

## **Abstract**

Smartphones have become an important part of our lives, and have been affecting our lives in both positive and negative ways. One of the ways that it has been affecting us negatively is Nomophobia. The aim of this study is to explore the relationship between Nomophobia, Psychological wellbeing and academic achievement of university students in Pakistan. Cross-sectional research design was used for this purpose and stratified random sampling was used. A sample of 800 university students including 366 males and 434 females from different public and private universities of Lahore and Islamabad were selected for this purpose. The participants were undergraduate students with age ranges 17-26 ( $M=21.43$ ,  $S.D=1.935$ ). The results showed that there is a significant positive relationship between Nomophobia and academic achievement of university students. There is a significant positive relationship between Nomophobia and Psychological wellbeing of university students. The results of multiple linear regression showed that only depression and anxiety were the significant predictors of Nomophobia. The results of independent sample T-test showed that there are no significant gender and age differences in terms of Nomophobia levels of university students.