

ORIGINAL ARTICLE

SMARTPHONE ADDICTION AND SLEEP QUALITY AMONG UNDERGRADUATE STUDENTS – A PILOT STUDY IN A DEGREE COLLEGE OF KOLKATA, WEST BENGAL, INDIA

Tanima Paul Das

Department of Food and Nutrition, Prasanta Chandra Mahalanobis Mahavidyalaya, 111/3, B.T. Road, Kolkata 700108. Email: tanima.fnta1@gmail.com

Abstract: *Smartphone has evolved exponentially from a simple talking device to an indispensable technological virtual companion. Smartphone addiction is a behavioural addiction as per DSM-5 which has been very common in student community. Very few studies have focussed on smartphone addiction among college students of Kolkata. The objective of the study was to identify smartphone addiction and sleep quality among undergraduate students in a degree college of Kolkata, West Bengal, India. It was an Institutional based, observational, cross-sectional questionnaire-based study done in April and May 2024 on undergraduate degree college students of Prasanta Chandra Mahalanobis Mahavidyalaya affiliated to West Bengal State University. Simple random sampling method was used to collect data. Questionnaires consisted of assessment of sociodemographic variables, usage pattern of smartphone and assessment of addiction by Smartphone Addiction Scale-Short Version (SAS-SV) and assessment of sleep quality by Pittsburgh Sleep Quality Index (PQSI) scores. Students were informed in detail by providing Participant Information Sheet and those who voluntarily participated in this study were included after signing consent form. Data was tabulated in MS-Excel 2007 and analysed using SPSS Version 20.0. Out of 50 participants, 40% students were found to use smartphone more than 5 hrs /day, most of them (52%) used smartphone in night hours. The prevalence of smartphone addiction was found out to be 47.2% in females and 78.6% in males, median score being significantly higher ($p < 0.05$) among male students. It was also found in the study that 58.0% students were poor sleepers as assessed by their PQSI scores. Significant association was found between SAS-SV scores and PQSI scores ($r = 0.363$, $p=0.010^*$). Smartphone addiction has been demonstrated to have a detrimental effect on sleep quality of majority of college students of Kolkata. Identification of smart phone addicted students, awareness and intervention strategies can be adopted.*

Keywords: Smartphone addiction, sleep quality, Smartphone Addiction Scale Short Version (SAS-SV), Pittsburgh Sleep Quality Index (PQSI), college students.