

## عنوان مقاله:

The relationship between cell phone addiction and students' behavioral problems

## محل انتشار:

اولین کنفرانس بین المللی حقوق بین الملل، حقوق، علوم سیاسی و علوم انسانی (سال: 1400)

تعداد صفحات اصل مقاله: 18

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## خلاصه مقاله:

Research on smartphone use among college students is extensive. Although numerous studies have examined the relationships between mobile phone use and academic achievements, many such studies have yielded mixed findings. Hence, the overarching goal of this meta-analysis was to comprehensively synthesize existing research to investigate the effects of smartphone addiction on learning. The authors included ۴۴ studies (۴۵ effects) in the analysis yielding a sample size of  $N = ۱۴۷,۹۴۳$  college students from ۱۶ countries. The results show that smartphone addiction negatively impacts students' learning and overall academic performance ( $Q(۴۳) = ۷۱۱.۸۷, p < .۰۰۱, r = -۰.۱۲$ ). Further, findings suggest that the greater the use of a phone while studying, the greater the negative impact on learning and academic achievement. Additionally, the results suggest that skills and cognitive abilities needed for students' academic success and learning are negatively impacted. Implications of these findings are discussed, and recommendations for future research are delineated.

## کلمات کلیدی:

Smartphone addiction, Technology addiction, Learning, Mental health, Meta-analysis

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