บทคัดย่อดึงจากฐานข้อมูล จัดหน้าด้วยระบบอัตโนมัติ ไม่ใช่ต้นฉบับจากผู้เผยแพร่

ชื่อเรื่อง Relationships between Smartphones and Insomnia

ผู้วิจัย Peerawat, Akarachaipak; Chananon, Theparak; Tharitawan, Sorsomboon; Napatsakorn, Chuenka

ปีการศึกษา 2567

บทคัดย่อ

Smartphones are one of the most important things in human lives nowadays. People use them for browsing the internet, communicating with others, or taking photos. With these factors, people nowadays can barely live without using their phones because of how much we depend on them, especially in younger democratic. The addiction of phones in teenagers has been on a constant rise-more than ever. As a result, smartphones have the potential to cause long-term health problems. In this research, our objective is to study the relationship between phone and insomnia, which is one of the most serious health problems. We want to know more about the relationship between them, and ensure that insomnia comes from smartphones or not. Our research method is divided into two important parts, which are firstly the questionnaire surveys and secondly the application to confirm and make sure that the information is accurate and correct. This research aimed to explore the relationship between smartphone use and insomnia, particularly focusing on high school students. Our findings indicate a significant link between smartphone addiction and sleep disorders, such as insomnia. A substantial proportion of students who exhibited smartphone addiction reported a history of sleep problems, including shorter sleep durations and disrupted sleep patterns. The data revealed that prolonged smartphone usage, particularly before sleep, contributed to poor sleep quality and increased the likelihood of insomnia. Addiction to smartphones was more prevalent among certain demographic groups, and those with higher addiction levels tended to experience greater sleep disturbances. In addition, the correlation between smartphone addiction and mental health issues such as anxiety, depression, and stress suggests that these psychological factors may exacerbate the negative impact of smartphone usage on sleep quality. Overall, this study underscores the need for increased awareness regarding the detrimental effects of excessive smartphone use on sleep health. We recommend further research to investigate intervention strategies that may help mitigate smartphone addiction and improve sleep quality among young individuals.

ที่อยู่อ้างอิง (URL) : https://publish.vichakan.net/show/903
วันที่ดำเนินการเผยแพร่ : 13 ธันวาคม 2567
พิมพ์ : วันที่ 11 พฤศจิกายน 2569 เวลา 05.23 น.