



# A Study On Smartphone Addiction In Relation To Happiness And Psychological Capital Among University Students

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**Abstract:** The objective of research study was to explore a study on Smartphone Addiction in relation to Happiness and Psychological Capital among university students. For this, the sample comprised of 200 university students from urban Patna in the age group of 18-23 years. Incidental sampling technique was used in the study. Smartphone Addiction Scale by Vijayshri & Masaud Ansari, Happiness Scale by R. L. Bharadwaj & Poonam R. Das and Psychological Capital Scale by R. Rani & M. Chaudhary have been used in this study. Statistical technique such as Mean, SD, t-test, correlation and linear regression were used for data analysis. Results revealed that happiness and smartphone addiction are negatively correlated and Psychological Capital has a positive impact on happiness. And also findings, students of low psychological capital group have more smartphone addiction than students of high psychological capital group.

**Keywords:** Smartphone Addiction, Happiness, Psychological Capital, University Students

## Introduction

Smartphones are emerging as the most powerful alternative to desktops in the field of internet usage. It provides 24 hours uninterrupted internet facility to the users at affordable rates. This is why people from different walks of life prefer to do all their online work through smartphones. The field of education is also not untouched by this. Presently a large number of teachers and students use various online features of smartphones for various academic and non-scholastic tasks. Any new technology brings with it both good and bad sides. Smartphones are no exception to this. In fact, smartphones are such a versatile device that it is natural for students to use them for non-academic purposes. Apart from being an educational tool, the smartphone is a powerful medium of entertainment and social media platform, especially for teenage students. In the present situation, the way the smartphones are being used excessively and multifaceted by the adolescent students, it is natural to have positive and negative effects on their various personal and academic aspects.

## Smartphone

Smartphone refers to a mobile phone whose hardware and connectivity capabilities are many times greater than that of a keypad phone. Modern hardware, software and mobile operating system make smartphones different from keypad phone. With the help of keypad phone, users can only use features like calling, messaging, calculator, alarm, timer and calendar etc. Smartphone are a type of mobile computing that allows users to enjoy video calling as well as music, watching movies and cricket matches, playing video games, etc. Smartphones are becoming a complement to computers today with features like touch screen, Wi-Fi, web browsing etc. That is why nowadays people can easily complete all their work sitting at home by using their smartphones instead of computers.

### Features of the smartphone

1. **Internet Connectivity:** In today's time, internet connectivity of smartphone has become like that of computer. Today it has reached 4G. 5G has also started in some countries whose internet connectivity is very fast.
2. **Web Browser:** Web browser is used to view any content available on the network which is also supported in smartphone.
3. **Touchscreen:** The earliest mobile phone was a keypad phone also called Button Phone. But today touchscreens have started coming in smartphones which is the reason for making smartphone smart.
4. **Wi-Fi:** Wi-Fi is an important feature of smartphone. It is a special device to gain access to the network or internet with the help of radio waves.
5. **GPS:** To see and know the location
6. **Compass:** Direction is detecting using compass features in smartphones.
7. **Fingerprint:** To keep the smartphone safe, it can be locked with the help of fingerprint.
8. **Speed and Storage:** The storage capacity of today's phones i.e. smartphones is very high. Today almost all smartphones have storage in several gigabytes. The storage of some smartphone is even terabytes. The speed of these smartphones is also very high.
9. **High Quality Camera:** This is one of the major features of smartphone. These features are used daily. Nowadays smartphones come with cameras of many mega pixels which is necessary for the best quality of images.
10. **Flashlight:** Flashlight is the most useful features of mobile phone. It also called Torch. A good torch is available in a smartphone.
11. **Battery Life:** Nowadays smartphones come with high quality batteries which have a long battery life and last for several days only two-two and a half hours of charge per day.

### Utility of Smartphone

1. **Calling:** Smartphone is mostly used for calling. Basically a phone was made only for calling. But along with calling, the facility of video calling is also available in smartphone.
2. **Messaging and Email:** Messages and emails can be sent to anyone from a smartphone.
3. **Map and GPS:** GPS and maps are available in smartphones. If someone is going to a new place and does not know the way, then a smartphone can be used to know the way.
4. **Bill Payment, Ticket Booking and Recharge:** Smartphone can be used to perform all the tasks in our daily life. Smartphones can be used for bill payment after making any type of purchase. Apart from this, train, bus and flight tickets can also be booked from smartphone.
5. **Photo, Video, Audio:** Smartphone can be used to take and view photos and videos. It can also record nearby sounds like a recorder.
6. **Entertainment and Education:** Education is also easily obtained through internet through smartphone. Along with this, many things are also available for entertainment. As; Comedy Videos, Songs, Movies, Games etc.

