

The Relationship between Smartphone Addiction and Procrastination

Rabiullah Behzad

Student (MA Clinical Psychology), Lovely Professional University

Email address: rabibehzad08@gmail.com

Abstract

Smartphones have become an inseparable component of everyday life. They have many uses including communication, education, entertainment, socialization and so forth. However, when not managed well, smartphone usage leads to behaviors of addiction and eventually procrastination. This study looks into the relationship between smartphone addiction and procrastination. The tool used in this study is SAS-SV which contains items with a six-point scale (from 1 which shows strong disagreement to 6 which shows strong agreement). Convenience sampling method was adopted for this study. The study found that there is a relationship between smart phone addiction and procrastination. Questionnaires explored items such as “missing planned work due to use of a smart phone”, “concentration issues due to phone usage”, “constantly checking smartphone to get updates “and so forth. A clear majority of respondents agreed that they have experienced these addiction behaviors due to usage of smartphone which has led to procrastination in their lives.

Key Words: Smartphone Addiction, Procrastination

INTRODUCTION

SMARTPHONE ADDICTION

Over the past decade, smartphones have become significantly more widely used. The use of this type of phone has made it a necessity in life. The first smartphone was introduced in 1933, but was not available to the public until 2007. With the introduction of the first smartphone designed for public use, the growth rate of this type of phone has been very high. Smartphones are tools that share the capabilities of a computer and a mobile phone.

These phones provide permanent access to the Internet that can be created via mobile Internet, allowing the user to be on the line permanently. Numerous uses of these phones include web browsing, online gaming, routing, and social networking. However, using this type of phone can also have side effects, such as smartphone addiction.

Smartphone addiction is classified as behavioural addiction. Like any other type of addiction, its definition involves coercive use, which has negative consequences for the individual. Previously, cell phone and Internet addiction were considered separately. Given that smartphones have the characteristics of a computer and a mobile phone, the probability of their addiction is also very high. Numerous studies have shown that mobile phones, especially smartphones, cause distractions while driving, working, classroom, and especially in clinical training.

Users of these phones frequently check their phone for texting, social networking and web browsing. Using these phones at work, especially in health-related occupations that require high concentration, can cause medical errors and put patients at serious risk. However, some research has been done to examine the helpful aspect of smartphones in patient care and treatment. Smartphones have also been used to educate nursing and self-management students in patients

with chronic illness.

PROCRASTINATION

The verb Procrastinate means "to procrastinate, to set aside, to delay, and to evade." The word procrastination is made up of two Latin phrases: Pro means to assign and Crastinus means "to belong to tomorrow". So, in general, assigning it to tomorrow means "I'll do it later!"

Before the term procrastination became popular in behavioural literature, the term irrational delay was used. But today, the term procrastination is used almost everywhere. The following is a simple definition of procrastination:

Procrastination means postponing the necessary tasks and preferring to go to the less necessary ones first. In other words, prioritize tasks that are more enjoyable or less painful on your to-do list, regardless of their actual importance or necessity. Perhaps one of the roots of procrastination is what Freud calls the Pleasure Principle. Rather than thinking about the long-term effects of their decisions and behaviours, humans prefer to engage in pleasurable behaviours and avoid distressing behaviours.

Scope of the Study

Smartphones have become very useful in life of individuals, hence are being used widely in all over the world. People now use smartphones not only for talking or texting but for many other different purposes such as browsing, playing games, activities in social media, study, reading books, watching movies and shows, gathering information through internet and etc. The above mentioned uses of smartphones shows how much smartphones could be handy and beneficial, but there is another fact that studies show about smartphones and that is addiction to smartphone which could lead to negative consequences.

Hypothesis

There is no relationship between smartphone addiction and procrastination.

REVIEW OF LITERATURE

Denizli and Eken (2018) published a research paper which investigates addiction of smartphone in university students in respect of academic achievement, academic procrastination, behaviours around using smartphone and demographic variable. Participants of the study were selected from different departments of the school of Education of Ege University within the 2015-2016 academic year with 320 students. Personal information form, Smartphone Addiction Scale (SAS) and Academic Procrastination Scale (APS) were used for data collecting. The statistical techniques which were used are multiple linear regression analysis, APS scores, and cumulative mark average, the "one-way analysis of variance" (ANOVA) was adopted to evaluate addiction of smartphone. According to the findings of this study students who do more academic procrastination, are very busy with their smartphones thus they're more under risk of phone addiction. This study also showed that smartphone addiction also prevents students from effective studying and affect their time management.

