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Too Attached to Smartphones? The Impact of Smartphone Addictions on College Students

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ABSTRACT

Although earning a college degree presents numerous benefits, 41% of college freshmen never graduated. This study investigates whether smartphone addiction will affect early college student’s success in terms of academic performance, intention to stay at college, digital overload and social wellbeing. Life stressor was examined for the predictability of smartphone addiction. One hundred and eighteen college students participated in a survey and the results show strong linkage between life stressor and smartphone addiction. Structural equation models revealed that life stressor strongly predicted smartphone addiction. Smartphone addiction is positively and significantly associated with digital overload and negatively and significantly associated with retention and academic performance. Smartphone addiction shows no significant relationship with social wellbeing. Implications and future research were discussed.