

Impact of Smartphone Usage Patterns on the Social Well-Being of Undergraduates at Rajarata University of Sri Lanka

D.A.D.V. Dedigama^{1,*} and G.S.R. Gunathunga²

*Department of Information Systems, Faculty of Management Studies,
Rajarata University of Sri Lanka, Mihintale, Sri Lanka^{1,2}*

*Corresponding author: dinusha.vimukthini@gmail.com

Abstract

The widespread use of smartphones among students has significantly influenced various aspects of university life, raising concerns about its potential effects on social well-being. This paper explores the impact of smartphone usage on social well-being among students at Rajarata University of Sri Lanka. It identifies gaps in empirical studies on the influence of smartphone usage on undergraduates' social good, particularly at state universities. The study aims to fill these gaps by examining the relationship between smartphone usage and student well-being. The study examined smartphone usage in four dimensions: information access, social interaction, entertainment, and frequency of smartphone use. The dependent variable, social well-being, was rated using Keyes' model. A quantitative explanatory methodology was used, with data gathered through an online questionnaire among 9,274 undergraduates in six faculties. A quota sample of 369 students was selected. Data was analysed using descriptive statistics, correlation, and multiple regression analysis. The study found that information access, entertainment, and frequency of smartphone use significantly impact students' social well-being. Social interaction showed a positive correlation but was not significant in the regression model. These findings provide empirical evidence about the connection between smartphone use and social well-being in Sri Lankan universities. The study fills a research gap by examining smartphone usage patterns' impact on undergraduate social well-being, providing practical insights for educators, administrators, and policymakers to promote healthy digital habits.

Keywords: smartphone usage, smartphone usage patterns, social wellbeing, Sri Lanka, university students