

Quality of Life, Sleep Quality and Academic Performance in Smartphone Addicts and Non-Addicts: A Cross-Sectional Study

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ABSTRACT

Introduction: Smartphone addiction, increasingly prevalent among young adults have been implicated in compromised sleep, diminished academic performance, and altered quality of life. Understanding these interrelationships is critical for developing effective health promotion interventions in university populations.

Aim: This study aimed to systematically compare the quality of life, sleep quality, and academic performance between smartphone-addicted and non-addicted university students.

Materials and Methods: A cross-sectional survey was conducted among 140 randomly selected university students aged 18-25 years in the Delhi NCR region. The Smartphone Addiction Scale-Short Version (SAS-SV) was administered to classify participants as addicts or non-addicts. Sleep quality, health-related quality of life, and academic performance were assessed using the Pittsburgh Sleep Quality Index (PSQI), SF-36 questionnaire, and Academic Performance Rating Scale (APRS), respectively. Data collection

was undertaken via online forms. Pearson's correlation analysis was performed using SPSS version 21.0 to determine associations among variables.

Results: A significant negative correlation was observed between smartphone addiction and both sleep quality and academic performance, indicating that higher degrees of addiction were associated with poorer sleep and reduced academic outcomes ($p < 0.05$). However, no significant relationship was identified between smartphone addiction and overall quality of life as measured by the SF-36.

Conclusion: Excessive smartphone use adversely impacts sleep and academic achievement, but does not significantly affect quality of life in the studied population. These findings highlight the urgent need for targeted interventions to foster responsible smartphone use among university students.

Keywords: Pittsburgh Sleep Quality Index, Smartphone addiction, University students

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