Research Paper

Exploring the Impact of Smartphone Addiction on Body Image and Self-Esteem among Young Adults

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ABSTRACT

The excessive and obsessive use of smartphones that results in smartphone addiction can have detrimental effects on many facets of life. Additionally, people's perceptions of their bodies are linked to it because they might compare how they look to idealised images on social media, which could increase or decrease their level of body satisfaction. Furthermore, self-esteem may be impacted by smartphone addiction. The objective of this study is to explore the impact of smartphone addiction on body image and self-esteem among young adults. A total sample of 100 young adults were collected in age 21-26 years of age. Standardized scales were used to study smartphone addiction, Body Image and Self-Esteem among young adults. The results of the study showed a strong correlation between young adults' self-esteem and body image and smartphone addiction. Higher degrees of smartphone addiction were linked to lower self-esteem and more negative body image perceptions. In particular, the correlation coefficients showed significant effects of smartphone addiction on self-esteem (0.270) and body image (0.252), indicating a worrying trend towards decreased well-being in this group.

Smartphone Addiction

Smartphone addiction, sometimes referred to as problematic or compulsive smartphone use, is the excessive and obsessive use of smartphones that has a negative impact on a person's social, academic, professional, and psychological well-being, among other areas of their life. It is characterised by a strong desire to check and use smartphones continuously, even when doing so is improper or dangerous. Constantly checking notifications, getting nervous or agitated when unable to use the phone, ignoring obligations, and going through withdrawals when not using the phone are all signs of smartphone addiction. Smartphone addiction is the excessive, and hard to control, use of a smartphone. These devices have become so pervasive and their use so widespread that a psychological term has been developed to describe the attachment people have: "nomophobia, or the fear of being without a mobile device" (Bhattacharya, et.al)

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Mun and Lee (2023) used data from 2,396 parent-child pairs in South Korea to find a strong correlation between parental depression and children's smartphone addiction. They discovered that children's self-esteem and parental neglect moderate this relationship, with higher parental depression levels causing children to experience less self-esteem and more neglect, which in turn increases their reliance on smartphones.

Research on Instagram Use as a Multimedia Platform for Sharing Images and Videos: Links to Smartphone Addiction and Self-Esteem (Hinojo-Lucena, F-J., et al. in 2021). In this study, 389 Instagram users between the ages of 18 and 57 completed three standardised scales in an online survey (M=23.98; SD= 5.37). The results show statistically significant differences in the extensive use of Instagram and smartphone addiction based on an individual's work situation and educational attainment. Furthermore, the multiple linear regression analysis revealed that age and the amount of time spent on the social network were predictive of both heavy Instagram usage and smartphone addiction. Finally, the structural equation model demonstrated a positive correlation and a negative relationship between smartphone addiction and self-esteem.

Body Image

The concept of "body image" describes how someone feels, thinks, and perceives their own physical appearance. It is a reflection of how society as a whole, moulded by its norms and culture, is perceived and defines an individual's body representation, including their mirror image. Factors such as physical capabilities, mobility, and overall health can have a big impact on how someone feels about their body. Individuals who have long-term medical conditions or disabilities, for instance, might struggle to accept and value who they are. It's important to realise that everyone has a very subjective and varied perception of their body. What one individual views as flaws or shortcomings, another may view as unique traits or advantages.

Yang et al. (2022) used data from 5986 people (average age 19.8, 54.1% female) to examine the connection between disordered eating behaviours and body dissatisfaction. They discovered that depression, smartphone addiction, and a recurrent combination of the two acts as mediators between body dissatisfaction and disordered eating. But because the study is cross-sectional, more longitudinal investigation is required to fully clarify the causal relationships.

Liu et al. (2020) looked at smartphone addiction and body dissatisfaction in 1036 Chinese teenagers (mean age = 12.41 years). They discovered that positive self-presentation on social networking sites acts as a mediator between smartphone addiction and body dissatisfaction. Furthermore, this relationship was also moderated by friendship quality, which had a significant impact on the relationship between body dissatisfaction and positive self-presentation, especially in adolescents with low friendship quality. This research advances our knowledge of the relationships between smartphone addiction and technology use in daily life.

