PROBLEMATIC SMARTPHONE USE: A LITERATURE REVIEW ON HEALTH ISSUES

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ABSTRACT

Purpose – Users are getting addicted to Smartphone sometimes due to its various functions. This addiction is taking them towards the various physical and mental health problems. The objective of this research paper is to explore the social impact of Smartphone on health of the users and to find out the various health problems arising due to the addiction of Smartphone. This paper presents an integrated conceptual framework of impact of the Smartphone addiction on health issues.

Design/Methodology/Approach – A review of Indian and International literatures was analyzed to identify the factors responsible for the various types of health issues due to addiction of Smartphone so that highest studied factors can be concluded for further empirical research.

Findings – It was revealed from various studies on Indian Literature that Anxiety and Headache are the most studied variables and most arising health issues because of excessive use of Smartphone followed by Loss of Control and sleep disturbances. While studies from International Literature revealed Depression, Anxiety and Stress are most studied variables to identify health problems followed by sleep disturbance because of Smartphone overuse. It was considered from all over the literature that Depression, Anxiety and Stress are the mostly studied factor followed by Sleep Disturbances and Headache.

Paper Type – Review Paper 
Key words: Smartphone, Health Issues, Addiction.