'’**RELATIONSHIP BETWEEN SMART PHONE ADDICTION AND SOCIAL – INTELLIGENCE”**

Dissertation Submitted by

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Under the Guidance of

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Towards the partial fulfillment of

Master of Science in Yoga (M.Sc. Yoga)
November 2017

To

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA
(Declared as Deemed University under Section 3 of the UGC Act, 1956)

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CERTIFICATE

This is to certify that **Dr Varsha N a Research** on "**Relationship between Smart Phone Addiction And Social – Intelligence"** in partial fulfillment of the requirement for the Master of Science (Yoga) registered in Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University) Bengaluru and this is a record of the work carried out by her in this institution

Rajesh S.K., Ph.D.   **Natesh Babu, Ph.D.**

Research Guide   Research Guide

DECLARATION

I hereby declare that the work presented in this dissertation is done by me under the guidance of Natesh Babu, Ph.D. And Rajesh S.K, Ph.D.

I also declare that this work entitled "**RELATIONSHIP BETWEEN SMART PHONE ADDICTION AND SOCIAL – INTELLIGENCE"** has not been previously formed as the basis of any degree, diploma, membership or similar titles.

Place- Prashanti Kutiram

S-VYASA

Bangalore

Date: 16/11/2017   **Dr Varsha N**

ACKNOWLEDGEMENT

I am thankful to all the Gurus, who directly or indirectly enlightened my path through their words of wisdom and blessings.

I am grateful to Dr. H. R Nagendra, Chancellor, and S-VYASA for his unparalleled guidance and inspiration.

I am very much thankful to my respected Guides **Natesh Babu, Ph.D. and Rajesh SK Ph.D.**for giving their valuable time to preparation my research project, without them,I can't able to understand this project so for again thanks to them.

I will be always grateful to my university Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) for its support in promoting my career.

I thank all the members of the faculty and my friends for their help at various stages of this work. Also, I would like to thank all the participants involved in my research as subjects.

I am greatly thankful to Parents, and brother who always raise blessing hand on me and especially thank my friends Abhishek Shetty, Soumya Sharma, Riya Sinha, Rakesh Basaviah who are the pillars of my support.

My heartful thanks to my classmate and dear friend Rajamal T who has been a great support throughout my course of degree.

My humble thanks to our course co-coordinator Dr. Promila choudhary, Dr Kashinath Mehta and Sumanth who have given the good support.

Dr Varsha N

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STANDARD INTENATIONAL TRANSLITERATION CODES USED TO TRANSLITERATE SANSKRIT WORDS

अ आ इ ई उ ऊ ऋ ॠ

a ā i ī u ū ṛ ṝ

ऌ ए ऐ ओ औ अं अः

lṛ e ai o au am aḥ

क ख ग घ ङ

ka kha ga gha ṅa

च छ ज झ ञ

ca cha ja jha ña

ट ठ ड ढ ण

ṭa ṭha ḍa ḍha ṇa

त थ द ध न

ta tha da dha na

प फ ब भ म

pa pha ba bha ma

य र ल व श ष स ह

ya ra la va śa ṣa sa ha

क्ष त्र ज्ञ ॐ

kṣa tra jña om

ABBREVIATION

ET: - Education and Training

Inf: - Information

MP: - Mobile Phone

NA: - Nonattachment

NAS: - Nonattachment Scale

BSMAS:-Bergen Social Media Addiction Scale

GAS:-Game Addiction Scale

OI: - Obtaining information

Pa Yo Su: - Patanjali Yoga Sutra

PC: - Personal Computer

PYS: - Patanjali Yoga Sutra

SA: - Smart Phone Addiction

SA: - Social Awareness

SAS: - Smartphone Addiction Scale

SB: - Shopping/ Buying items

SD: - Standard Deviation

SDHS: - Short Depression Happiness Scale

SI: - Social Intelligence

SIP: - Social Information Processing

SIS: - Social Intelligence Scale

SN: - Social Networking

SS: - Social Skills

WHO: - World Health Organization

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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.