According to "DeSouza (2006)", smartphone possession by members of the family weakens the relationships between them.

Vaidyanathan and Latu (2007) added that people who are attached to these devices for physical

and emotional reasons end up have diluted family relationships.

Anon (2016) reported that Smartphone abuse result in vehicle accidents and destroy lives of an excessive amount of peoples. Addiction to technology at an early age also decreases children physical activities, leading to obesity. Experts believe that a kid should no longer have smartphone before 7 years as it has bad effects on his mental fitness and school performance.

Shambare described that cell phone use is addictive and habitual, the biggest non-drug addiction.

James & Drennan (2005) locate that Australia students have a massive use charge of Mobile telephone 1.5-5 hours a day.

Lee Kown (2013) came up with the first scale for addiction of smartphone which categorizes addicts of smartphones to three categories: high-hazard institution, low- to medium-hazard institution and the overall organization. The main addiction symptoms were as comply with withdrawal and tolerance signs and symptoms.

Chóliz (2012) evaluate smartphone dependence in adolescents. The consequences confirmed that girls had a higher diploma of dependence on cell phones than boys. They use cell phones to improve their mode. They additionally had more financial and family issues as a result of costs associated with cell phone use.

Tossel et al. (2015) examined phone consumer behaviours. 34 participants were given smartphones for one year. Researchers also acquired effects displaying more anxiety while addicted participants could not switch on their gadgets or test their favourite app.

Abu-Shanab and Haddad (2015) talk about the side-effects of addiction to smartphone on humane fitness. 2 hundred responses had been collected. The consequences exhibit health problem, unhealthy behaviours, and addiction. participants emphasised that the usage of smartphone affect their academic performance in a negative way.

Ravichandran (2009) performed look at which is focused on parents/caregivers' parents/caregivers perceptions of their teenagers 'mobile cell phone usage. Parents/caregivers mentioned that time spent with their teenager is interrupted because of using cell phone by teen.

Bian and Leung (2014) look into how reticence and aloofness affect symptoms of the addiction of smartphone such as losing the ability to manager, being preoccupied, feeling lost and losing the ability to be productive.

Results display that individuals who're shy and feeling lonely are more susceptible to be telephone addicted. Shyness is known as a loss of confidence in assembly people, feeling irritable in the presence of others and tension over being assessed via others (Pilkonis, 1977).

METHODOLOGY

Problem: The relationship between smartphone addiction and procrastination.

Tool:

Developed by Kwon et al (2013), Smartphone Addiction Scale-Short Version (SAS-SV has 10 items with a six-point Likert scale from 1 showing strong disagreement and 6 standing for

strong agreement based on self declaration.

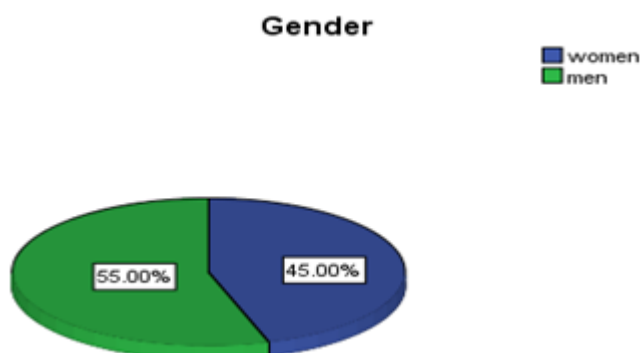
Sample:

The sample is gotten using the Convenience sampling method. A sample of 40 young adults (falling in the age group from 18 to 30 years) with 22 males and 18 females.

