Problematic smartphone use: behavioral, psychopathological, dispositional, and educational correlates

# Details

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English

## Authors

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## Type

PhD Thesis

## Topics

## Sample

The samples are: study I (101 U.S. college students), study II (405 Estonian university students); study III (366 Estonian university students) and study IV (261 U.S. college students).

## Implications For Policy Makers About

Stepping up awareness and empowerment

## Implications For Stakeholders About

Researchers

# Abstract

"The role of mobile and smartphones in our daily lives is ever-increasing, and that calls for a need to study how smartphone use aligns with human psychology and behavior. The aim of the current dissertation is to provide knowledge on the topic of smartphone use in relation to behavioral, psychopathological, dispositional, and educational constructs. With this work, I am aiming to improve the state of literature on these topics from conceptual as well as methodological aspects." (Rozgonjuk, 2019, p. 8)

# Outcome

"Problematic smartphone use (PSU) could be reflected in smartphone use duration. Although PSU is associated with depression and anxiety symptom severity, and weekly average depressive mood, objectively measured smartphone use may not be associated with weekly average depressive mood. PSU is associated with more surface and less deep approach to learning, more trait procrastination, and higher levels of intolerance of uncertainty. Social media use in lectures could explain the relations between PSU and approaches to learning, and trait procrastination. While the role of age and gender has been inconsistent across these studies, it could be noticed that younger age was typically more associated with higher levels of digital technology engagement." (Rozgonjuk, 2019, p. 40)