CHAPTER 1

INTRODUCTION

INTRODUCTION

The world that we live in today is a world full of technology marvels. Everywhere we look and every aspect of our lives has been influenced and molded by the gadgets and applications that overwhelm the economic, political, social and psychological fabric of our everyday lives.

There is hardly an aspect of our lives and environment that technology has not touched and transformed.

It is observed that the youth especially the college going students are the predominant users of mobile phones. They are usually the ones who are always curious and inquisitive about the latest developments in communication technology.

 They try to find out the difference applications and features of a new technical invention.

College students are at that age where they feel that they need to keep in touch with their friends, every second every minute every hour. They want to know about the latest shappening in their friend's life as well as share theirs. Mobile phones allow for easy, fast and convenient way to keep in touch with their friends and family. It enables them to keep in touch with their family and friends anywhere and anytime of the day.

1.1 History of Mobile phone:

"Motorola was the first company to produce a handheld mobile phone. On april 3, 1973, Martin Cooper, a motorola researcher and executive, made the first mobile telephone call from handheld subscriber equipment, placing a call to Dr. Joel S. Engel of bell labs, his rival.(history of mobile phones-wikipedia https:/en.m.wikipedia.org. In 1983, the DynaTAC 8000x wasthe first commercially available handheld mobile phone. (Heeks, Richard(2008)."Meet Marty cooper-the inventor of the mobile phone". BBC. 41(6): 26-33. Doi:10.1109/MC.2008.192.) In 1991, the second-generation (2G) digital cellular technology was launched in Finland by Radiolinja on the GSM standard. Ten years later, in 2001, the third generation (3G) was launched in japan by NTT DoCoMo on the WCDMA standard (UMTS Worls.'History of UMTS and 3G development'. Umtsworld.com. Retrieved 29july 2009). This was later followed by 3.5G, 3G+ or turbo 3G enhancements nased on the high-speed packet access(HSPA)family,allowing UMTS metwork to have higher data transfer speeds and capacity.

By 2009, it was clear that, at some point 3G networks would be overwhelmed by the growth of bandwidth-intensive applications, such as streaming media (Fahd Ahmad Saeed. "Capacity limit problem in 3G networks". Purdue school of engineering. Retrieved 23 April 2010.Consequently, the industry began looking to data-optimized fourth-generation technologies, with the promise of speed improvements up to ten fold over existing 3G technologies.

1.2 MOBILE:

From the Latin mobilis-''to move", ''able to move freely or easily'', ''able or willing to move freely or easily between occupations, places of residence and social classes''

A mobile phone is a wireless handheld device that allows users to make calls and send text messages, among other features. The earliest generation of mobile phones could only make and receive calls. Today's mobile phones, however, are packed with many additional features, such as web browsers, games, cameras, video layers and even navigational systems.

"Mobile phones are integral part of our daily communications. All mobile phones have the capacity for voice and simple text messaging services. Their small size, relatively low cost and many uses make these devices invaluable for right advocates who increasingly use them for communication and organization'' (https://securityinabox.org). A mobile phone may also be known as a cellular phone or simply cell phone. A mobile phone with highly advanced features is called a Smartphone, while a regular mobile phone is known as a feature phone. A mobile phone typically operates on a cellular network, which is composed of cell sites scattered throughout cities, countryside's and even mountainous regions.

TYPES OF MOBILE PHONE:

1. SMART PHONES: Smart phones have a number of distinguishing features. The international Telecommunication Union measures those with internet connection, which it calls Active Mobile-Broadband subscriptions(which includes tablets, etc.).

2. FEATURE PHONE: feature phone is a term typically used as a retronym to describe mobile phones which are limited in capabilities in contrasr to a modern smartphone.A feature phone had additional functions over and above a basic mobile phone which is only capable of voice calling and text messaging.(feature phone definition from pc magazine encyclopedia)(Todd Hixon, Two weeks with a dumb phone, Forbes, November 13, 2012)

3. KOSHER PHONE: Phones with restricted features are known as kosher phones and have rabbinical approval for use in Israel and elsewhere by observant Orthodox jews.

