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ABSTRACT

Relationship Between Smartphone Addiction and Sleep Quality Among Office Workers in Johor

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I. INTRODUCTION

Smartphone addiction has emerged as a growing concern, particularly in workplace populations, potentially affecting various aspects of health [1][2]. Sleep quality, a crucial factor in employee performance and well-being, may be significantly influenced by excessive smartphone use [3]. This study examines sleep quality, assesses smartphone addiction levels, and explores their relationship among office workers in Johor, aiming to inform health interventions and organizational wellness strategies.

II. METHODS

A correlational study was conducted among 113 office workers in Johor aged 20–50 who worked standard hours. Participants completed online questionnaires distributed via WhatsApp and Facebook, including the Pittsburgh Sleep Quality Index (PSQI) and Smartphone Addiction Scale–Short Version (SAS-SV). Descriptive statistics were calculated, normality was assessed using the Shapiro–Wilk test ($p < 0.001$), and associations were examined using Spearman’s correlation.

III. RESULTS AND DISCUSSION

A. Scoring Summary for SAS-SV and PSQI

More than 95% of participants had poor sleep quality, with an average PSQI score of 12.4 ($SD = 1.95$). This score is much higher than the cut-off of 5, meaning most participants had serious sleep problems. The results suggest that poor sleep is a common issue affecting this group of office workers.

Approximately 70–80% of participants were classified as addicted to smartphones, with an average SAS-SV score of 41.8 ($SD = 14.73$), aligning with global reports on elevated usage among working adults [6].

TABLE I
SCORING SUMMARY FOR SAS-SV AND PSQI

Variables	Frequency (n)	Mean	Std. Dev.
SAS-SV	113	41.8	14.73
PSQI	113	12.4	1.95

B. Relationship Between SAS-SV and PSQI

The analysis showed no significant correlation between smartphone addiction and sleep quality ($r = -0.014$, $p = 0.883$) [7]. Despite high addiction rates and poor sleep, the data suggest these may not be directly linked. This implies that other environmental, psychological, or behavioral factors could more strongly influence sleep disturbances [8].

TABLE II
SPEARMAN’S CORRELATION BETWEEN SAS-SV AND PSQI

		PSQI
SAS-SV	Spearman’s R	-0.014
	p-value	0.883
	N	113

IV. CONCLUSIONS

Most office workers in Johor experience poor sleep quality and exhibit high levels of smartphone addiction. However, no significant correlation was found between the two variables. These findings underscore the need for further investigation into other potential factors affecting sleep health in digitally connected working populations.

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