reduce Smartphone Addiction

Students should reduce their screen time and use smartphones mainly for educational purposes. Students should keep smartphones away while studying or sleeping which can improve concentration. Engaging in outdoor activities and hobbies like gardening, reading books, playing games and drawing can reduce dependence on smartphones. Spending more time with family and friends is also important. Turning off unnecessary notifications and deleting useless apps can help reduce distraction. Engaging in morning walk, yoga or other physical activities helps reduce smartphone addiction by keeping the mind calm and the body active. Parents, teachers and educational institutes also play important role in reducing smartphone addiction. Parents should monitor the screen time of their children. Teachers can create the awareness among the students regarding the harmful effects of smartphones. Schools, colleges and universities can organise awareness programmes on digital wellbeing and balanced use of technology.

Conclusion

Although smartphones have made life easier, their excessive use among the students is a matter of great concern. Smartphone addiction negatively affects student's academic performance, mental health, physical health and social relationships. However, by adopting healthy habits such as limiting screen time, engaging in physical activities and using smartphones only when required can help reduce smartphone addiction among students.

References

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