SMART PHONE ADDICTION PROJECT REPORT

Designing the XLS Form

Structure and Worksheets:

The XLS form was structured with three worksheets: survey, choices, and settings.

- Survey Worksheet:

Included columns such as type, name, label, hint, required, relevant, parameter, and appearance to enhance efficiency and effectiveness.

Created Sections 1-7, each separated with begin group and end group for clarity and readability.

Used select_multiple with an "other" option but avoided creating a separate row in the choices worksheet or additional text rows for "other."

- Choices Worksheet:

Contained predefined response options for select questions.

- Settings Worksheet:

Included metadata for the form, such as title and version.

Deploying the Form in Kobo Toolbox:

The designed XLS form was uploaded to Kobo Toolbox.

A preview of the form was conducted to identify any errors.

Necessary corrections were made based on the preview results to ensure a smooth deployment.

The form was successfully deployed to collect responses.

The data was downloaded in CSV format for further analysis.

Corrections Made:

Adjusted the XLS form to simplify and enhance usability (e.g., avoiding unnecessary "other" rows).

Previewed and corrected errors before deployment to avoid invalid data collection.

Removed redundant metadata and ensured only relevant fields were analyzed in Power BI.

Data Cleaning and Preparation in Power BI:

Cleaning Steps:

Removed irrelevant columns and metadata from the CSV file.

Eliminated empty rows to ensure a clean dataset.

New Columns and Measures:

Created calculated columns and measures for enhanced analysis:

Categorized responses (e.g., phone usage categories, frequency of phone checks).

Developed measures to calculate averages, percentages, and correlations (e.g., percentage of negative impacts).

The cleaned dataset was then loaded into Power BI for visualization.

Visualizations and Analysis in Power BI:

Using the cleaned data, several visuals were created to gain insights:

- Phone Check Frequency:

A bar chart showing the count of respondents by phone check frequency categories (e.g., "Every few minutes," "Several times a day").

- Top Phone Checking Triggers:

Bar chart ranking common triggers like boredom, notifications, and work responsibilities.

- Impact of Phone Use on Productivity:

Percentage-based visual showing responses on productivity when phone use is minimized (e.g., "Much more productive," "No change").

- Daily Phone Usage:

Stacked bar chart displaying the distribution of respondents by hours spent on their phones daily.

- Negative Impacts by Gender and Occupation:

Pie and bar charts analyzing the percentage of respondents reporting negative impacts on quality of life by gender and occupation.

- Excessive Phone Use Reasons:

Bar chart ranking reasons like staying connected with friends, work/study-related tasks, and entertainment.

- Strategies for Healthier Phone-Life Balance:

Visualization of the most recommended strategies, including screen limits, offline hobbies, and phone-free times.

- Social Media Usage:

Analysis of the most used platforms and time spent on social media.

Key Insights:

The majority of respondents check their phones frequently due to boredom and notifications.

High daily phone usage negatively impacts productivity and quality of life.

Gender and occupation influence the perceived impact of smartphone addiction.

Recommendations for healthier phone use include implementing phone-free times and engaging in offline activities.