

INFLUENCE OF SMARTPHONE ADDICTION ON SLEEP DISTURBANCE AND PROCRASTINATION

A Synopsis Submitted to the Domain of Psychology

In partial fulfilment for the award of degree of

MASTER IN PSYCHOLOGY



L LOVELY
P ROFESSIONAL
U NIVERSITY

Transforming Education Transforming India

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INTRODUCTION

Smartphone is a handheld device, that provides wireless voice communication along with many other features like data applications- messaging, e-mail, audio players and web surfing. Smartphone is a term used to depict a classification of cell phones with capacities like PC. These gadgets come an in-constructed, in place working framework and lays a stage for application designers. Smartphone is a portable instrument that gives us a chance to make voice calls, yet notwithstanding this numerous creative segments that in the past we could just discover on a computerized associate or a PC, for example, the office to send or get an email and alter Office reports and an inherent camera. Currently two noteworthy advanced mobile phone stages being used are Android (by Google) and iOS (by Apple). Applications for advanced mobile phones are additionally speedier and better incorporated with the telephone's UI than Java applications. Advanced cells have bigger presentations and quicker processors than alleged component telephones.

Earlier the smartphones came with keypads but thanks to the advancements in technology that led to the invention of fully touch screen phones. Initially the user used to use a stylus tSmartphone is a term used to depict a classification of cell phones with capacities like PC. These gadgets come an in-constructed, in place working framework and lays a stage for application designers. Smartphone is a portable instrument that gives us a chance to make voice calls, yet notwithstanding this numerous creative segments that in the past we could just discover on a computerized associate or a PC, for example, the office to send or get an email and alter Office reports and an inherent camera. Currently two noteworthy advanced mobile phone stages being used are Android (by Google) and iOS (by Apple). Applications for advanced mobile phones are additionally speedier and better incorporated with the telephone's UI than Java applications. Advanced cells have bigger presentations and quicker processors than alleged component telephones to select an area on the screen and the processor would open up the application or the desired thing. But later the finger-friendly design was incorporated by Apple. so finger- friendly touch screens have now become the state-of- art for smartphones.

Why do we need smartphones?

- 1. For Safety-** We all want to be comfortable and safe in case something goes wrong. So in cases of emergency we all need our phones that ensures our safety by providing us the idea about an unknown locality with the help of GPS or we can inform our friends and family about a critical situations and when we need help.
- 2. For Communication-** The most convenient way to get in touch with our friends and family is possible by communicating through our smartphones as it not only allows us to

voice call our loved ones but also through, video calls, texting or through popular connection sites like Facebook and twitter etc.

3. For Education- The present day teaching methods are not untouched by the magic of smartphones. Since teachers know that children today use smartphones so they are now fusing/ integrating this technology to their lesson plans. Smartphones make a student more productive in class and enhances his/her performance.

4. For Learning Important Skills- The teenagers are not the only ones that get all the benefits the adults too have advantages of having smartphones as it provides applications like Youtube, Google where one can learn plenty of new skills like cooking, singing, dancing or even about different cultures and traditions of the world.

5. Best Source of Entertainment- Smartphones have features that can provide the best ways to kill time or refresh our minds when we are tired. We can listen to our favourite songs, or watch our favourite videos or perform any activity that soothes our minds.

Characteristics of a Smartphone

A smartphone has:

- Phone and contact address book
- Texting
- Video-calling
- E-mail
- Web program
- Weather
- Voice enacted virtual partner
- Alarm clock, stopwatch, timer, calendar, etc.
- Camera, photo gallery
- GPS Navigation
- Music player
- Games and entertainment

Sleep Disturbance

A healthy mind resides in a healthy body and to have a healthy and creative mind it is very important to have a sound sleep. But with the invention of smartphones our sleeping patterns have been highly affected as people are using their phones till late night and their sleep gets disturbed very much. Also people are so attached to their phones that they assume that their phones are ringing even if it is not and wake up to check their phones during night.

Many investigations that investigate the approves of lack of sleep (SD) on conduct and mental prosperity have centred measurements ponder "sluggishness," conceding inclination to crucial aptitudes, similar to cautiousness, response time, and parts of memory (cf. the current survey by Pilcher and Huffcutt, 1996).

Procrastination

Dr Samuel Johnson defined procrastination as "delay". But Timothy Pynchyl points out that "all procrastination is delay but not all delay is procrastination". Procrastination is a unique form of postponement where the delay is irrational and can be hard to justify.

OBJECTIVES

The objective of this study is:

- To study the level of smart phone addiction among students of Lovely Professional University.
- To study the level of procrastination among students of Lovely Professional University.
- To study influence of smart phone addiction on procrastination among students of Lovely Professional University
- To study influence of smart phone addiction on sleep disturbance among students of Lovely Professional University.

