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Effects of smartphone addiction on school life adaptation among high schoolers: Mediation effects of self-control

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Statement of the Problem: In a previous study on the effects of smartphone addiction on school life adaptation, it was shown that smartphone addiction had a negative effect on school life adaptation. The results of this study are as follows: 1) The Internet addiction level among high school students is higher than that of primary school students, and the level of internet addiction is related negatively with that of self-control. But, there are few studies that have examined the mediating effects of self-control on smartphone addiction and school life adaptation.

Methodology & Theoretical Orientation: High-school students was shown the highest percentage of smartphone addiction risk group in the '2016 Internet and smart phone usage habits survey' of the Ministry of Gender Equality and Family (2016) The mediating effects of self-control in relation to school life adaptation confirmed to be influenced by smartphone addiction. This will provide a way to strengthen the self-control of high school students, establish guidelines for adaptation of high school students to school life and use of smartphones in the community, and provide basic materials for personal counseling and group counseling. This study was a cross - sectional study and data were collected using self - report questionnaires for the first and second graders of 5 high schools in D metropolitan city. The results of 790 questionnaire responses were analyzed using the SPSS 20.0 program.

Findings: The results of this study are as follows. First, the effects of self-control on self-control and school adjustment were found to have a significant effect on high school students' self-control and adaptation to school life. However, the mediating effect of self-control was not shown in the influence of smartphone addiction on school life adaptation in the group with the risk of addiction to smartphone.

Conclusion & Significance: High school students belonging to the risk group of smartphone addiction could be regarded as a failure in self-regulation process due to the lack of control to control their own behavior. To improve the self-control of high school students for their school life adaptation, we should develop the intervention program.

Biography

Kyunghee Lee is a Psychiatric Nursing faculty at Keimyung University in South Korea and has her expertise in improving the mental health and well-being. In addition to mental health nursing for individuals, groups, and community residents, she provides the existing paradigm in the field of mental health research and she also provides a basis for a new paradigm as a customized research methodology for the prevention and promotion of mental health.

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