

Original Article

A Conceptual Review of Mobile Phone Addiction and Psychological Well-being Among Adolescents

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Manuscript ID:
BN-2026-030124

ISSN: 3065-7865

Volume 3

Issue 1

January 2026

Pp118-121

Submitted: 20 Dec 2025

Revised: 30 Dec 2025

Accepted: 15 Jan 2026

Published: 31 Jan 2026

DOI:

[10.5281/zenodo.19331977](https://doi.org/10.5281/zenodo.19331977)

DOI link:

<https://doi.org/10.5281/zenodo.19331977>



Quick Response Code:



Website: <https://bnir.us>



Abstract

In adolescents' daily lives, mobile phones play a very important role. With just one click, a vast amount of information becomes easily accessible. However, excessive use of mobile phones can increase the risk of addiction. Such addiction may have negative effects on mental health and can reduce face-to-face communication, leading to increased feelings of loneliness. It may also negatively affect sleep habits, concentration, and the ability to regulate emotions.

This conceptual paper reviews theoretical and empirical studies on mobile phone addiction and psychological well-being among adolescents. The findings emphasize promoting balanced smartphone use and creating awareness about healthy digital habits.

Keywords: Mobile Phone Addiction, Psychological Well-being, Adolescents, Smartphone Use, Mental Health

Introduction

In the current era of digital technology Mobile phones have become a vital part of everyday life. They are important for communication, learning, accessing information, and entertainment. With mobile technology, many daily tasks have become quicker and more convenient. However, overuse of mobile phones has led to concerns about their effects on both physical and mental well-being.

Direct personal interaction is steadily reducing, while communication in society is becoming more and more technology-based. This transformation in the way people connect can impact personal relationships and mental health. Heavy use of mobile phones may also cause various psychological concerns, including nervousness, sadness, lack of focus, and disturbed sleep patterns. Adolescents are particularly vulnerable because mobile phones play a central role in their social and academic lives.

Mobile phone addiction refers to excessive use of it, that interferes with an individual's daily life relationship, and overall well-being. According to psychiatrists, mobile phone addiction can be viewed as a form of obsessive-compulsive disorder (OCD) because it may disrupt an individual's social, academic, and emotional well-being.

Psychological well-being refers to a person's overall mental happiness and satisfaction with life. It includes feelings of contentment, achievement, usefulness, and belongingness in life and work. A person with good psychological well-being feels positive and peaceful rather than worried, unhappy or stressed.

Impact of Mobile Phone Addiction on psychological well-being

Heightened Anxiety and Stress -

Excessive mobile phone use may lead to increased emotional pressure and anxiety among adolescents.

Decline in Attention Span -

Continuous interaction with smartphones through notifications, gaming and social media may lead to reduced focus and difficulty maintaining attention in academic and daily activities.

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How to cite this article:

Mane, N. V. (2026). A Conceptual Review of Mobile Phone Addiction and Psychological Well-being Among Adolescents. Bulletin of Nexus, 3(1), 118–121. <https://doi.org/10.5281/zenodo.19331977>

Social Comparison and Low Self-Esteem -

Continuous interaction with social media content may promote comparison with peers which can influence adolescent self-image and confidence.

Reduced Social Engagement -

Excessive phone use decreases face to face communication, leading to loneliness and weaker social relationships.

Sleep Disturbances -

Spending long hours on mobile phones at night may disrupt sleep quality and contribute to psychological and emotional problems.

Dopamine Release and Addictive Behaviour -

Frequent use of mobile phones, particularly social media and gaming, may trigger dopamine release in the brain, creating a reward response that encourages repeated use and increases the risk of addiction.

Interventions to Reduce Mobile Phone Addiction

Awareness Programs

It is important to educate adolescents about the negative effects of excessive mobile phone use. College can organize workshops, seminars, and poster campaigns to spread awareness. Adolescents should be informed about how mobile phone addiction can affect academic performance and lead to problems such as eye strain, sleep disturbances, and increased mental stress.

Time Management

Teenagers should be encouraged to develop the habit of setting a specific time for mobile phone use. The use of mobile phones for more than 1-2 hours a day should be avoided. A daily schedule should be prepared that includes time for study, sports, rest, and limited mobile phone use. The Screen Time feature available on mobile phones can also be used to track and manage screen usage.

Behavioral Strategies

Techniques such as reward systems, gradual reduction of screen time, and substituting phone use with productive or recreational activities can help curb compulsive behaviors.

Parental Control and Guidance

Parents play a very important role in reducing mobile phone addiction. They should monitor their children's mobile phone usage. Families can set specific "No Mobile Time" at home, such as during meals, study time, and before going to bed. Parents should also set a good example by limiting their own mobile phone use.

