

A Study on Smart Phone Addiction Patterns and Their Impact

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Gender

Female

Male

Age group

15-20

21-30

31-40

41-50

Occupation

Entrepreneur

Student

Educational_level

Bachelor's degree

High school or equivalent

Master's degree or higher

Phone Check Frequency Category

High

Low

Moderate

Average Daily Hours on Phone

7

Average Daily Hours on Social Media

4.2

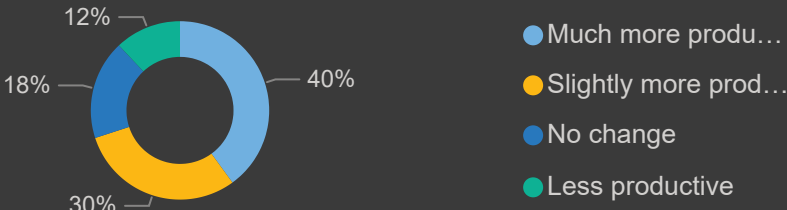
Avg Time in Minutes Taken to fill the Survey

10

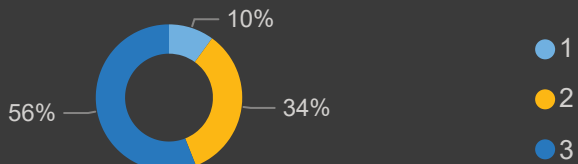
Total Respondents

50

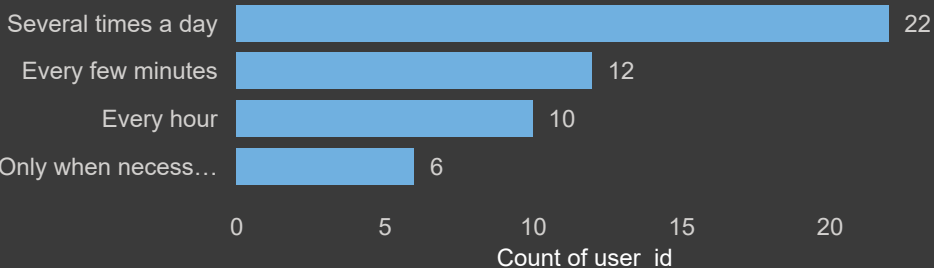
Percentage responses on productivity_when_phone_use_is_minimized



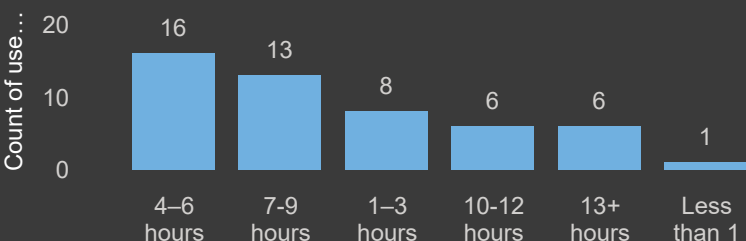
Ranking of responses on phone_use&social_media importance to future succes



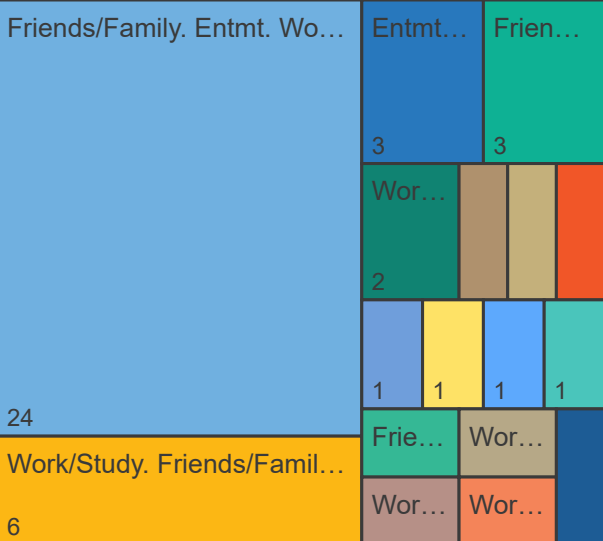
Count of respondents by phone_check_frequency



Count of respondents by hours_on_phone_daily



Count of respondents by excessive_phone_use_reasons(rank ed in order)



Percentage Reporting Negative Impact on quality of life by gender



Percentage Reporting Negative Impact on quality of life by occupation



Top Phone Checking Triggers



Most used Social Media Platforms

Facebook. WhatsApp.
7

Facebook. X. WhatsApp.
7

Most Recommended Strategies For Healthier Phone-Life Balance