ADDICTION:

The term addiction can be used to describe an obsession, infatuation, craving, or excessive psychological dependence on some habits. Such as alcoholism, workaholic, compulsive over eating, gambling, computer addiction, smartphone addiction etc.(Rashmi, 2010). The state of being enslave to a habit or practice or to something that is psychologically or physically habit forming, as narcotics, to such an extent that its cessation causes severe trauma (Dictionary, 2017). A brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences. (https://en.m.wikipedia.org/wiki/Addiction). The need or strong desire to do or to have something, or a very strong liking for something. (https://dictionary.cambridge.org). An adaptive state associated with a with a withdrawal syndrome upon cessation of repeated exposure to a stimulus

MOBILE PHONE ADDICTION:

DEFINITION:

Psychiatrist proclaim that in the 21st century mobile phone, addiction has become one of the major Non-Drug addictions, and is widely seen among people of different among groups. A mobile phone addict can be defined as a person who constantly checks his/her phone becomes so strong that they can't stop themselves even if they wish to, they become

extremely attached with their mobile phone that they even start hallucinating that their phone is ringing even when it is not. A mobile phone addict carries their phone everywhere they go and use it while doing their other things like studying, eating, driving and also using it in inappropriate places like church, class, lavatory and danger zones areas like petrol pumps. A mobile phone addict use the cell phone for an increasing amount of time in order to achieve satisfaction; repeat unsuccessful efforts to control, cut back, or stop cell phone use; feel lost, restless, anxious, moody depressed, or irritable when attempting to cut down cell phone use; stay on the cell phone longer than originally intended (Leung, 2013). For a mobile phone addict the device becomes a part of them, an extension of themselves which they literally cannot do without. In the study from the UK, researchers found that mobile phone users felt that they were physically attached to the mobile phone. Many of the subjects reported that they felt they could not leave home without the mobile phone (Srivastava, 2005)

MERITS & DEMERITS OF MOBILE PHONE:

Mobile phones are used for a variety of purposes, such as keeping in touch with family members, academic tool, for conducting business, and in order to have access to a telephone in the event of an emergency. Multiple sim cards may be used to take an advantage of the benefits of different calling plans. The mobile phones have been used in a variety of diverse contexts in society.

MERITS:

1. They are convenient.
2. Greater technology availability
3. Improved personal security
4. They can be life savers
5. Staying connected
6. Fun and games
7. Your mobile keeps you informed
8. Getting snap happy (camera)
9. Knowing where you are

10. A handy torch

11. A recording device

12. A fashion statement

13. Apps

14. Maps and navigation

15. Search information on net

16. Utility software

17. Bill payments

18. Entertainment – video, books, music, games, etc.

19. Memo and notes

20. Email

DEMERITS:

1. More Distraction

2. Interruption

3. Cost

4. Dependency: it is easier then you might think to become addicted to your mobile phone, and so dependent on it that you forget to communicate in real life.

5. Isolation

6. Security issues

7. The temptation to call your ex late at night

8. Eyesight issues

9. RSI-Repetitive strain injury in your fingers

10. Nostalgia

11. Damaging relationships

12. A challenge to use

13. Dominating your spare time

14. Unwanted sites and apps

15. Chargers are more significant than everything else

16. Insomnia

17. Spine and neck problems due to unnatural postures

18. Premature aging

CHARACTERISTICS OF A MOBILE PHONE ADDICT

The youth are the most susceptible to developing mobile phone addiction because they are considered to be the heaviest users of information and technology with an increasing usage of mobile phones throughout the day.

A person with mobile phone addiction shows following symptoms;

- Dedicating more time to activities related to using the phone (phone calls, text messages, games, camera and other activities)
- A mobile phone abuse victim complaints of dizziness, vertigo, ear ache
- Extreme affection towards the phone seen through not wanting to be far away from the phone
- The victim tends to get anxious , panics or experiences unpleasant emotions in general when the mobile battery is dead orv if the phone does not work.
- Tendency to use more than one mobile phone, often using separate lines for different uses (work/friends)
- The victim is in the habit of keeping the phone on at nights as to wakeup at night and check for messages or calls
- The victim spends more money on accessories
- The victim runs out of power battery everyday
- Answers calls and texts while driving
- Tolerance
- Withdrawal
- Failed attempts to cut back on smartphone use
- Loses tract of time when using mobile phone
- Uses cell phone inorder to deal with unwanted emotions
- Digital eye strain