HYPOTHESES

- There is no significant relationship between smart phone addiction and procrastination among students.
- There is no significant relationship between smart phone addiction and sleep disturbance among students

REVIEW OF LITERATURE

According to thinks about directed by Lin et al. (2014), advanced mobile phone habit can be

known as a sort of mechanical compulsion. Griffiths (1996) characterized them addictions that are non-synthetic behavioral and include human– machine communication. Other than 'betting confusion', 'Web gaming issue' is at exhibit the main non-substance-related turmoil proposed for consideration in the fifth version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) as a substance-related and addictive turmoil (American Psychiatric Association, 2013). In this way, advanced mobile phone dependence varies from web enslavement. Through truth discovering examination, Lin et al. (2014) demonstrated that advanced mobile phone enslavement has numerous indistinguishable perspectives to DSM-5 substance-related disarranges including the accompanying four fundamental components: habitual conduct, utilitarian hindrance, withdrawal, and resilience. The clinical meetings were directed to introduce the responsiveness and distinction of all the four elements for ordering people with and without cell phone compulsion, Lin et al. (2015) proposed a few analytic criteria for cell phone habit

Like the greater part of Western nations, in Switzerland, for all intents and purposes the young people matured 12– 19 years (98%) do have a cell phone, each of the (97%) are cell phones (Medienpädagogischer Forschungsverbund Südwest, 2014; Willemse et al., 2014).

While the applications in versatile give a few guaranteeing approaches to restrict and cure constant infections, for example, diabetes (Arsand, Muzny, Bradway, Muzik and Hartvigsen, 2015; Bain, Jones, O'Brian and Lipman, 2015) or liquor addiction (Gustafson et al., 2014), however recognizable unfriendly consequences for physical and emotional wellness been caused by the additional time utilizes, prompting serious physical impacts like neck torment (Lee, Kang and Shin, 2015) or mishaps touching bystander and drivers in the meantime the telephone is being utilized (Klauer et al., 2014; Shelton, Elliott, Lynn and Exner, 2009).

In worries with psychological well-being, most recent investigations demonstrated that abuse of cell phone may be identified with rest aggravations and discouragement, rising recurrence and time gave to cell phones is eagerly identified with the sternness of cell phone fixation suggested that sleep quality is an inter-mediatory factor between technology use after sleep onfall and depression and anxiety in college students. Lemola et al.

(2014) found that auto-electronic media use at night is linked to sleep disturbances and depressive symptoms. The researchers founded that smartphone use at night was related with depressive symptoms. They proposed that sleep disturbances in turn appear to be a halfway mediator of the affiliation between electronic media use at night and depressive symptoms. As per exploration that focused on smartphone addiction was studied, it could be observed that various elements were given attention. These included: user characteristics (Park & Lee, 2011); life strain (Chiu, 2014); educational achievement manners (Chen, Zhang, & Zhao, 2015); stage (Kibona & Mgaya, 2015); and time devoted to mobile phone. Study has advocated that smartphones might have a turn out on the educational achievements of students (Junco & Cotten, 2012; Lepp, Barkley, & Karpinski, 2014; Kibona, & Mgaya, 2015). In this respect, smartphone addiction may cause individuals to back out from school projects, to use unauthorised means during examinations or leave the school, and it may affect educational performance (Roberts, Yaya, & Manolis, 2014). Furthermore, research has also shown that students consider smartphone addiction has adverse effects on educational achievement (Olufadi, 2015), but not being careful of their own smartphone addictions (Roberts et al., 2014).

The Role of Sleep for Procrastination Work

Baumeister and associates (2000) recommended that rest is imperative for invigorating debilitated self-administrative breathing space. To approve this commence, different field and lab examines reasoned that lack of sleep prompted a fall in self-administrative assets, both for behavioral measures and study measures of self-direction (Barnes, Schaubroeck, Huth, and Ghumman, 2011; Christian and Ellis, 2011; Lanaj, Johnson, and Barnes, 2014; Welsh, Ellis, Christian, and Mai, 2014). Research on neuro-physiological compares of lack of sleep have sponsored the relationship amongst rest and self-control: Studies relentlessly have demonstrated that lack of sleep contrarily influences cortical movement, extraordinarily in the prefrontal cortex and thalamus (e.g., Thomas et al., 2000), which have been related to self-

direction (Durmer and Dinges, 2005; Heatherton and Wagner, 2011). As of not long ago, the investigations have persuaded most consideration on lack of sleep and self-control. In any case, Harrison and Horne (2000) talked about that rest value ought to be chief for self-direction as well, as rest quality is engaged with cerebral recuperation (p. 247)— a line of level headed discussion that was naturally maintained by a field ponder verifying the between association between desolate night rest quality and diminished self-administrative assets (Barnes, Lucianetti, Bhave, and Christian, 2014).

Research Methodology

Research methodology is a set of procedure which is conducted to systematically solve the research problem. It can be defined as the process which is used to collect data and information for the purpose of making certain conclusions and decisions. It also provides tools and techniques with which the research is dealt with. The methodology usually includes the sampling, tools and statistical analysis.

Research Title

Influence of Smartphone addiction on Sleep Disturbance and Procrastination.

Sample

The sample would comprise of 150 males and 150 females would be used to conduct this study.

Statistical Analysis

Multi-step regression analysis would be used calculate the scores along with the help of SPSS.

PROPOSED WORK PLAN WITH TIMELINES

Sr. No.	Duration	Action
1	December, 2017	Introduction and review of literature.

Sr. No.	Duration	Action
2	February, 2018	Data collection and scoring.
3	March, 2018.	Analysis and interpretation of the results.
4	April, 2018.	Report writing and finalizing.

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