### Smartphone Addiction

The person who has a smartphone spends most of their time using their smartphone for social media sites and playing games. If the smartphone is not close even for a while, then a strange kind of distraction and restlessness starts to be felt. Some studies have suggested that the problem of uncontrolled use of smartphones can be a symptom of lack of impulse control or depression. Also its disadvantages draw our attention to the negative impact of smartphones on the mental health of person. Particularly, it can be a risk to physical health such as blurred vision, pain in back of the neck.

### Signs and Symptoms of Smartphone Addiction

- Excessive use of smartphone leads to loss of time.
- Putting relationships at risk due to smartphone use.
- Lack of interest in other activities and hesitation to interact with people.
- Anger, irritation, restlessness, stress when smartphone network is low or battery is low.
- Needs the latest smartphone, more apps, or more usage.
- Withdrawal: When the smartphone is unreachable
- Spend more time on the smartphone than talking to people.
- Someone keeps checking their phone without any reason.
- Even if someone is doing important work and is still using the smartphone again and again.
- Waking up in the middle of the night to check smartphone.

- Being unable to concentrate on studies or work due to spending too much time on the smartphone.
- Being easily distracted by smartphone apps or email alerts.
- A person is using smartphone in the middle of some work which requires his more attention.
- Feel uncomfortable when smartphone is not near.
- If someone uses smartphone as soon as he wakes up in the morning and keeps his smartphone with him while sleeping at night.

## Happiness

Happiness means experiencing positive emotions, having a sense of purpose in life, and connecting with others. Happiness is often associated with the experience of positive emotions and a feeling of satisfaction with life. It is a state in which a person experiences positive emotions and feels satisfied with various areas of life.

### Many ways to find happiness:

- Experiencing positive emotions
- Purpose in life
- Connecting with others
- Achieving your goals
- Engaging in enjoyable activities
- Living in the present moment
- Practicing mindfulness and meditation
- Getting physical activity
- Getting enough sleep

### Reason to be happy:

1. **To maintain better relationship:** It is very important to be happy to maintain any relationship for a long time. This develops a good understanding between two and strengthens the relationship. Having tension in your mind has a negative effect on your relationships. Because whatever they have, they will give that to the other person.
2. **Stress is reduced:** One of the reasons happy people live longer and stay healthier is because of their lower stress levels. Stress and illness are interconnected. When we are stressed, our cortisol hormone level increases, which usually causes problems like muscle weakness, high blood pressure and mood swings.
3. **More creative:** People who are happy are more creative than others. Such people quickly find a solution to any problem very easily and in a creative way.
4. **Happy people live longer:** It is true to a large extent that a person who is happy has a positive effect on his health, due to which they live longer. That means they remain healthier for a longer period of time than others, which increases their lifespan.

## Psychological Capital

Psychological capital is a person's positive psychological capabilities, including qualities such as hope, self-efficacy, resilience, and optimism that help a person cope with challenges and succeed. It is seen as a measurable, developable, and motivational capability that can improve job performance and overall well-being. Psychological capital is an asset that can be developed and can play an important role in improving a person's performance and quality of life.

### There are four main components of psychological capital:

1. **Hope:** The energy and determination needed to set goals and achieve them.
2. **Self-efficacy:** Confidence in one's own ability to be able to perform a task successfully.
3. **Resilience:** The ability to recover from and learn from adversity.
4. **Optimism:** Expect positive results and keep a positive attitude despite challenges.

## Review of Literature

Haug, et al., (2015) examined smartphone use and smartphone addiction among young people. The student included 1519 sample students. It has been found that smartphone addiction occurred in 256 students. Smartphone addiction was more found in younger adolescents compared to young adults.

Kose and Murat (2021) found that 97.9% of adolescent high school students were connected to the internet via smartphone and spent around 3-4 hours per day on the internet. As a result, adolescents who spend more time on smartphones also have increased cyberchondria.

Alotaibi, Fox, Coman, Ratan and Hosseinzadeh (2022) found that a total of 545 undergraduate students participated and 67% were smartphone addicted. It also depicts that the students result in lower academic performance, physically inactive, insomnia, pain in the neck, eyes and some may have serious mental illness.

Nufus (2019) found that the smartphone addiction correlates with many psychological disorders such as anxiety, depression, insomnia, low self-esteem and others.

Lei, Ismail, Mohammad and Yosoff (2020) found that there are significant relationships between smartphone addiction and psychological health. It has been concluded that smartphone addiction can lead to psychological problems.

Veenhoven (2008) found that happiness increases the lifespan of healthy people in the society, as well as improves mental health and reduces mental problems.

