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A Cross-sectional Study on Smart phone Addiction, Sleep Hygiene and Perceived Stress**Kriti Singh, Saurabh Tripathi, Pankaj Chaudhary, Abid Ali Ansari and Seema Nigam**

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Introduction: The continuous availability of internet in today's world has led to an increase in use of mobile phones. A Smartphone is a mobile phone with extensive computer features. It possesses high resolution touch screen display, Wi-Fi connectivity, Web browsing capabilities and the ability to accept sophisticated applications. It also enables users to play 3D games, fast web browsing and access to social networking sites simultaneously and also texting messages. We conducted a cross-sectional study to determine the addiction to smart phones among medical students and its relation to sleep hygiene, stress and anxiety, if any. We used predesigned pre-tested close ended questionnaire.

Material and Method: Study involved 50 individuals (18-35 years of age) of Kanpur. Smartphone Addiction Scale Short Version, Sleep hygiene index and Perceived Stress scale were used for stating the state of addiction, sleep hygiene state and level of perceived stress.

Results: Mean age 22 years (12%). Majority of study subjects were 20 years old (15 out 50) mostly males and very few females. Mean Smartphone addiction score 39 (very severe), Mean sleep hygiene index score 26.76 (moderate maladaptive hygiene) and mean perceived stress score 19.92 (moderate stress). Statistical tools will be applied for further detailed analysis.

Conclusion: In majority students were found to have very severe Smartphone addiction along with moderate sleep hygiene and moderate perceived stress. The purpose of Smartphone use was commonly for using social media application (Facebook, Whatsapp, Instagram etc). and also for communication.

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