

# Review On-Gadget Addiction A Growing Risk Factor for Depression

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**Abstract:** *Gadget addiction has emerged as a growing public health concern, particularly among young adults who increasingly rely on smartphones and other digital devices in their daily lives. This study investigates the prevalence of gadget dependency and its relationship with mental health outcomes, especially sleep disturbances and depressive symptoms. A review of multiple cross-sectional and longitudinal studies reveals that excessive mobile phone use is consistently associated with negative physical, psychological, and social consequences. High gadget dependency was observed in 45% of undergraduate students—substantially higher than rates reported in comparable studies from Delhi (22%) and China (21.3%).*

*Frequent mobile phone use was linked to vision and hearing problems, reduced physical activity, difficulty performing routine tasks, and impaired sleep. Longitudinal evidence further demonstrates that high mobile phone use at baseline increases the risk of developing sleep disturbances and depressive symptoms, particularly among men, while perceived pressure to be constantly available significantly elevates stress and mental health risks in both genders.*

*These findings highlight the urgent need for awareness programs and behavioural interventions that promote healthy digital habits and help young adults establish boundaries around mobile phone availability. Addressing gadget dependency is essential for safeguarding mental well-being in an increasingly technology-driven society.*

**Keywords:** Gadget addiction, Excessive screen time, Depression risk, Sleep disturbances, Young adults, Mobile phone dependency

