

A Study of Digital Addiction and Academic Procrastination among Secondary School Students.

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Abstract :

In the present era, digital technology has become an essential part of students' lives. Mobile phones, the internet, social media, online games, YouTube, and other digital platforms are widely used by students for learning, communication, and entertainment purposes. Although digital technology has made education more accessible and effective, its excessive use has led to the growing problem of digital addiction among students. As a result of digital addiction, students often experience difficulties in maintaining concentration on studies, managing time effectively, and completing academic tasks on schedule, which leads to the tendency known as academic procrastination.

The present research paper aims to study the status of digital addiction and academic procrastination among secondary school students. The study employed the Descriptive Survey Method. For the purpose of the research, a sample of 50 secondary school students was selected through the Convenience Sampling Method. For data collection, the researcher used a standardized research tool, namely the Academic Procrastination Scale (Constructed and Standardized by Kaur & Billing, 2023). The collected data were analysed and interpreted on the basis of Frequency and Percentage. The findings of the study revealed that the majority of students use mobile phones or the internet for 3 to 5 hours daily. Approximately 68% of students showed a moderate to high level of digital addiction, and 72% of students reported that they postpone study-related tasks until the last moment. The study further indicated that excessive use of digital media influences students' study habits, time management, and academic achievement

Keywords : Digital Addiction, Academic Procrastination, Secondary School Students, Students, Percentage Analysis.

Introduction :

The modern era is regarded as the age of science and technology, where digital advancement has influenced almost every aspect of human life. The field of education has also experienced rapid transformation through the increased use of digital technologies. Today, students widely use mobile phones, tablets, laptops, the internet, social media, and various online platforms for both educational and entertainment purposes. After the COVID-19 pandemic, the expansion of online education further increased students' dependence on digital devices and online resources.

Digital technology offers several advantages in the educational process. It provides students with easy access to information, online study materials, digital libraries, video lectures, and various interactive learning opportunities. Through digital platforms, students can improve their knowledge, enhance learning experiences, and access educational content beyond the traditional classroom environment. Therefore, digital technology has become an important component of modern education.

However, excessive and uncontrolled use of digital media has become a growing concern. When students spend more time than necessary on digital platforms for non-academic purposes, the situation may develop into digital addiction. Digital addiction refers to a behavioural tendency in which an individual becomes excessively dependent on digital devices and internet-based activities and gradually loses control over the management of time and daily activities. Students often spend long hours on social media, online games, video streaming, chatting, and entertainment-based applications, which may reduce their interest and engagement in academic work.

At the same time, academic procrastination has emerged as another important issue among students. Academic procrastination refers to the tendency of students to delay academic responsibilities such as homework, assignments, project work, and examination preparation, despite being aware of their importance. Such delays often result in poor academic performance, ineffective time management, reduced concentration, and lower academic achievement.

Both digital addiction and academic procrastination have become increasingly common among students in recent years. Excessive use of mobile phones and digital media may distract students from their academic goals, reduce study efficiency, and create difficulties in maintaining discipline and completing educational tasks on time. Students who spend a large amount of time on digital activities may find it difficult to manage their studies effectively and are more likely to postpone academic responsibilities.

Therefore, it becomes essential to study the relationship between digital addiction and academic procrastination among secondary school students. Understanding this relationship may help teachers, parents, and educational institutions develop appropriate strategies to promote balanced digital usage, effective time management, self-discipline, and healthy academic habits among students.

Need and Significance of the Study : In the contemporary educational environment, the use of mobile phones, the internet, social media platforms, online games, and other digital technologies have become an integral part of students' daily lives. Digital technology has provided students with

easy access to information, educational resources, and communication; however, excessive and uncontrolled use of these digital platforms has emerged as a growing concern. Many students spend a considerable amount of time using digital media for entertainment and social interaction, which may reduce the time available for academic activities and productive learning.

Excessive use of digital media often affects students' study habits, concentration, academic performance, and ability to manage time effectively. Continuous engagement with mobile phones and social networking platforms may lead students to postpone important academic responsibilities such as homework, assignments, project work, and examination preparation. This tendency to delay academic tasks is commonly referred to as academic procrastination, which has become an important issue in the field of education.