Self-Esteem

The body image research has long been dominated by focus on the negative aspects of it including its impact on physical and psychological health (Lemoine, et.al, 2018). Self-esteem is a multifaceted psychological construct that encompasses an individual's comprehensive evaluation of their own merit, significance, and capabilities. At its core, self-

esteem is a reflection of an individual's internal self-perception, which is influenced by a range of elements including social interactions, cultural upbringing, individual experiences, and societal norms. Self-esteem has also been conceptualized as an ecological complex model with the dimensions of global self-esteem, physical self-worth, physical condition, sport competence, physical strength, and attractive body (Fortes, et.al, 2004). People's perceptions of themselves in relation to other people and their surroundings are shaped by complex interactions between behavioural, emotional, and cognitive factors. A person's ability to make decisions and advocate for themselves, identify their strengths, feel brave enough to try new or challenging things, be kind to themselves, move past mistakes without unfairly blaming themselves, and accept responsibility for their actions are all characteristics associated with self-esteem.

In 2020, Romero-Rodríguez J-M., et al. conducted a study on the effects of problematic smartphone use and the intensity of Instagram use on university students' self-esteem. Mobile devices are revolutionary and have limitless potential, even though they can also cause problems for users. It is accurate to say that they could affect a person's wellbeing. An online survey was administered to a sample of 385 undergraduate students as part of a cross-sectional research strategy. The results showed that problematic smartphone use was influenced by both gender and age. On the other hand, there was a clear correlation between smartphone addiction and the amount of Instagram use. In the end, the findings are reviewed and the main conclusions of the study are drawn. Students in physical education have a special duty to stop athletes from using cellphones.

Objectives
- To examine the impact of smartphone addiction on Body Image among young adults.
- To examine the impact of Smartphone Addiction on Self-Esteem among young adults.

Hypothesis
1. There will be Significant relationship between Smartphone Addiction and Body Image Satisfaction among young adults.
2. There will be Significant relationship between Smartphone Addiction and Self-Esteem among young adults.

Sample
The aim of the research was to collect data from 100 participants, who would range in age from 18 to 26. People in this age range who agreed to take part in the study were included in the inclusive criteria. On the other hand, those who were on prescribed medication, declined to participate, or had a history of mental health problems were not included. This exclusion criterion guaranteed the absence of any confounding variables that might have an impact on the study's results in the sample.

Instruments
The Smartphone Addiction Scale- Short Version: For evaluating problematic smartphone use, a shorter version of the smartphone addiction scale is frequently used. Researchers from South Korea, Kwon, Kim, Cho, and Yang, created the 10-item SAS-SV in 2013. It was developed using the 33-item extended version of the scale. A Likert-type scale, ranging from 1 for strongly disagree to 6 for strongly agree, is used to score the SAS-SV item.

The Body Image Questionnaire: The general level of body satisfaction is measured by The Body Image Questionnaire. It was created by Marilou Bruchon-Schweitzer. Participants are asked to rate the frequency of their feelings regarding their body image on 19 items with opposing meanings. The bipolar scale had five points.

Rosenberg Self-Esteem Scale: One of the most popular self-esteem tests in social science research is the Rosenberg Self-Esteem Scale (RSES). Morris Rosenberg created it in 1965, and psychiatry, mental health, and psychology all make extensive use of it. The 10-item Rosenberg Self-Esteem Scale is used to measure self-esteem. In the field of psychology, it is regarded as the gold standard for determining self-esteem. It is a four-item Likert scale.

Procedure

To gather the information for each psychological tool, a Google form was made beforehand. The link was sent to the participant as soon as they voluntarily consented to participate in the study, and it was kept handy. The participants were instructed to complete the form all at once, to try to sit in a quiet area, and to reduce the impact of outside noise while completing the responses. The subjects received first-hand coordination, and any questions they had about how to use certain items were answered right away.

ANALYSIS OF THE DATA

Results

Table: 1 Regression Test on Smartphone addiction and Body Image.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.252[a]	.064	.054	8.52840

a. Predictors: (Constant), Smartphone addiction

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	483.901	1	483.901	6.653	.011[b]
	Residual	7127.889	98	72.734		
	Total	7611.790	99			

a. Dependent Variable: Body Image

b. Predictors: (Constant), Smartphone addiction

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	T	Sig.
1	(Constant)	41.314	2.769		14.919	.000
	smartphone addiction	.213	.083	.252	2.579	.011

a. Dependent Variable: Body Image

Table: 2 Regression Test on Smartphone addiction and Self Esteem.

