Smartphone Addiction Prediction Using Machine Learning

Abstract

Using machine learning, this project predicts smartphone addiction tendencies by analyzing user behaviors, such as screen time, app usage, and interaction frequency, providing insights and actionable steps to curb overuse and promote a healthier digital lifestyle.

In this era of advancing technology, where smartphone addiction is becoming a growing concern, with an increasing number of people exhibiting symptoms such as excessive phone usage, reduced productivity, and potential physical and psychological health issues, the role of big data analytics is evolving in analysing the smartphone addiction. This study aimed to find the possibility of predicting smartphone addiction levels based on their use of smartphones. This research study has used the openly available dataset of smartphone usage by people and with a combination of machine learning algorithms such as Decision Tree, Logistic Regression, and Random Forest to analyse smartphone addiction level for effective decision making.