The present study is significant because it attempts to understand the increasing level of digital addiction among secondary school students and examine its influence on academic procrastination. It seeks to identify whether excessive use of digital media contributes to delaying academic tasks and affects students' educational development. The findings of the study may provide useful insights into students' behavioural patterns and study practices.

Furthermore, the study may help parents and teachers become more aware of students' digital habits and their possible academic consequences. The results can also assist educational institutions in developing appropriate strategies and awareness programs related to responsible digital use, digital discipline, and healthy study routines. In addition, the study highlights the importance of promoting time management, self-discipline, and balanced use of technology among students so that they can effectively utilize digital resources without negatively affecting their academic responsibilities and overall development.

Statement of the Problem :

A Study of Digital Addiction and Academic Procrastination among Secondary School Students.

Research Question :

What is the status of digital addiction, academic procrastination, duration of digital media use, and their impact on academic activities among secondary school students?

Objectives of the Study:

- To study the level of digital addiction among secondary school students.
- To study the level of academic procrastination among secondary school students.
- To study the duration of use of digital media among students.
- To study the impact of digital addiction on students' academic activities.

Operational Definitions of Research Variables

1. Digital Addiction: Digital addiction refers to the excessive and uncontrolled use of mobile phones, the internet, social media, online games, and other digital media platforms. In the context of this study, it denotes the extent to which students become dependent on digital technologies in their daily activities.

2. Academic Procrastination

Academic procrastination refers to the tendency of students to repeatedly delay or postpone academic tasks, such as homework, assignments, project work, and examination preparation, instead of completing them within the prescribed time.

3. Secondary School Students

In the present study, secondary school students refer to the students of Classes IX and X studying in Government Schools of the National Capital Territory (NCT) of Delhi, namely Sarvodaya Bal Vidyalaya No. 2, Mandawali and Sarvodaya Kanya Vidyalaya No. 3, Mandawali, Chander Vihar.

Review of Literature :

Zhou, Yang, Chen, & Gao (2024)

This meta-analysis examined the relationship between mobile phone addiction and procrastination among students. The findings revealed a moderate positive correlation, indicating that students with higher levels of mobile phone addiction tend to show greater procrastination behaviour in academic activities.

Hidalgo-Fuentes (2022)

This meta-analysis explored problematic smartphone use and academic procrastination. Findings indicated that excessive smartphone use contributes significantly to delays in academic task completion and weakens students' study habits.

Kaur & Kaur (2021)

This study examined WhatsApp addiction and academic procrastination among secondary school students. The findings showed that excessive use of messaging applications influences students' academic routines and task completion patterns.

Diana Ann (2025)

This research investigated digital distraction and smartphone addiction among Indian undergraduate students. The study concluded that digital dependency reduces self-regulation and increases procrastination tendencies.

Ru'iyas et al. (2026)

This study focused on short-video addiction and academic procrastination among students. Results indicated that excessive engagement with digital entertainment increases delays in completing academic work.

Research Method :

The present study employed the Descriptive Survey Method. This method is considered appropriate for studying the existing conditions, behaviours, and practices of students.

Population: The population of the study consisted of students of Classes IX and X studying in government secondary schools of the National Capital Territory (NCT) of Delhi.

Sample and Sampling Technique :

For the purpose of the study, a sample of 50 students was selected from the Government Secondary Schools of NCT of Delhi, namely, Sarvodaya Bal Vidyalaya No. 2, Mandawali and Sarvodaya Kanya Vidyalaya No. 3, Mandawali, Chander Vihar, through the Convenience Sampling Technique.

Sample description :

Participant	Number
Boys	25
Girls	25
Total	50

Research Tool :

For the present study, the researcher used a standardized research instrument. The questionnaire included items related to digital addiction and academic procrastination.

Academic Procrastination Scale (Constructed and Standardized by Kaur & Billing, 2023)

Data Analysis and Interpretation :

The collected data were analysed and interpreted on the basis of Frequency and Percentage.

