

## **ABSTRACT**

### **Background**

Interoceptive awareness is the conscious perception of the internal sensation of the body. It is known to be one of the factors that can help in emotion regulation, expressivity, and so many other elements.

### **Methods and materials**

The Sample size of 350 students of age group 18-25 has been collected. They were given a questionnaire composed of 5 questionnaires namely multidimensional assessment of interoceptive awareness scale, Tromso social intelligence scale, patient health questionnaire, nomophobia, and smartphone addiction scale.

### **Result**

There was a mild correlation between interoceptive awareness and social wellbeing, other variables were not found to have any significant correlations.

Conclusion The present study doesn't show any significant correlation between MAIA and other variables except the mild correlation with social wellbeing. There was a significant correlation between MAIA and its subdomains.

### **Keywords**

Interoceptive awareness, depression, social well-being, nomophobia, smartphone addiction.