

# Impact of Mobile Addiction on Youth in India

**Mr. Harsh Satpute and Mr. Pushpak Gondane**

Research Students

Dr. Ambedkar Institute of Management Studies and Research, Nagpur, India

Correspondence email: jayantgondane27@gmail.com

**Abstract:** *This research paper aims to explore the impact of mobile addiction on youth. With the rapid advancement of technology and the widespread availability of mobile devices, young people have become increasingly dependent on their smartphones. This addiction not only affects their daily lives but also has profound implications for their physical and mental well-being. By examining existing literature and conducting surveys among a sample of young individuals, this study seeks to identify the various factors contributing to mobile addiction among youth. It will investigate how excessive use of mobile devices can lead to detrimental effects such as decreased academic performance, impaired social interactions, health-related disorders, and psychological issues.*

*Furthermore, this research paper will analyze potential strategies for preventing or addressing mobile addiction among youth. Understanding the underlying causes and consequences is crucial in developing effective interventions that promote responsible usage habits and mitigate the negative impact on young people's lives. Ultimately, this study aims to raise awareness about the growing problem of mobile addiction among youth and provide insights into its consequences. By shedding light on this issue through empirical evidence and proposing feasible solutions, it is hoped that policymakers, educators, parents, and other stakeholders can better understand how to address this pressing concern effectively.*

**Keywords:** Mobile addiction, youth, health-related disorders, mental well-being etc