Table 1**Duration of Daily Use of Social Media by Students :**

Status	Number of Students	Percentage
1 to 2 Hours	10	20%
3 to 5 Hours	22	44%
6 to 8 Hours	13	26%
More than 8 Hou	5	10%
Total	50	100%

Interpretation :

The above table indicates that 44% of students use digital media for 3 to 5 hours daily. Further, 26% of students spend 6 to 8 hours per day using mobile phones or the internet. Only 20% of students use digital media for 1 to 2 hours, whereas 10% use it for more than 8 hours daily. The findings reveal that the majority of students spend a considerable amount of time using digital media.

Table 2**Level of Social Media Usage among Students :**

Status	Number of Students	Percentage
High	19	38%
Moderate	22	44%
Low	9	18%
Total	50	100%

Interpretation :

The table shows that 44% of students use social media at a moderate level, while 38% demonstrate high usage. Only 18% of students were found to have low social media usage. This indicates that a large proportion of students actively engage with social media platforms.

Table 3

Frequency of Completing Homework on Time:

Completing Homework on Time	Number of Students	Percentage
Always on time	11	22%
Sometimes Late	25	50%
Mostly Late	14	28%
Total	50	100%

Interpretation :

The above table reveals that only 22% of students complete their homework on time. Half of the students (50%) complete their work late on some occasions, whereas 28% of students are frequently late in completing their homework. These findings indicate that delayed completion of academic tasks is common among students.

Table 4**Frequency of Mobile Phone Usage During Study :**

Status	Number of Students	Percentage
Always Use	18	36%
Sometimes Use	24	48%
Do Not Use	8	16%
Total	50	100%

Interpretation:

The above table indicates that 36% of students always use mobile phones during study time. In addition, 48% of students sometimes use mobile phones while studying, whereas 16% reported that they do not use mobile phones during study hours. These findings suggest that mobile phone usage during study is common among students and may contribute to distraction and reduced concentration in academic activities.

Table 5**Frequency of Postponing Examination Preparation :**

Status	Number of Students	Percentage
Often Postpone	21	42%
Sometimes Postpone	15	30%
Do Not Postpone	14	28%
Total	50	100%

Interpretation :

The table reveals that 42% of students often postpone their examination preparation. Furthermore, 30% of students sometimes delay preparation, while 28% do not postpone their examination preparation. These findings indicate the presence of academic procrastination tendencies among a considerable proportion of students, which may affect their academic performance and study habits.

Major Findings :

1. The majority of students use digital media for 3 to 5 hours per day.
2. A high level of social media usage was observed among students.
3. A considerable number of students do not complete homework and academic tasks on time.
4. A high tendency of mobile phone usage during study hours was found among students.
5. Students showed a habit of postponing examination preparation.
6. It was found that excessive use of digital media influences academic procrastination among students.

Educational Implications :

1. Students should be made aware of the balanced and responsible use of digital media.
2. Teachers should help students develop effective time management skills.
3. Parents should monitor and regulate their children's mobile phone usage.
4. Schools should organize programs related to digital literacy and digital discipline.
5. Students should be encouraged to avoid mobile phone use during study hours and maintain better academic focus.

Suggestions :

1. A daily time limit for mobile phone usage should be established for students.
2. Counseling services should be made available in schools.
3. Students should be encouraged to participate in sports and creative activities.
4. Parents and teachers should work together to monitor and guide students' digital habits.
5. Students should be provided with training in time management and study skills.

Conclusion :

The present study reveals that the problems of digital addiction and academic procrastination are increasing among secondary school students. Excessive use of digital media affects students' study habits and academic performance. Due to excessive engagement with social media and mobile phone usage, many students are unable to complete their homework, project work, and examination preparation on time.

The study concludes that although the use of digital technology is essential in today's educational environment, it should be balanced and regulated. If students are provided with guidance in time management, self-discipline, and maintaining digital balance, they may be able to avoid problems such as digital addiction and academic procrastination and improve their academic effectiveness.

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