**Smartphone Addiction and Achieving your Goals: Connecting the Dots**

Phone addiction, often referred to as "nomophobia" (fear of being without a mobile phone), has become a prevalent issue in today's digital age. With the ever-growing integration of smartphones into daily life, individuals across all age groups and demographics are increasingly reliant on their devices for communication, work, entertainment, and more. While smartphones have revolutionized how we interact with the world, their excessive use has raised concerns about potential negative effects on mental health, productivity, relationships, and overall quality of life.

This research aims to explore the prevalence, causes, and effects of phone addiction, with a focus on understanding how it impacts individuals' productivity, physical and mental well-being, social interactions, and long-term goals. By examining the behavioral patterns, triggers, and mitigation strategies, the study seeks to provide valuable insights into addressing this modern phenomenon and fostering healthier technology use.

The findings will help to identify specific areas of concern and develop actionable recommendations to promote a better balance between phone use and other aspects of life.

**Section 1: Demographics**

1. What is your age group?
   * Less than 15
   * 15-20
   * 21-30
   * 31-40
   * 41-50
   * 50+
2. What is your occupation?
   * Student
   * Working professional
   * Entrepreneur
   * Retired
   * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_
3. What is your highest level of education?
   * High school or equivalent
   * Some college or university
   * Bachelor's degree
   * Master's degree or higher

**Section 2: Prevalence and Patterns of Phone Use**

1. How often do you check your phone?
   * Every few minutes
   * Every hour
   * Several times a day
   * Only when necessary
2. How many hours do you spend on your phone daily?
   * Less than 1 hour
   * 1–3 hours
   * 4–6 hours
   * 7-9 hours
   * 10-12 hours
   * 13+ hours
3. What do you usually do on your phone? (Select all that apply)
   * Social media
   * Text messaging
   * Email
   * Gaming
   * Browsing the internet
   * Other (please specify): \_\_\_\_\_\_\_\_\_\_\_
4. How often do you feel distracted by your phone while working, studying or in your Religious place (Church, Mosque, Shrine e.t.c)?
   * Almost always
   * Often
   * Sometimes
   * Rarely
   * Never
5. How often do you press your phone while walking on the road?
   * Almost always
   * Often
   * Sometimes
   * Rarely
   * Never

**Section 3: Causes and Triggers of Phone Addiction**

1. What are your main reasons for excessive phone use? (Rank them in order of priority)
   * Keeping in touch with friends and family
   * Entertainment (e.g., videos, games)
   * Work or study-related tasks
   * Anxiety or stress relief
   * Fear of missing out (FOMO)
2. What triggers you to check your phone? (Rank them in order of priority)
   * Boredom
   * Notifications
   * Stress or anxiety
   * Work responsibilities
3. Have you ever experienced any of the following symptoms of phone addiction? (Select all that apply)

* Feeling anxious or uneasy when you can’t use your phone
* Spending more time on your phone than intended
* Neglecting work or school responsibilities due to phone use
* Feeling isolated or disconnected from others due to phone use
* Other (please specify): \_\_\_\_\_\_\_\_\_\_\_

**Section 4: Social Media Usage**

1. Which social media platforms do you use? (Select all that apply)

* Facebook
* Instagram
* X (formerly Twitter)
* TikTok
* Snapchat
* WhatsApp/Messenger
* Other (please specify): \_\_\_\_\_\_\_\_\_\_\_

1. How many hours do you spend on social media per day?

* Less than 1 hour
* 1-2 hours
* 2-3 hours
* 4-6 hours
* More than 7 hours

1. Why do you use social media? (Select all that apply)

* Stay connected with friends and family
* Stay informed about news and current events
* Share my own experiences and opinions
* Follow celebrities or influencers
* Other (please specify): \_\_\_\_\_\_\_\_\_\_\_

**Section 5: Quality of Life and Productivity**

1. Do you feel that your phone use has negatively impacted your quality of life?

* Strongly agree
* Somewhat agree
* Neutral
* Somewhat disagree
* Strongly disagree

1. How often does your phone usage interfere with: (Select all that apply)

* Work
* School
* Housekeeping
* Sleep

1. Does phone usage interfere with face-to-face interactions?

* Always
* Often
* Sometimes
* Rarely

1. How would you categorize your productivity when your phone use is minimized?

* Much more productive
* Slightly more productive
* No change
* Less productive

**Section 6: Physical and Mental Health Effects**

1. Has phone addiction affected your physical health?

* Yes
* No

1. If yes, how? (Select all that apply)

* Decreased quality of sleep
* Eye strain
* Poor posture
* Migraine Headache
* Others (Please Specify)

1. How much has phone addiction impacted your mental health?  
   (Scale: 1 = No effect, 5 = Severe effect)

**Section 7: Long-term Impacts and Solutions**

21.Do you feel that your phone use has negatively impacted your long-term goals and aspirations?

* Strongly agree
* Somewhat agree
* Neutral
* Somewhat disagree
* Strongly disagree

22.How important is phone use and social media to your future success?

* Very important
* Somewhat important
* Not very important
* Not at all important

23. What strategies do you think would help you achieve a healthier balance between phone use and other aspects of your life? (Select all that apply)

* Setting screen time limits
* Implementing phone-free zones or times
* Engaging in offline hobbies or activities
* Seeking support from friends or family
* Other (please specify): \_\_\_\_\_\_\_\_\_\_\_