STATISTICAL ANALYSIS

The Gender Status of Respondents

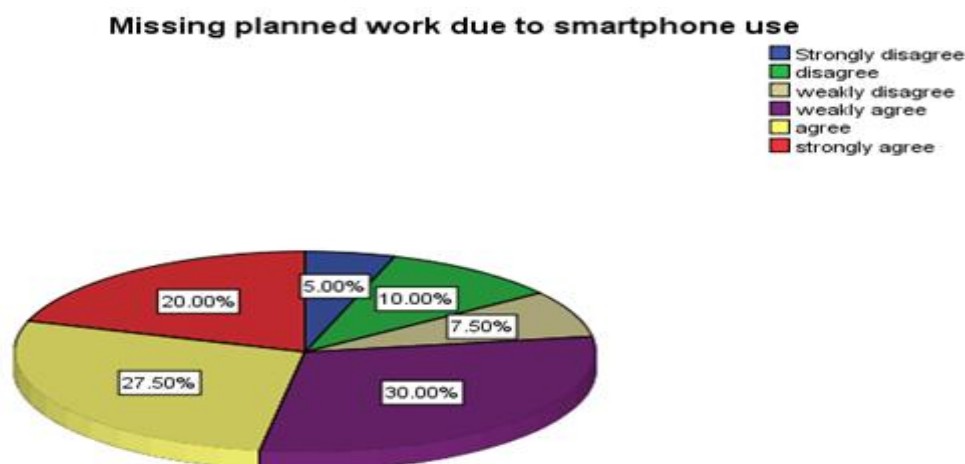
In this study, the questionnaires were distributed almost equally among the respondents according to gender. As you can see in the chart below, 45% of the respondents were selected from women and another 55% from men. The percentage of men and women participating shows that the data of this study can well show the relationship between procrastination and smartphone use.



Hypothesis : There is no relationship between smartphone addiction and procrastination.

As it is mentioned in hypothesis, It is predicted that there does not exist any relationship between addiction in smartphone and procrastination. Research data, however, reveals existence of relationship between procrastination and addiction in smartphone. Although in some cases this relationship is not very significant, in most cases, the existence of the relationship cannot be denied.

The first item of the questionnaire was about skipping scheduled work due usage of a smartphone, which clearly shows the existence of relationship between addiction in smartphone and procrastination.



As the above pie chart shows, 20% of the respondents strongly agree that they have missed their planned work due to smartphone use. Some 27.50% of the respondents agree that they missed their planned work and about 30% of the respondents are weakly agree about the item “Missing planned work due to smartphone use”. The sum of the responses that indicate the greenness of the respondents becomes more than 77% which clearly shows the relationship between smartphone use and procrastination.

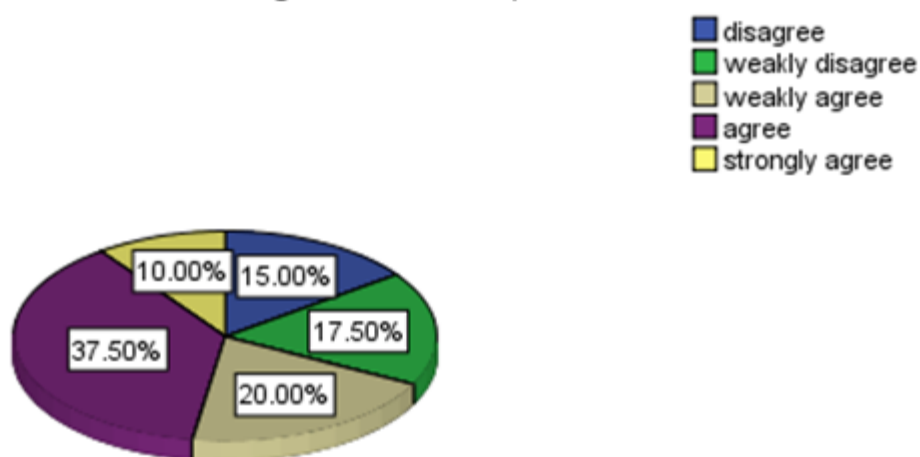
The second item of the questionnaire was aimed to figure out if there is a problem in maintaining focus in the class during working on assignments as a result of the use of smartphone.

The analyzed data of the study shows that 67.5% of the respondents agree that smartphone use can cause having a hard time maintaining focus in the class when working on assignments, or during work.

To be clearer, 10 percent of the respondents strongly agree with this item, 37.50% of the respondents agree and, 20% of the respondents weakly agree. So, these responses also can be concluded that there is a relationship between smartphone use and procrastination.

For more details, see the following pie chart.

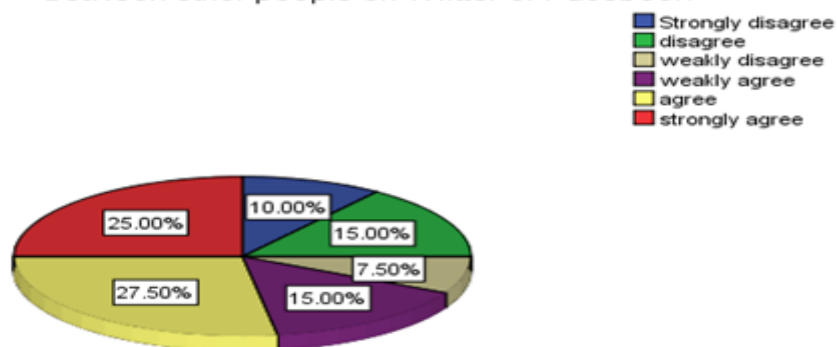
Having a hard time concentrating in class, while doing assignments, or while working due to smartphone use



