

**A STUDY ON THE EFFECT OF USE OF SMARTPHONE ON SLEEPING
TIME AND SLEEP DEPRIVATION AMONG UNIVERSITY STUDENTS**

*Dissertation submitted for the partial fulfillment of the Post Graduate Degree of Masters of
Social Work*

at

*Department of Social Work
Guru Ghasidas Vishwavidyalaya
Bilaspur, C.G.*

Under the Guidance of

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Session: 2022-2024



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(Accredited A++ by NAAC)**

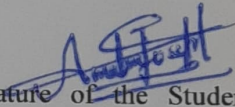
DECLARATION

I, **AMAL M JOSEPH**, declares that a study on "The Effect of use of Smartphone on Sleep Time and Sleep Deprivation among University Students" was carried out by me, in the year 2024, as a partial fulfillment of Master's Degree in Social Work (MSW) of Guru Ghasidas Vishwavidyalaya under the guidance of **Dr. Mohini Gautam** Assistant Professor Department of Social Work, GGV, Bilaspur.

This research work either fully or partially has not previously formed the basis for the award of any Degree, Diploma or other similar title.

Place: Bilaspur, Chhattisgarh

Date:


Signature of the Student

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CERTIFICATE

This is to certify that **Mr. AMAL M JOSEPH** is a Master of Social Work student at Guru Ghasidas Vishwavidyalaya, Bilaspur for the academic year 2022-2024.

This is to certify that a study titled "**The Effect of use of smartphone during sleeping time and sleep Deprivation among university students**" is submitted by the candidate as Dissertation for the partial fulfillment of requirement for the Master of Social Work of Guru Ghasidas Vishwavidyalaya, has not previously formed the basis for the award of any Degree of Diploma of this or any other University, and this work is record of the candidate's personal work.

S. Patel
29/8/24

Dr Sasmita Patel

Head of Department

Signature/NOO
Date and Stamp
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Mohini
29.08.24

Dr Mohini Gautham

Research Supervisor

ACKNOWLEDGMENT

I would like to express my gratitude to all those who have helped me with the completion of my Dissertation. First and foremost, I thank God for this abundant blessing which helped me through this study. My whole hearted thanks to the Head of the Department **Dr Sasmita Patel** for providing this valuable opportunity to conduct the study. My deep sense of gratitude to my guide and research supervisor **Dr Mohini Gautam** Assistant Professor of Guru Ghasidas Vishwavidyalaya, Social Work Department, for the valuable guidance and suggestions for completing the Dissertation work.

I am immensely thankful to all my respected professors of the department, for their kind help and valuable advice through the course of this work. I thank all my respondents who were the core of my study without which this research would not have been possible. I express my deepest gratitude to my parents for their support and encouragement.

AMAL M JOSEPH