

**EXTENT OF SMARTPHONE ADDICTION AMONG STUDENTS  
PURSUING PROFESSIONAL COURSE AND ITS INFLUENCE ON  
SLEEP QUALITY AND HAPPINESS**

The dissertation submitted to the DOS in Psychology, Manasagangotri,  
University of Mysore, Mysuru in partial fulfilment for the award of master's  
degree in Psychology

**PSYCHOLOGY DISSERTATION WORK**

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# CERTIFICATE

I hereby certify that this dissertation entitled "EXTENT OF SMARTPHONE ADDICTION AMONG STUDENTS PURSUING PROFESSIONAL COURSE AND ITS INFLUENCE ON SLEEP QUALITY AND HAPPINESS" has been successfully carried out by Miss. Samyukta A, registration number PC118080 under my guidance and supervision.

This dissertation is being submitted in partial fulfilment for the Master of Science in Psychology and has not been submitted to any other university, for the award of any Degree or Diploma.

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Guide 14/09/2025

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