

Smartphone addiction is defined as excessive and compulsive usage of smartphones, using them so much that it has a negative impact on a person's life. This addiction can cause a myriad of problems for university students, including a lack of sleep, an increased risk of obesity or other health problems, and even depression. Sleep deprivation is a significant issue, as students often stay up late engaging in activities like watching Netflix, chatting with friends, browsing social media, or playing games. This lack of sleep can severely affect brain function, limiting concentration, focus, memory, problem-solving skills, and creativity, often resulting in lower exam scores and GPAs. Furthermore, the addiction increases the risk of obesity or other health problems due to long hours spent sitting or laying down, leading to poor health, weight and posture problems, and reduced immunity. This poor health can impact academic performance, as students with suppressed immunity may miss classes more often. Depression is another primary effect, where excessive phone usage leads to social isolation, and excessive social media usage is linked to low self-esteem and depression, causing a variety of mental issues that can reduce academic performance. In extreme cases, students may even quit school, fail to graduate, or feel suicidal. Smartphone addiction is a significant issue, posing one of the biggest challenges facing university students today.