Another important item that can indicate the relationship between smartphone addiction and procrastination is the item "continuously checking my phone in order not to miss chat between other people on Twitter or Facebook". In response to this item, 25% of the respondents strongly agree that they continuously check their phone in order to keep updated of other people's chat on Twitter and Facebook. About 27.50% of the respondents agree and 15% weakly agree. The total responses were given by the respondents that mean “agree” is 67.5 percent which means that more than half of the respondents constantly check their smartphone to see, read, or watch the other posts and conversations.

The percentage of 67.5 can imply smartphone addiction and based on the pre noted analysis in this study, addiction can cause procrastination. So, the relationship between smartphone use and addiction is visible among the responses to the item also.

Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook



In spite of the analysis done on the previous items, the other item which is made to figure out the relationship between addiction of smartphone and procrastination is the ninth item of the questionnaire “Using my phone for more time than I had planned”

As the definition of procrastination was previously mentioned, the simplest meaning of procrastination is that the man or woman who uses a smartphone or fallen addicted to a smartphone, cannot manage his/ her time to do his/ her work on time.

So, when a person cannot manage his/ her time while using a smartphone, definitely he/ she cannot do his/ her work on the planned time when this can indicates procrastination.

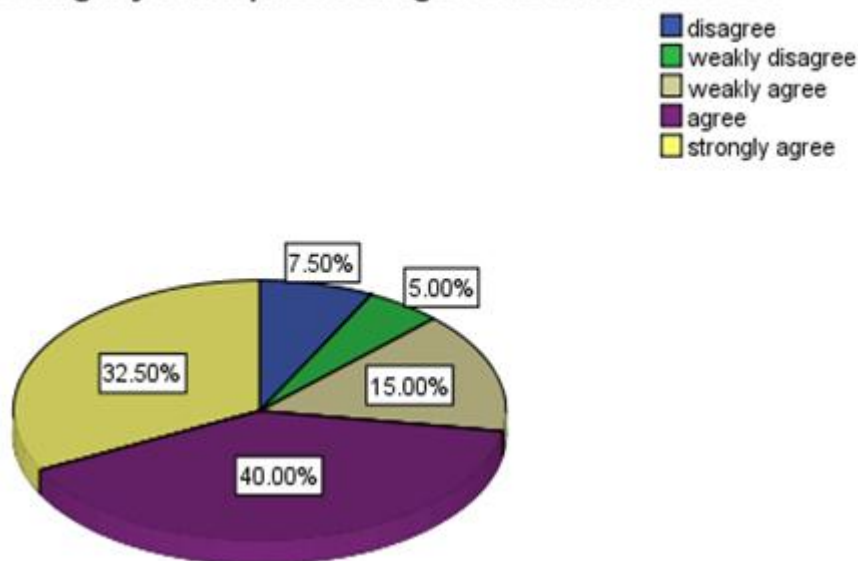
As it is shown in the bellow pie chart, the majority use smartphone longer than they intended. To be detailed, 32.50% strongly agree, 40% agree, and, 15% weakly agree that they use smartphones longer than they intended.

According to this pie chart, only 12.50% disagree with the item.

So, this point can be extracted from the analysis of this item that there exists a relationship between addiction of smartphone and procrastination.

See the details in the following pie chart.

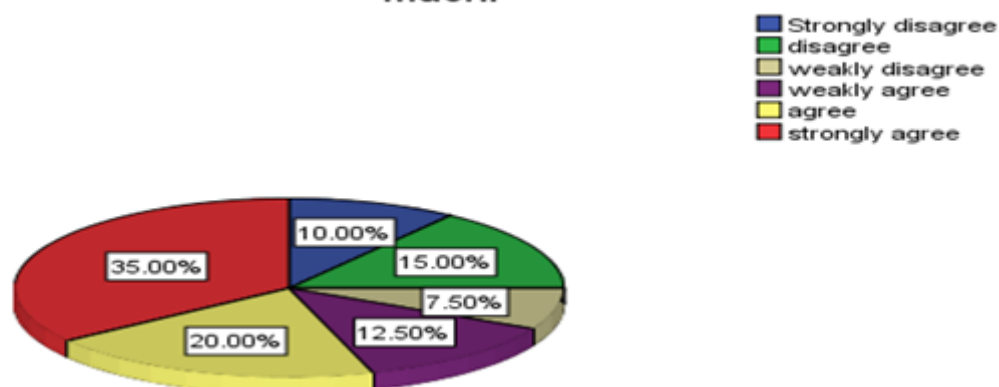
Using my smartphone longer than I had intended



