

# The mediating effects of self-control on the relationship between smartphone addiction and suicidal ideation of adolescents

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**Abstract—** The purpose of this study is to identify smartphone addiction that were likely to become risk factor for suicidal ideation and to define the mediating effects of adolescents' self-control. This study is attention to the effect of Smartphone addiction as a new risk factor. Family and school problems on previous studies for the adolescent suicide that used to be focused are control variable. In order to accomplish this purpose, a total of 1,601 who are middle and high school students in Seoul and Gyeonggi province, South Korea were utilized. The data were analyzed by frequency analysis, and the multiple regression model analysis with SPSS 21.0. The main results of this study are as follows. First, about four out of ten (40.4%) of adolescents have experienced the thought of committing suicide for the past year. Second, Smartphone addiction risk, is 24.5 percent of all respondents. This means about 2.5 out of every 10 from the use of smartphone addiction have a severe risk side effects like feeling insecure without a smartphone or being interfered with studies by the overuse of smartphones. Lastly, Smartphone addiction has a direct influence on adolescents' suicidal ideation and is mediated by the self-control. This means that higher levels of smartphone addiction among students significantly associated with higher levels of suicidal ideation. Also, lower levels of self-control has mediating effect within the path of smartphone addiction affecting suicidal ideation. Based on these results, in order to reduce suicidal ideation, the importance of lessening smartphone-addiction and promoting self-control had been provided by this research. The implications for social work practice were discussed.

**Keywords—** Korean adolescents, Smartphone Addiction, Self-control, Suicidal Ideation