

ABSTRACT

Title: “Relationship between Smart phone addiction and Social Intelligence”

Background:

One of the most widely growing addictions in all developed countries in adolescent is smartphone addiction. This study correlate Smartphone addiction ratio with social intelligence, nonattachment, short depression happiness, ratio in Karnataka state adolescents.

Aim:

To evaluate the relationship between yoga related concept and Smartphone addiction
Methods: A sample size of 500 adolescent's age 18-25 years was taken randomly from Bangalore city. It was a cross-sectional survey. Questionnaire was distributed to degree college students randomly selected from Bangalore city.

Intervention:

The study is cross sectional survey study to assess prevalence of Smartphone Addiction correlating with Social Intelligence, Nonattachment, Depression, in degree college students. No intervention methods were used.

Result:

The correlation showed Smartphone addiction is positively correlated with social media addiction. Smartphone addiction is negatively correlated with social intelligence.

Conclusion:

Smartphone addiction is correlated positively with social media addiction and negatively with social intelligence.

Keywords:

Social intelligence, nonattachment, depression, happiness, Smartphone addiction.