

**Smartphone Addiction and Achieving your Goals: Connecting the Dots**  
**Created By Azyten IT Solutions (Group 8)**

Gender

Female

Male

**Average Daily Hours  
on Phone**

**7**

**Average Daily Hours  
on Social Media**

**4.2**

**Avg Time in Minutes  
Taken to fill the  
Survey**  
**10**

**Total Respondents**  
**50**

Age group

15-20

21-30

31-40

41-50

>

### Percentage responses on productivity\_when\_phone\_use\_is\_minimized

A donut chart illustrating the percentage of responses for productivity when phone use is minimized. The chart is divided into four segments: 'Much more productive' (40%, light blue), 'Slightly more productive' (30%, yellow), 'No change' (18%, dark blue), and 'Less productive' (12%, green). A legend on the right side of the chart maps these colors to their respective categories.

Productivity Level	Percentage
Much more productive	40%
Slightly more productive	30%
No change	18%
Less productive	12%

### Ranking of responses on phone\_use&social\_media importance to future succes

Rank	Percentage
1	56%
2	34%
3	10%

Occupation

Entrepreneur


Student

### Count of respondents by phone\_check\_frequency


phone_check_frequency	Count of user_id
Several times a day	22
Every few minutes	12
Every hour	10
Only when necessary	6

### Count of respondents by hours\_on\_phone\_daily

hours_on_phone_daily	Count of use...
4-6 hours	16
7-9 hours	13
1-3 hours	8
10-12 hours	6
13+ hours	6
Less than 1	1

**Educational\_level** 

Bachelor's degree	High school or equivalent	Master's degree or higher
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**Phone Check Frequency Category**

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graph LR; High[High] -- Blue Arrow --> Low[Low]; Low -- Red Arrow --> Moderate[Moderate];
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### Count of respondents by excessive\_phone\_use\_reasons(rank ed in order)

excessive_phone_use_reasons	Count
Friends/Family. Entmt. Wo...	24
Entmt...	3
Frien...	3
Wor...	2
1	1
1	1
1	1
1	1
Frie...	1
Wor...	1
Wor...	1
Wor...	1

### Percentage Reporting Negative Impact on quality of life by gender



gender	Percentage
Male	67.96%
Female	32.04%

### Percentage Reporting Negative Impact on quality of life by occupation

occupation	Percentage
Student	40.68%
Working professional	33.9%
Entrepreneur	25.42%

## Top Phone Checking Triggers

Boredom. Notifs. Stress/Anxiety. Work.	23
Work. Notifs. Boredom. Stress/Anxiety.	5
Boredom. Notifs. Work. Stress/Anxiety.	4
Notifs. Work. Boredom. Stress/Anxiety.	4

# Most used Social Media Platforms

Facebook. WhatsApp.  
7

Facebook. X. WhatsApp.  
7

## Most Recommended Strategies For Healthier Phone-Life Balance

Offline hobbies.	8
Screen limits. Phone-free times. Offline hobbies.	8
Screen limits. Offline hobbies.	7
Phone-free times. Offline hobbies.	6
Screen limits. Phone-free times. Offline hobbies.	5