Digital Detox Programs

Adolescents should be encouraged to stay completely away from mobile phones for a specific period of time. A free day can be observed once a

week. During holidays, Adolescents should be encouraged to participate in activities such as sports, reading, and nature walks instead of using mobile phones.

Alternative Activities

Various activities should be organized to divert students' attention away from mobile phones. Outdoor games such as cricket, football, and kabaddi Creative and artistic activities such as drawing, music, and dance reading and library activities, yoga and meditation etc.

Peer Group Support

Peer support groups should be formed among adolescents Friends should encourage one another to avoid excessive mobile phone use.

Controlled Use of Technology

Mobile phone usage can be managed by using Parental Control Apps or Screen Time Apps. Social media notifications should be turned off to reduce distractions. During study time, mobile phones should be kept on silent mode.

Sleep and Health Care

Excessive mobile phone use can negatively affect sleep. Mobile phone use should be avoided at least one hour before going to bed. Regular exercise, yoga, and meditation should be practiced to maintain good health

Institutional Policies

Colleges can establish clear guidelines regarding the appropriate use of mobile phones on campus. Teachers can monitor and guide students to ensure responsible mobile phone use in the classroom. Additionally, colleges can implement a Digital Discipline Policy to promote healthy and balanced use of technology among adolescents.

Professional or Clinical Support

For severe cases, cognitive-behavioral therapy (CBT), group therapy, and psychological counseling can address underlying issues and promote long-term behavioral change.

Objective

1. To identify gaps in current research and propose directions for future studies and interventions.

Review of literature

Previous studies consistently indicate a strong negative association between mobile phone addiction and psychological well-being among adolescents. Adolescents who use smartphones excessively are more likely to face mental health issues such as anxiety, stress, and emotional imbalance. Excessive smartphone use can also reduce concentration, weaken social interactions, and disturb emotional control.

Several studies have investigated the effects of smartphone addiction on the mental health of adolescents. Jing et al. (2025) According to them excessive use of smartphones can result in adverse mental health effects and emphasized the need for early action to protect and improve adolescents' psychological well-being.

Investigated to Devi, Sandhiya, and Mukherjee (2022), teenagers with overuse mobile phone addiction often report declined psychological well-being, which may include difficulty in managing emotions and a raise in negative feelings.

According to Alotaibi (2022), students with greater smartphone addiction tend to show reduced academic performance along with sleep-related difficulties and physical health concerns. The findings suggest that overuse of smartphones may negatively affect both physical health and mental well-being.

Rehman et al. (2016) reported that greater internet dependency among young individuals is associated with poorer psychological well-being. While certain studies have noted differences based on age and gender, the general findings suggest that excessive and unregulated smartphone use can have a harmful impact on adolescents' mental health.

Overall, existing research consistently indicates that higher levels of mobile phone addiction are connected to reduced psychological well-being among adolescents. These findings emphasize the need to encourage balanced smartphone usage and to increase awareness about maintaining healthy digital habits.

Implications

Studying the connection between mobile phone addiction and adolescent psychological well-being provides useful insights for schools, parents, and the wider society.

Digital Literacy

It is necessary to increase digital literacy among adolescents so that they can use smartphones responsibly and appropriately.

Awareness and Guidance

Parents and institutions should educate adolescents about the negative impact of excessive mobile phone use and encourage them to adopt healthy and responsible smartphone usage habits to maintain their psychological well-being.

Limitation

The study is based on previously published research and does not include primary data. The review includes only selected studies, which may limit the overall findings. More

empirical studies with larger samples are needed to better understand the relationship between mobile phone addiction and psychological well-being.

Conclusion

This conceptual analysis clearly reveals a strong inverse association between mobile phone dependency and the mental well-being of adolescent's. Previous research suggest that excessive smartphone use can negatively affect mental health, leading to stress, anxiety, sleep disturbances, and reduced social interaction. Promoting mindful smartphone use, improving digital literacy, and encouraging a balanced daily routine may help support better psychological well-being among adolescents. Further empirical studies are needed to explore and confirm these findings across different social and educational contexts.

Acknowledgment

I express my sincere gratitude to Arts, Science & Commerce College, Indapur, and the Department of Psychology for providing the academic environment and support necessary for completing this conceptual review. I am thankful to Savitribai Phule Pune University, Pune, for its academic guidance and encouragement in promoting research activities.

I also extend my appreciation to the scholars, researchers, and authors whose valuable studies, books, and research articles served as important sources of information and inspiration for this paper.

Finally, I would like to thank my colleagues, friends, and family members for their continuous encouragement, support, and motivation throughout the preparation of this research work.

Financial support and sponsorship

Nil.

Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper

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