### Objectives:

1. To estimate the relationship between Happiness and Smartphone Addiction among university students.
2. To evaluate the effect of Psychological Capital on Happiness among university students.
3. To examine the influence of Psychological Capital on Smartphone Addiction among university students.

### Hypothesis:

1. There will be significant relationship between Happiness and Smartphone Addiction among university students.
2. Psychological capital will have significant impact on Happiness among university students.
3. Psychological Capital will have significant differential effect on Smartphone Addiction among university students.

## Research Methodology

**Sample:** The sample comprised of 200 university students from urban Patna. The sample consists of 100 male students and 100 female students. They were of the age group of 18-23 years. The basis of selection was incidental sampling technique.

**Tools:** 1. Smartphone Addiction Scale developed by Vijayshri and Masaud Ansari was used to measure the smartphone addiction of the sample. 2. Psychological Capital Scale developed by R. Rani and M. Chaudhary was used to measure the psychological capital of the respondents. 3. Happiness Scale developed by R. L. Bharadwaj and Poonam R. Das was used to measure the happiness of the respondents.

**Research design:** Between group design was used in this present study.

**Statistical tools:** Independent simple t-test, correlation and linear regression were used to analyze the data.



## Results and Discussion

**Table – 1**

Table showing correlation between Happiness and Smartphone Addiction among university students.

Variable	N	r	df	Level of sig.
Happiness vs Smartphone Addiction	200	-0.322	198	P< .01

From the above table-1 it can be clearly seen that there is significant negative correlation between happiness and smartphone addiction ( $r = -0.322$ ;  $df = 198$ ;  $p < .01$ ). So this hypothesis is confirmed. Students who are happier have lower levels of smartphone addiction, while students who are less happy have higher levels of smartphone addiction. Nowadays students like to watch entertaining videos and play online games on their smartphones to avoid stress and other problems of life during studies, which makes students feel happy. That is, when students feel lack of happiness, they enjoy using smartphone more and gradually students become addicted to smartphone by using it for a longer period of time. Thus, as the happiness level of students decreases, the level of smartphone addiction increases among them. Happiness and smartphone addiction are negatively correlated.

**Table – 2**

Table showing statistical regression of Psychological Capital on Happiness among university students.

Variable	Predictor Variable	R	R Square	Adjusted R Square	Beta	F	Level of sig.
Happiness	Psychological Capital	0.498	0.248	0.245	0.498	65.47	P< .01

Result of regression is shown in above table-2. In this analysis happiness was used as dependent variable and psychological capital used as predictor variable. Here the value of R square is 0.248. Which indicates that psychological capital as a predictor variable predicts 24.8 % of the variance of happiness. The value of R is 0.498, which indicates that psychological capital is positively related to happiness which is significant at 0.01 level. So this hypothesis is confirmed. It shows that psychological capital has positive impact on happiness among university students. University students may be happier if they have high levels of psychological capital. Students who are happy, complete all their work very easily. Such students talk to everyone happily and also meet them well. They are very determined about their future. Even if they face any obstacle, they solve it easily and face the challenges boldly. That is, the level of psychological capital of such a happy students is seen to be high. But students who have low levels of happiness also have low levels of psychological capital. That is, due to low level of happiness, such students face a lot of difficulties in overcoming the challenges of life. Due to less happiness they lack positive thinking and also have less desire to plan for their future. That is why a positive relationship was observed between psychological capital and happiness.

**Table-3**

Table showing Mean, SD and t-ratio on the measure of smartphone addiction of students of low and high psychological capital groups.

Variable	Groups	N	Mean	SD	t-ratio	df	Level of Sig.
Psychological Capital	Low	116	81.65	23.17	7.041	198	P< .01
	High	84	60.24	18.20			

It can be seen from the above table-3 that the smartphone addiction of students of low and high psychological capital groups have different Mean scores. The mean value of students of low psychological capital group was found to be 81.65 and the mean value of students of high psychological capital group was 60.24. It can be said that students of low psychological capital group have more smartphone addiction than students of high psychological capital group. The t-ratio was found to be 7.041 which was significant at 0.01 level. So this hypothesis is confirmed. Thus students of low and high psychological capital groups are significantly different on smartphone addiction. Psychological capital is primarily defined as hope, efficacy, resilience and optimism. Students believe in their abilities, have a positive thought on the future, and have a strong desire to achieve their goals. Such students have very high psychological capital, and they make full use of positive psychological resources to perform better in their tasks. Therefore, students who have high levels of psychological capital use smartphones very limitedly. Students who have low level of psychological capital often spend more time on smartphone and become victims of smartphone addiction.

**Conclusion:** 1. There is a negative correlation between happiness and smartphone addiction. 2. Psychological capital is positively related to happiness. 3. Students of low psychological capital group have more smartphone addiction than students of high psychological capital group.

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