

Influence of Smartphone Addiction on Mental Well-Being and Self Esteem

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ABSTRACT

The pervasive use of smartphones has led to growing concerns about the detrimental effects of smartphone addiction on mental well-being and self-esteem. This dissertation explores the intricate relationship between smartphone addiction and its implications on mental health and self-esteem. Drawing upon psychological theories and empirical research, the dissertation investigates the psychological mechanisms underlying smartphone addiction, including reinforcement mechanisms, cognitive biases, emotional regulation, and escapism. Furthermore, it examines the impact of smartphone addiction on various aspects of mental well-being, such as anxiety, depression, stress, sleep disturbances, and impaired cognitive functioning. Additionally, the dissertation explores the role of self-esteem and social comparison in the digital age, elucidating how constant exposure to idealized images and lifestyles on social media platforms can erode self-esteem and foster feelings of inadequacy. Through a comprehensive analysis of the literature, this dissertation aims to provide insights into the complex interplay between smartphone addiction, mental well-being, and self-esteem, and to inform interventions and strategies aimed at promoting healthier relationships with technology in the digital age.

Keywords: *Smartphone addiction, Mental well-being, Self-esteem, Psychological mechanisms, Anxiety, Depression, Stress*

There are many facets of human behavior and psychology that have been significantly impacted by the ubiquitous nature of cell phones in today's always-on, always-connected society. Researchers, psychologists, and the general public have begun to pay more and more attention to the growing problem of smartphone addiction as one of the many negative effects. The complex interplay between smartphone addiction, mental health, and self-esteem is the subject of this dissertation. Excessive and obsessive smartphone usage that has detrimental effects in many areas of life is known as smartphone addiction, problematic smartphone use, or compulsive smartphone use. The ubiquitous nature of cell phones and the lightning-fast development of related technologies have led many people to lose themselves in online activities, which may have negative effects on their psychological well-being and sense of self-worth.

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Addiction to smartphones has a complicated and multi-dimensional impact on mental health. Anxiety, despair, and stress are just a few of the mental health disorders that have been linked to heavy smartphone usage, according to a plethora of research. Anxiety and stress levels might rise due to the constant flood of messages and the overwhelming urge to be connected and attentive at all times. There is a vicious cycle use poor mental health that may be exacerbated by the addictive nature of cell phones, which can alter sleep habits.

A person's self-esteem, or their subjective assessment of their own value and worth, may also be severely affected by an addiction to smartphones. Social media's ease of comparison and the accompanying need for approval in the form of likes, comments, and follows may lead to poor self-esteem, inadequacy, and uncertainty. Also, people tend to compare their lives negatively to others' on social media, which may make them feel even worse about themselves because of the romanticized and false portrayal of reality that is typically included in these feeds.

The connection between smartphone addiction, mental health, and self-esteem is complex, however, and must not be ignored. Smartphones have both positive and negative uses; on the one hand, they may be a source of connection, knowledge, and entertainment; on the other, they can improve health and promote a feeling of belonging. The effects of smartphone addiction on psychological well-being and self-esteem may be mitigated to some extent by individual variations in personality traits, coping mechanisms, and social support systems.

REVIEW OF LITERATURE

The widespread availability of cell phones has dramatically altered many facets of people's routines. A hybrid of a computer and a telephone, these portable gadgets serve several purposes. Ever since its debut in 2007, smartphones have gone a long way, allowing users to do anything from edit documents to occupy themselves, interact with friends and family, and even purchase online. The smartphone is also an essential tool for easily and quickly accessing a variety of online resources (**Dikeç & Kebapçı, 2018**).

Didkeç & Kebapçı (2018) and Kibona & Mgaya (2015) found that a significant majority of students, up to 80%, use their cellphones every day, with a median use time of 5-7 hours. According to Qader and Omar (2015), the majority of students who own cellphones mostly use them for texting (98.1%), social networking (91.6%), internet browsing (89.7%), and gaming (84.1%). Smartphones are more often used for social activities, such as accessing social networks, rather than for educational purposes (**Kibona & Mgaya, 2015**).

Concerns over students' excessive smartphone usage have been voiced in an increasing amount of published material recently. According to Soni, Upadhyya, and Jain (2017), when there is a noticeable pattern of behavior in everyday life that is caused by using cellphones excessively, it is considered a smartphone addiction. (**Jain, 2017**).