SOCIAL INTELLIGENCE:

Social intelligence is the capacity to know oneself and to know others is an inalienable a part of the human condition as is the capacity to know objects or sounds, and it deserves to be investigated no less than these other ''less charged forms'' . Physochologist Nicholas Humphrey believes that it is social intelligence, rather than qualitative intelligence, that defines who we are as humans . Social intelligence is closely related to cognition and emotional intelligence. Sameer M Babu is a professor who wrote an article about climate and social intelligence. Babu defines social intelligence as '' the ability to deal efficiently and thoughtfully, keep one's own identity, employing apposite social inputs with a wider understanding of social environment; considering empathetic co-operation as a base of social acquaintance'' . Goleman's research indicates that our social relationship have a direct effect on our physical health, and the deeper the relationship the deeper the impact. Effects include blood flow, breathing, mood such as fatigue and depression, and weakening of the immune system. Social intelligence is the ability to understand nd manage behavior for personal and organizational success.

THE THREE ELEMENTS OF SOCIAL INTELLIGENCE

1. **BEHAVIOURALNSTYLE**: Early life, people develop behavioral preferences which we find comfortable.

2. **EMOTIONAL INTELLIGENCE**: Our brain is complex, and our emotions often subconsciously control our behavior. Too often our rational brain is overruled your emotional brain. And our behavior and performance suffer as a result.

3. **MIND SET**: An adaptive mindset is a hallmark of world's most successful people. Mindset deals with how we deal with today's fast- changing world.

Social intelligence can be described as an individual's proficiency at social skills and behaviors. Colloquial terms for social intelligence include ''street smarts'' and ''common sense'. This type of intelligence is different from that type measured by IQ tests. Social intelligence is mostly influenced by environmental factors and is developed from past experiences with other people in the environment. Verbal and communication skills are very important for having high social intelligence. Being able to effectively communicate with a wide range of people In various settings is an indicator of proficient social intelligence. Social intelligence is correlated with emotional intelligence in that it is important to be able to read others emotions and feel empathy for other people.

HOW IS IT DIFFERENT FROM INTELLIGENCE

Nicholas Humphrey points to a difference between intelligence being measured by IQ tests and social intelligence. Some autistic children and extremely intelligent because they have well developed skills of observing and memorizing information. Both Nicholas Humphrey and Ross Honeywill believe that it is social intelligence, or the richness of our qualitative life, rather than our quantitative intelligence, that make humans what they are. The original definition by Edward Thorndikein 1920 is '' the ability to understand the manage men and women and boys and girls, to act wisely in human relations'' .

NEED FOR THE STUDY:

The Smartphone power and the magnitude of its popularity have made some researchers shift their focus from Internet addiction and problematic mobile phone use to Smartphone addiction (Hawi & Samaha, 2017). 18–29 years old have become heavily dependent on smart phones for online access (Smith, 2015). Of the undergraduate population in the US, 86% owned a Smartphone in 2014 compared to 76% in 2013 (Dahlstrom & Bichsel, 2014). The Smartphone addiction is similarly harmful as substance use such as tobacco and alcohol (Gutiérrez et al., 2016). The problematic use of cell phones has been associated with personality variables, such as extraversion, neuroticism, self-esteem, impulsivity, self-