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.270[a]	.073	.063	8.34492
a. Predictors: (Constant), Smartphone addiction				

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	536.411	1	536.411	7.703	.007[b]
	Residual	6824.499	98	69.638		
	Total	7360.910	99			
a. Dependent Variable: Self Esteem						
b. Predictors: (Constant), Smartphone addiction						

Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	21.875	2.710		8.073	.000
	Smartphone addiction	.224	.081	.270	2.775	.007
a. Dependent Variable: Self Esteem						

Table: 3 Correlation test on Smartphone addiction and Self Esteem.

Correlations

		Smartphone addiction	Self Esteem
Smartphone addiction	Pearson Correlation	1	.270[**]
	Sig. (2-tailed)		.007
	N	100	100
Self Esteem	Pearson Correlation	.270[**]	1
	Sig. (2-tailed)	.007	
	N	100	100
**. Correlation is significant at the 0.01 level (2-tailed).			

Table: 4 Correlation test on Smartphone addiction and Body Image.

Correlations

		Smartphone addiction	Body Image
Smartphone addiction	Pearson Correlation	1	.252[*]
	Sig. (2-tailed)		.011
	N	100	100
Body Image	Pearson Correlation	.252[*]	1
	Sig. (2-tailed)	.011	
	N	100	100
*. Correlation is significant at the 0.05 level (2-tailed).			

DISCUSSION OF THE RESULT

Numerous methodologies have been employed to ascertain the influence of smartphone addiction on the self-worth and body image of young adults. To collect factual information and statistics for the current study, the researcher employed a descriptive research methodology. To obtain a patent on a descriptive research design, one must have an accurate understanding of various facts and data. Both primary and secondary sources of data and information were used in this investigation. A systematic questionnaire was used to gather the primary data. Through the use of both closed- and open-ended survey questions, the researcher was able to compile the most relevant data. It would have been impractical to gather the responses in person, so an electronic questionnaire was sent to the participants to administer the survey. Secondary sources provided information to the researcher as well. For more information, the current investigation consulted previously published papers and articles. Personal investing preferences have also been disclosed in a plethora of articles published in magazines, e-books, and other websites. The sample size chosen for this investigation was decided after considering the limitations on sample collection. A sample of one hundred respondents was used in this investigation. Those between the ages of 18 and 30 were chosen for the study. The sample strategy that the researcher has selected for this investigation is convenience sampling. It was simpler to gather information and data for the current investigation thanks to the sample strategies that were employed. It was simpler to gather information and data for the current investigation thanks to the sample strategies used.

Following frequency and percentage tests on the respondents' demographic characteristics, it was found that 84% of the respondents were between the ages of 18 and 24, and 16% were between the ages of 25 and 30. The respondents were split equally between males and females, making up 50% of the sample size in each gender. The respondents represented a wide range of professions; the majority were students (64%), then business professionals (5%), advocates (5%), and unemployed people (3%). Each of the remaining positions represented 1% of the sample population as a whole. With a correlation coefficient of 0.252, the regression analysis on the relationship between smartphone addiction and body image revealed a statistically significant relationship, indicating that smartphone addiction has a significant effect on body image. These results imply that a more negative self-perception of one's own body is associated with an increase in smartphone addiction. Regression analysis on the relationship between self-esteem and smartphone addiction revealed a strong correlation between the two variables. In particular, a correlation value of 0.270 showed that smartphone addiction significantly affects self-esteem. This implies that a lower feeling of self-worth is correlated with a higher level of smartphone addiction.

A statistically significant relationship between smartphone addiction and body image was discovered by correlation analysis, which yielded a correlation coefficient of 0.252. With a correlation coefficient of 0.270, the study of correlations between smartphone addiction and self-esteem revealed a strong relationship between the two variables.

CONCLUSION

The study's findings demonstrate, in summary, the serious effects of smartphone addiction on self-esteem and body image. These results highlight how critical it is to address smartphone addiction and the ensuing negative impacts on mental health. Moreover, they emphasise the necessity of further investigation into the intricate mechanisms that establish the connection between body image perceptions, levels of self-esteem, and smartphone

addiction. Finding and implementing efficient therapies to lessen smartphone addiction and support improved mental health outcomes is also critically needed. By delving deeper into these areas of research, we might be able to better comprehend the complexities of smartphone addiction and develop targeted strategies to lessen its detrimental effects. Consequently, this will promote more positive interactions with technology.

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