Another factor to understand the amount of time spent using smartphones is the comments we received from the people around us. The last item of the questionnaire was to know how others evaluate the time we use smartphones. The item "I get feedback from peers around me that I use my phone more than normal" is premised on the simple presumption that if we receive comments that indicate that we use smartphone too much, it means that are addicted to smartphones. So, as it was analyzed the addiction results in procrastination. In this case, it can be simply concluded that there exists a connection between smartphone addiction and procrastination. Because the more we addicted to smartphone use, the more we will be fallen into procrastination.

As it is seen in the bellow pie chart, 67.50% of the respondents were being said by the people around them, that they use smartphone too much. Of these respondents, 35% strongly agree, 20% agree, and, 12.50% weakly agree.

The people around me tell me that I use my smartphone too much.



Based on the analysis than on the items related to the hypothesis1, it can be stated that the hypothesis(There is no relationship between smartphone addiction and procrastination) is rejected.

Findings:

The statistics and consequent analysis as outlined above, proved that there exists a strongconnection between addiction to smartphone and consequent procrastination. Thus, the hypothesis that there is does not exist any relationship between addiction to smart phone and consequent procrastination is rejected. The study looked into different components related to addiction and procrastination. A clear majority of respondents agreed that issues related to smartphone addiction and consequent procrastination in their daily lives is prevalent. Thus, it can be stated that smartphone addiction causes procrastinate behaviors.

CONCLUSION

As it was mention as first objective of the research, one the objective for this research was to study the relationship between addiction to smartphone and procrastination in young adults.

The analysis of the responses of the respondents in this study shows that the relationship between addiction to smartphone and procrastination is evident. Although the responses were given by the male and female differ in some items of the questionnaire. But totally indicate the significant relationship between smartphone addiction and procrastination. It was hypothesized that there does not exist any relationship between smartphone addiction and procrastination, the findings of the study, however; rejected thehypothesis .

References:

1. Adriana de Souza e Silva. (2006). *Re-Conceptualizing the Mobile Phone – From Telephone to Collective Interfaces*.
2. Chad C. Tossell, Philip Kortum, Clayton Shepard, Ahmad Rahmati, & Lin Zhong. (2015). *You can lead a horse to water but you cannot make him learn: Smartphone use in higher education*.
3. Diana James & Judy Drennan. (2005). *Exploring Addictive Consumption of Mobile Phone Technology*.
4. Emad Abu-Shanab & Eman Haddad. (2015). *The Influence of Smart Phones on Human Health and Behavior: Jordanians' Perceptions*.
5. Lakshmi Vaidyanathan & Savae Latu. (2007). *Social Consequences of Cellular (Cell) Phones*.
6. Malik, I. H., & Hashmi, S. N. I. (2020). Ethnographic account of flooding in North-Western Himalayas: a study of Kashmir Valley. *GeoJournal*, 1-19.
7. Mengwei Bian & Louis Leung. (2014). *Linking Loneliness, Shyness, Smartphone Addiction Symptoms, and Patterns of Smartphone Use to Social Capital*.
8. Min Kwon, Joon-Yeop Lee, Wang-Youn Won, Jae-Woo Park, ung-Ah Min, Changtae Hahn, Xinyu Gu, & Ji-Hye Choi,. (2013). *Development and Validation of a Smartphone Addiction Scale (SAS)*.
9. Paul A. Pilkonis. (1977). *The behavioral consequences of shyness*1.
10. Ravidchandran, Shanthi. (2009). *Mobile phones and teenagers: Impact, consequences and concerns—Parents/caregivers perspectives*.
11. Richard Shambare, Robert Rugimbana, & Takesure Zhowa. (2011). *Are mobile phones the 21st century addiction?*
12. Serkan Denizli & Ece Eken. (2018). *Investigation of Smartphone Addiction Among University Students in Terms of Academic Achievement, Academic Procrastination, Smartphone Usage Behaviors and Some Demographic Variables*.
13. Chóliz. (2012). *Mobile-phone addiction in adolescence: The Test of Mobile Phone Dependence*. *Prog Health Sci*, 2, 33-44