

# Chapter 13

## Mental Health Challenges Stemming From Smartphone Addiction

**Manzoor Ahmad Khanday**

 <https://orcid.org/0000-0002-0053-098X>

*Lovely Professional University, India*

**Aboubakar Ahmat Alwali Bourma**

 <https://orcid.org/0009-0008-0274-3496>

*Lovely Professional University, India*

### ABSTRACT

*In the contemporary digital age, smartphones have become an essential part of everyday life, providing numerous benefits, from communication and entertainment to education and work. However, as the reliance on smartphones has increased, so too have concerns about the negative consequences associated with their excessive use. One of the most pressing issues is the impact that smartphone addiction has on mental health. While smartphones can offer many conveniences, they also contribute to a range of mental health challenges, including anxiety, depression, stress, and sleep disturbances. This introduction will explore the phenomenon of smartphone addiction, its symptoms, and the mental health challenges that arise from overuse of these devices.*

### 1. INTRODUCTION

The growing significance of mental health issues related to smartphone use has drawn particular attention to the challenges faced by students in today's increasingly complex world. As educational institutions recognize these concerns, understanding the detailed determinants of mental health has become crucial for learning communities. Modern life's heightened demands and complexities require us to unravel the intricate network of factors influencing psychological well-being. This study focuses specifically on examining and quantifying stress levels among student populations, a critical issue with far-reaching mental health implications. The pervasive nature of smartphone use among students makes it an important variable in this mental health equation, potentially exacerbating stress through constant

DOI: 10.4018/979-8-3373-0928-6.ch013

connectivity and digital overload. By investigating these relationships, we aim to provide actionable insights for educational policymakers and mental health professionals. The research seeks to identify patterns that may help develop targeted interventions to support student well-being in our digital age. Understanding these dynamics is particularly urgent as academic pressures combine with the challenges of navigating an always-connected digital landscape. Our findings could inform strategies to help students maintain mental health while leveraging technology's benefits. Ultimately, this study contributes to the broader conversation about balancing technological integration with psychological well-being in educational settings.

The “nomophobia,” or smartphone addiction syndrome, refers to the anxiety one feels when separated from a cell phone and is linked to the excessive or compulsive smartphone use that interferes with normal daily routines. Although the use of “addiction” may be exaggerated, the rapid increase in smartphone usage along with attendant mental health problems suggests the phenomenon warrants serious investigation. Recent statistics show over 90% of adults worldwide own a smartphone, and almost 80% of the world's population has access to mobile internet services. As smartphones have become increasingly technological, offering instant access to social networking sites, news, entertainment, and work, the need to constantly check the device has increased much more strongly.

There are several elements of the phenomenon of smartphone addiction, including the need to obtain social approval through the use of social media, ease of access of information at hand, and the dopamine-filled pleasure of getting notifications. The longer the time spent on smartphones, the more difficult it is to leave the phone behind, resulting in a cycle of addictive use that may have negative implications for their mental health.

Overuse of smartphones has been linked with numerous mental health concerns. Users are usually anxious due to the constant pressure to stay connected, compounded by the fear of missing out (FOMO). Depression can occur due to unfavorable comparisons with others on social media and sleep disruptions due to continuous use of screens late at night. Stress and burnout are common in people who are unable to disconnect from the deluge of digital notifications, while sleep disturbances occur due to the release of blue light from screens that interferes with the normal sleep pattern of the body. This presentation aims to explore in greater depth each of these issues.

## **1.1 Mental Health Challenges Linked to Smartphone Addiction**

### **a) Anxiety**

One of the most prevalent mental disorders that are connected to smartphone addiction is anxiety. The round-the-clock accessibility of social media websites, news updates, and messages creates the feeling of being “always on.” This feeling of urgency and obligation to respond to notifications can give rise to increased levels of anxiety and stress. Empirical evidence has established that individuals who spend a significant amount of time on smartphones, especially social media, are more likely to experience anxiety because they continually compare their lives to others and feel the constant need for validation.

Furthermore, the so-called fear of missing out (FOMO) has also surfaced as a prominent cause of worry, particularly in young people. FOMO occurs when individuals feel left out of social engagements or significant happenings merely because they are not always connected to mobile phones. It is a cause of severe psychological distress and compels individuals to check their phones excessively, thereby perpetuating the cycle of worry.

16 more pages are available in the full version of this document, which may be purchased using the "Add to Cart" button on the publisher's webpage:

[www.igi-global.com/chapter/mental-health-challenges-stemming-from-smartphone-addiction/394350](http://www.igi-global.com/chapter/mental-health-challenges-stemming-from-smartphone-addiction/394350)

## Related Content

---

### Posttraumatic Stress Disorder: Children and Psychological Trauma

Veysi Çeri (2021). *Research Anthology on Mental Health Stigma, Education, and Treatment* (pp. 53-82).

[www.irma-international.org/chapter/posttraumatic-stress-disorder/276012](http://www.irma-international.org/chapter/posttraumatic-stress-disorder/276012)

### Mental Health and Well-Being: Societal Influences

Jean Mockry, Melissa Martin, Alison Puliatte, Denise A. Simardand Maureen E. Squires (2021). *Research Anthology on Mental Health Stigma, Education, and Treatment* (pp. 20-31).

[www.irma-international.org/chapter/mental-health-and-well-being/276010](http://www.irma-international.org/chapter/mental-health-and-well-being/276010)

### Ethical Digital Marketing in Medical Tourism: A Mental Health-Oriented Approach

Wahyu Wibowo, Aqīdatul Islamiyah, Azza Ibraisama Ersyada, Fauzia Kamilaand Dwi Yulia Hariyani (2026). *Marketing Mental Wellness in Medical Tourism* (pp. 431-458).

[www.irma-international.org/chapter/ethical-digital-marketing-in-medical-tourism/404139](http://www.irma-international.org/chapter/ethical-digital-marketing-in-medical-tourism/404139)

### Private Practice

Korie Leighand Shani Thornton (2023). *The Role of Child Life Specialists in Community Settings* (pp. 356-380).

[www.irma-international.org/chapter/private-practice/313821](http://www.irma-international.org/chapter/private-practice/313821)

### Balancing Cultural Heritage and Tourism Development in Bangladesh

Mohammad Badruddoza Talukderand Firoj Kabir (2026). *Cultural Pressures and Mental Health Challenges in Gen Z's Digital World* (pp. 69-88).

[www.irma-international.org/chapter/balancing-cultural-heritage-and-tourism-development-in-bangladesh/394214](http://www.irma-international.org/chapter/balancing-cultural-heritage-and-tourism-development-in-bangladesh/394214)