Project Quit

A Free and Open-Source (FOSS) Mobile Usage Tracker application.

The only "Open Source" mobile habit tracker in the industry.

Overview:

Mobile phones offer the freedom to instantly connect with just about anyone around the world. They enable us to find any information we require and are a great source of entertainment. While this invention was aimed at empowering us, sadly it is turning out to be something that is overpowering us. Most mobile users these days are suffering from mobile addiction.

One can do so much on a mobile phone. Our mobile phones enable us to indulge in gaming, gambling and online shopping. They connect us with people around the world, allow us to watch movies, click pictures, listen to music, surf the internet and enjoy various other activities. It is hard not to get addicted to this power house of entertainment.

However, it is essential not to fall prey to it. This is because its repercussions could be damaging. Mobile addiction causes several serious problems such as headache, weakened eyesight, sleep disorders, depression, social isolation, stress, aggressive behaviour, financial problems, ruined relationships and no or low professional growth.

Mobile phones have been created for our convenience. We must limit their usage to take charge of our lives. If you feel, you are getting addicted to your mobile phone then look for ways to get rid of it. You should also take it as your responsibility to help your loved ones get rid of this addiction.

Overview of Mobile Addiction

Mobile addiction is a growing concern. It is easy to get addicted to mobile phones but hard to overcome it. Numerous people around the world are addicted to their mobile phones. The behaviour pattern of mobile addicts is more or less the same. There are certain signs and symptoms that clearly show that a person is addicted to his/ her mobile phone.

Signs and Symptoms of Mobile Addiction

Here are some of the signs and symptoms of people suffering from mobile addiction:

1. *Display Withdrawal Symptoms*

Mobile phone addicts get anxious and angry if their mobile phone battery gets low or dies. They also display anxiety and appear extremely restless, on misplacing their mobile phone. They are almost on the verge of getting a panic attack in such a situation.

2. *Hallucinations*

Some mobile phone addicts even hear their mobile phone ring or vibrate even when it's actually not the situation.

3. *Prefer Connecting with People Online*

Mobile addicts prefer connecting with people online rather than talking to those, they are surrounded with. They will be on their phone continually even during social gatherings, family dinners or outing with friends.

4. *Check Mobile Phone Frequently*

Mobile addicts check their mobile phones almost every minute even if there is nothing important to do. They simply scroll through the apps to check notifications or view who is online and indulge in other such useless activities on their mobile. They are so addicted to their mobile phones that they do not hesitate checking them even while driving, taking shower and in the middle of an important meeting.

5. *Lose Sense of Time*

Another sign of mobile addiction is a lost sense of time. A person who is addicted to mobile phone loses complete sense of time. He is often late to work and delays important tasks giving priority to his mobile phone.

Effects of Mobile Addiction

Here are some of the effects of mobile addiction:

1. *Effects of Mobile Phones on Children and Teens*

Among the many harmful effects of mobile phones on children includes excessively being engrossed on mobile screen for hours. It impacts psychology and development of a child. The use of mobile phones by children interferes with parental bonding.

2. *Effects of Cell-phones on Education*

The negative effects of mobile phone usage in class outweigh the benefits. Students who use mobile phones excessively perform poorly in class as compared to those who don't. A study had found that cell phone usage in class can have a negative impact on learning outcome due to distraction. Those who use smartphones in class tend to recall less information, and therefore perform badly in exams.

3. *Impact of Mobile Phone on Health*

The increasing usage of mobile phone negatively impacts health. Various studies have shown that mobile phone usage leads to increased risk of cancer. The researchers have also found that the use of mobile phone leads to changes in sleep patterns, leading to insomnia. Spending time staring on the screen has been associated with poor sleep efficiency and shorter sleep duration.

4. *Effects of Mobile Phone on Social Life*

The use of smartphones is taking a toll on our relationships with our friends. For most people, texting is better than talking to others face-to-face.
Today, people are more engrossed with their mobile phones rather than with the physical surroundings. This level of connectivity leads to a strain on their social lives.

The lack of social interaction due to increasing cell phone usage leads to broken friendships. It creates social isolation that breeds emotional problems such as anxiety, depression, anger management issues, and other emotional problems.

And Much More…

Project Idea

They say, a country's economy is as strong as its youth. The impact of mobile addiction has made today's youth incapacitated and incompetent to contribute to the nation's growth.

Many want to get rid of their addiction but are unable to do so because they don't exactly know their habits. They need some guidance here.

As teenagers, me and my brother were fed-up with our mobile addiction (YES! we were very much addicted to mobile, playing games or just browsing social media). We wanted to change. Thus, we started adapting several techniques which helped us get through the mobile cravings.

"Reality has become the new way to escape the digital world!"

There were several things playing their roles in this transformational journey. Like our journey, we wanted to help others to escape the clutches of mobile addiction. Thus, began the project *QUIT*.

Design Concept

The project was designed to track the usage habits and help the user understand his/her mobile habits. These habits define the very basis of mobile longings. The more you start to use the mobile, the more you **need** it. This addiction is no less than a drug addiction.

The project was designed for the primary use on Android™ Devices. The application is designed to work in harmony with user, alerting him/her about their usage patterns.

The software uses various functions to obtain usage statistics from the device and uses analytical methods to determine the usage patterns. The user is daily notified of this pattern in an easy-to-understand "*type*" badge. This makes the user understand their patterns.

According to the usage patterns, the application suggests several ways that can help the specific user reduce their "mobile cravings". These include book suggestions and motivational sayings/quotes.

Stages of the project

To simplify the making of the project, it's build status was divided into several stages. They are as follows:

For version 1.x.x:

Stage	Task	Status
1	Building basic user interface design	✓
2	Designing code for execution	✓
3	Building services and executors	✓
4	Classes to display the information via view-models	DOING
5	Debugging and Cleaning-up	TODO

Future Implementations

The future plans are to port this code to Swift for IPhoneOS™. Other plans are to improve the functionality and implementing newer functions and features.

There is always a room for improvement 😊

Project Files

The Project is released as an open-source software under GNU GPL v3 license. The files for the project can be obtained by visiting the here. Any contributions are welcomed :)