

# The Impact of the Smartphone on Student Study Habits

**Jollie Simpul & Oktavian Mantiri**

Faculty of Education and Psychology, Asia-Pacific International  
University, Muak Lek, Thailand

**Abstract:** The immature knowledge of the student about what smartphone can offer to them might lead them to an unknown world. This study also confirm Goswami and Singh findings that teenagers who excessively use their cell phone are more prone to experience disrupted sleep, restlessness, stress and fatigue (2016). Students believed that excessive usage of smartphone can damage their thinking ability and decreasing thinking ability tends to be unmotivated to study. Students who used more than two hours a day on cellphone tended to surf internet for entertainment or gaming. Excessive surfing and gaming among the students might lead them to have fewer associations with other students. It also leads to a reduction of study time and interest of learning became low. For some, the smartphone can be used to boost their study habit. They can surf to the internet for information. This is particularly the case for students staying at the dormitories. Regulations there control the usage of cellphones while at home most students are freer to use them.

**Keywords:** Smartphone usage, stress, fatigue, study habit decline, gaming