identity, and self-image. Similarly, sleep disturbance, anxiety, stress, and, to a lesser extent, depression, which are also associated with Internet abuse, have been associated with problematic cell-phone use (Gutiérrez, de Fonseca, & Rubio, 2016). In Lebanon, 52% of the population owned a Smartphone in 2015 (Pewinternet.org, 2015). The aforementioned data coupled with risk of negative impact of Smartphone usage inspired researchers to introduce validated scales that measure Smartphone addiction (Chiu, 2014; Cho & Lee, 2017; Elhai et al., 2017; Enez Darcin, Noyan, Nurmedov, Yilmaz, & Dilbaz, 2015; Hawi & Samaha, 2017; Kwon et al., 2013; Y. Lee & Cho, 2014; Lin et al., 2014; Lopez-Fernandez, 2017; Lopez-Fernandez, Honrubia-Serrano, Freixa-Blanxart, & Gibson, 2014). In addition, studies examining associations between Smartphone use and people's well-being started to emerge. For instance, Smartphone addiction has been linked to poor academic performance, stress, and low satisfaction with life (Y. K. Lee, Chang, Lin, & Cheng, 2014), and some studies addressed the negative impact of Smartphone addiction on people's physical health including hand function and nerves, sleep disturbances and headaches (Huang et al., 2009; Anna Lucia Spear King et al., 2014; Y. K. Lee, Chang, Lin, & Cheng, 2014; Ostovar et al., 2016). A study of 269 Taiwanese students showed that anxiety was positively associated with mobile phone addiction (Hong, Chiu, and Huang 2012). A more recent study of 1052 Iranian adolescents and young adults showed that Internet addiction is a predictor of stress, depression, anxiety, and loneliness (Ostovar et al., 2016). Another study of 381 university students in an online survey showed Smartphone addiction play greater odd to anxiety, compare to those who is not addicted. With high anxiety students have clinical problems in their family relations (Hawi & Samaha, 2017).

It is noteworthy that much more research has examined the relationship between Internet Addiction and anxiety, consistently reporting that they were positively correlated (H. W. Lee et al., 2012). Also, higher parent-adolescent conflicts and lower family functioning were shown to be predictive of Internet addiction in a sample of Taiwanese high school students with an average age of 15-16 years(Yen, Yen, Chen, Chen, & Ko, 2007). Another study of 216 Israeli Smartphone users showed that social environmental pressure to use Smartphone, effect of Smartphone use in different generation vary differently (Zhitomirsky-Geffet & Blau, 2016). Other studies demonstrated that problematic Internet use could be predicted in Chinese college students who reported a lack of love from their parents and a poor family atmosphere (Huang et al., 2009).

Another study concluded that there exists a strong correlation between family factors (such as lack of family communication, lack of family cohesion, and family violence) and Internet addiction (S. K. Park, Kim, & Cho, 2008). A recent study showed that family functioning deteriorated as problematic Internet use increased (Kabasakal, 2015). In Lebanon, family values are still very preserved and the invasion of Smartphone's in the lives of the younger population (Hawi & Samaha, 2017) has changed long traditional family habits which may be shaking the long preserved family structures and values. Therefore, it is important to examine if there exists any association between Smartphone addiction and family relations. In our study, we examined prevalence of Smartphone addiction and correlation to social intelligence, Nonattachment, Depression, and Nomo phobia through the validation of the following research hypotheses:

Several studies have been addressing Internet addiction and its association with stress, anxiety, depression, and family relations (Charlton & Danforth, 2010; Hawi, 2012; Huang et al., 2009; Kabasakal, 2015; Müller, Glaesmer, Brähler, Woelfling, & Beutel, 2014). These studies have focused mainly on Internet use through desktops or laptops, but the latter are being replaced fast by Smartphone's. For instance, 15% of American young adults from ages

CHAPTER II

REVIEW OF LITERATURE

REVIEW OF THE ANCIENT LITERATURE

1.1 AIM

To unearth the concept of Moha from the light of the ancient lore.

1.2 OBJECTIVES

To enumerate the Moha, Nonattachment, according to Ayurveda, Bhagwad Gita, Patanjali Yoga Sutra and other commentaries.

1.3 METHODOLOGY

In the initial stages, searches were carried out for the keyword related to nonattchment, Moha from various scriptural texts. The Bhagavad Gita, Charaka Samitha ,Ashtanga Hridaya and Patanjali yoga sutra were taken.

