

**UNIVERSITI TEKNOLOGI MARA**

**THE IMPACTS OF SMARTPHONE  
ADDICTION TO YOUNG WORKING  
ADULT**

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## ABSTRACT

Smartphone has been increasingly popular among young adults as they are the most vulnerable group that easily influenced by the current trend. Smartphone has been used for various purposes starting from managing personal information, communication to passing time and managing mood. Although advanced technology is quite essential in this moving era, addiction to this device can affect health as well as social imbalance. There are a lot of research that study on the impacts of smartphone addiction to students as their target group but relatively none for young working adult in Malaysia. The aim of this research is to study on the level of smartphone addiction among young working adult in Malaysia and identify the significant relationship between addicted smartphone user to health, career and social life impacts. The study started by conducting a survey among 115 respondents across Malaysia. Result shows that there are 35 respondents that considered as addicted user using Smartphone Addiction Proneness Scale (SAPS). From this group of user, research continue by identifying the impacts of smartphone addiction either positive or negative effects to health, career, and social life. Based on the findings, there is a significant correlation between smartphone addiction to health, career, and social life.

Keywords: *Smartphone, Addiction, young working adult, Addictive behaviour*

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