Addiction to smartphones is a kind of behavioral addiction. Mood swings, fixation, obsession, resistance, withdrawal symptoms, deceit, overuse, disinterest, relapse, and interpersonal and intrapersonal conflicts are all hallmarks of behavioral addictions. Like chemical addiction, behavioral addiction may cause impairment in functioning and withdrawal symptoms can be very severe (**Mitchell & Hussain, 2018**).

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The negative effects of smartphone addiction on people's mental and behavioral health make it a major issue in public health. Addiction to smartphones has been associated with negative attitudes and behaviors, poor academic and occupational performance, diminished social interaction skills, and relationship problems. Soni et al. (2017) found that there is a correlation between the physical dangers of smartphone usage and an increased likelihood of musculoskeletal discomfort, headaches, impaired vision, and hearing impairment. (Soni 2017)

METHODOLOGY

Aim of the Study

The purpose of the study was to explore the impact of smartphone addiction on mental wellbeing and self-esteem among middle age adults.

Objectives

- To examine the impact of smartphone addiction on mental wellbeing and self-esteem among middle age adults.
- To investigate the impact of smartphone addiction on self-esteem among middle age adults.

Hypothesis

- There is no significant impact of smartphone addiction on mental wellbeing among middle age adults.
- There is no significant impact of smartphone addiction on self-esteem among middle age adults.

Variables:

- **Dependent Variables:** Mental Wellbeing, Self-Esteem
- **Independent Variables:** Smartphone Addiction

Tools

- Smartphone Addiction Scale, Warwick-Edinburgh Mental Well-being Scale, and Rosenberg Self Esteem.

Participants of the Study

The sample comprised 104 individuals, and a random and purposeful sampling strategy incorporated the participation of both males and females. Most of the individuals in the group were in the 25-35 age range.

RESULT

Table 1: Descriptive statistics of all variables

	<i>Smartphone addiction</i>	<i>Mental Well being</i>	<i>Self esteem</i>
Mean	35.57692	46.99038	22.64423
Standard Deviation	8.190324	8.731702	3.372989
N	104	104	104

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Table 2: Regression analysis of impact of smartphone addiction on mental wellbeing among middle age adults.

<i>Regression Statistics</i>	
Multiple R	0.093866
R Square	0.008811
Adjusted R Square	-0.00091
Standard Error	8.73566
Observations	104

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	69.1908	69.1908	0.906686	0.343246
Residual	102	7783.8	76.31176		
Total	103	7852.99			

Table 3: Regression analysis of impact of smartphone addiction on self-esteem among middle age adults.

<i>Regression Statistics</i>	
Multiple R	0.076843
R Square	0.005905
Adjusted R Square	-0.00384
Standard Error	3.379461
Observations	104

ANOVA					
	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>Significance F</i>
Regression	1	6.919503	6.919503	0.605871	0.438149
Residual	102	1164.917	11.42076		
Total	103	1171.837			

DISCUSSION

The results of the regression studies that looked at how smartphone usage affects middle age adults' mental health and self-esteem were interesting. As a result, both regression models were not statistically significant, with p-values much higher than the usual 0.05 level. This means that smartphone usage by itself has no significant impact on either the middle age adults' mental health or self-esteem.

For mental health, the value of the coefficient of determination (R Square) proved very low, which means that smartphone usage could only explain less than 1% of the variation in mental health. In the same way, smartphone addiction didn't explain very much about self-esteem either. It only explained about 0.6% of the differences in self-esteem.

These results show that even though middle age people are often addicted to their phones, this might not be the only thing that affects their mental health or self-esteem. Other things, like social support, ways of coping, and differences between people, probably also play big roles in creating these mental results. It's also possible that the tests used to measure smartphone addiction, mental health, and self-esteem don't fully catch how complicated these things are. This means that they need to be looked into more using more complete tests.

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Overall, these results show that we need to look at the effects of smartphone use upon middle age mental health in a lot of different ways in order to fully understand and help them. In the future, researchers could look into how smartphone addiction is related to other factors and how it might be possible to help people whose mental well-being and self-esteem are being negatively affected by too much smartphone use.

CONCLUSION

In conclusion, the regression studies that were done to look into the link between middle age adults' smartphone addiction and two important psychological outcomes—psychological well-being and self-esteem—gave us important information. The data showed that smartphone usage by itself does not have a statistically significant effect on this group's mental health or self-esteem. The results show that even though smartphone addiction was an important issue, it might not be the only thing that affects the mental health of middle age people. Other things, like social support, handling techniques, and the uniqueness of each person, probably also have a big impact on mental health and self-esteem.

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Conflict of Interest

The author(s) declared no conflict of interest.

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