1.4 TEXT-WISE PRESENTATION (SLOKA, REFERENCE, TRANSLATION)

Moha is derived from two words. **Muh**-in fine composition or ''at the end of the compound'' and **aa**-loss of consciousness, bewilderment, perplexity, distraction, infatuation, delusion, error, folly etc..,

Moha means fancy, Ignorance, Attraction , charm , delusion , enchantment , endearment , enthrallment, error, fascination, glamour, illusion, magic, phantasm, affection, attachment,

Moha is a Sanskrit word which means 'attachment to things, which is a property of sensible objects. The Moha is a word, which means a kind of ignorance. It is also related with consequent attachment to objects, as being one's own. (IndiaNetzone)

Moha does 3 things:

1. It creates the idea of 'mineness'-my wife, my son, my house, etc,

2. It produces infatuated love and attachment for body, wife, son and property.
3. It creates the 'Nitya-Buddhi' (the idea of stability) in the perishable objects of the world and 'Dehatma-Buddhi'.

MOHA (delusionary emotional attachment) - Our narrow pointedness leads to a great deal of delusionary emotional attachment to your property, since you have struggled to acquire it. You will now start feeling that you should not part with your property and enjoy it exclusively for urself. The feeling of 'I acquired it' 'I funded it', will harbor your mind. Though this attachment is a natural consequence of acquisition of property, the feeling of your exclusive right makes you very sentimental and emotional. Attachment, infatuation, acquisition tendencies dominate and ruin your very base.

The word MOHA means illusion, the obfuscation of absolute knowledge for perverted knowledge. Moha is also infatuation with the physical body believing it to be the actual self instead of just a vehicle for the jiva or embodied being Moha is also delusory misconceptions about the nature of karma reactions from actions, the nature of nitya or the eternal prescribed vedic duties and the nature of naimittika the occasional prescribed vedic duties. Illusion is distorted knowledge which gives rise to false conceptions to the limitations of individual freewill.

DESCRIPTION OF MOHA IN AYURVEDA

In Hindu theology, Arishadvarga are the six passions of mind or Vichara (desire) : Kama (lust), krodha (anger), lobha (greed), Mohaa (attachment), Mada (pride), and matsarya (jealousy); the negative characteristics of which prevent man from attaining moksha or salvation.

लोभशोकभयक्रोधमानवेगान् विधारयेत्

नैर्लज्ज्येष्र्यातिरागाणामभिध्यायाश्च बुद्धिमान्(CS. SU 7/27)

lobhaçokabayakrodhamänavegän vidhärayet
nairlajjyerñyätirägäëämabhidhyäyäñca buddhimän

The urges of greed, grief, fear, anger, vanity and also of shameless, envy, excessive

attachment and desire of taking anothers property should be held up by the wise.

धारयेत्तु सदा वेगान् हितैषी प्रेत्ये चेह च

लोभेष्या द्विषमात्सर्यरागादीनां जितेन्द्रियः   (AH. SU 4/24)

dhärayettu sadä vegän hitaiñi pretye ceha ca
loberñhyädveñamätsaryarägädénää jitendriyaù

That person who wish to live happily in this loka and paralokha should have control over his

sense organs and should always control the urges for lobha , irshya , dvesha , matsarya and

other desires.

DESCRIPTION OF MOHA IN BHAGAVAD GITA

व्यामिश्रेणेव वाक्येन बुद्धिं मोहयसीव मे

तदेकं वद निश्चित्य येन श्रेयोऽहमाप्नुयाम्   (BG 3.3)

vyämiñreëeva väkyena buddhià mohayaséva me
tadekaà vada niñcitya yena ñreyoñmäpnuyäm

My intelligence is bewildered by your equivocal instructions. Therefore, please tell me

decisively what is most beneficial for me.

यदा ते मोहकलिलं बुद्धिर्व्यतितरिष्यति

तदा गन्तासि निर्वेदं श्रोतव्यस्य श्रुतस्य च (BG 2.52)

yadä te mohakalilaà buddhirvyatitariñyati
tadä gantäsi nirvedaà ñrotavyasya ñrutasya ca

When your intelligence has passed out of the dense forest of delusion, you shall become indifferent to all that has been heard and all that is to be heard.

when your intelligence comes beyond the mire of delusion, then you shall attain to indifference as to what has been heard and what is yet to be heard

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते

सङ्गस्तेषूपजायते सन्जयते कामः

कामात्क्रोधोभिजायते (BG 2.62)

dhyäyato vishayänpuàsaù sanggasteñüpajäyate
saggasteñüpajäyateäyate sanjayate kämaù
kämätkrodhoijäyate

While contemplating the objects of the sense, a person develops attachment for them, and from such attachment lust develops, and from lust anger arises.

When a man thinks of objects, attachment for them arises;
From attachment 'desire'is born; from desire arises 'ánger'.

क्रोधाद्भवति संमोहः समोहात्स्मृल्तिविभ्रमः

स्मृतिभ्रंशाद्बुद्धिनाशो बुद्धिनाशात्प्रणस्यति (BG 2.63)

krodhädavati sammohaù samohätsmõultiviramaù
smõutiraàñäduddhinäño buddhinäñätpraëasyati

From anger, delusion arises and from delusion bewilderment of memory.

When memory is bewildered, intelligence is lost, and when intelligent is lost, one falls down again into the material pool.

किं कर्म किमकर्मेति कवयोऽप्यत्र मोहिताः

तत्ते कर्म प्रवक्ष्यामि यज्ज्ञात्वा मोक्ष्यसेऽशुभात् (BG 4.16)

kim karma kimakarmti kavayo apyatra mohitäù
tatte karma pravakñyämi yajjätvä mokñyseañbat

Even the intelligent are bewildered in determining what action is and what inaction is.

येषां त्वन्तगतं पापं जनानां पुन्यकर्मणाम्

ते द्वन्द्वमोहनिर्मुक्ता भजन्ते मां ध्ढव्रताः (BG.7.28)

yeñää tvantagataà päpaà janänää punyakarmaëäm
te dvandvamohanirmuktä ajante mää dhòhavratäù

Person who have acted piously in previous lives and in this life, whose sinful actions are completely eradicated and who are freed from duality of delusion, engage themselves in my service with determination.

सत्वात्संजायते ज्ञानं रजसो लोभ एव च

प्रमादमोहौ तमसो भवतो अज्ञानमेव च (BG 14.17)

satvätsaïjäyate jänaà rajaso loba eva ca
pramädamohau tamaso avato ajäjnameva ca

From the mode of goodness, real knowledge develops; from the mode of passion, grief develops; and from the mode of ignorance, foolishness, madness and illusion develop.

अनेकचित्तविभ्रान्ता मोहजालसमावृताः

प्रसक्ताः कामभोगेषु पतन्ति नरकेअशुचौ (BG.16.16)

anekacittaviräntä mohajälasamävõutäù
 prasaktäù kämaogeñu patanti narakeañucau

Thus perplexed by various anxieties and bound by a network of illusions, one becomes too strongly attached to sense enjoyment and falls down into hell.

DESCRIPTION OF MOHA IN PATANJALI YOGA SUTRA

वितर्का हिंसादयः कृतकरितानुमोदिता क्रोधमोहपूर्वका

मृदुमध्याधिमात्रा दुःखाज्ञानानन्तफला

इति प्रतिपक्षभावनम् (PYS 2.34)

vitarkä hiàsädayaù kõutakaritänumoditä krodhamohapürvakä
 mõudumadhyädhimäträ duùûäjänänantaalä
 iti pratipakñaävanam

The evil actions regarding injury, etc.., are done, caused to be done and permitted to be done through avarice, anger and ignorance; they have mild, middle and intense degrees and are possessed of the infinite fruits of pain and darkness; such is the development of contrary thoughts.

CHAPTER 3

REVIEW OF MODERN LITERATURE:

In this chapter, an attempt is made to review all the work done earlier in the field of prevalence of mobile phone dependency among adolescence and its relationship between Social-intelligence.

Sl. No.	Author/ Ref./year/ Volume	Title	Sample	Result	Conclusion
1.	Simon M. Reader* and Kevin N. Laland. Vol. 99 no. 7, 4436-4441.	Social intelligence, innovation, and enhanced brain size in primates	1605	Innovation and social learning frequencies covary across species, in conflict with the view that there is an evolutionary tradeoff between reliance on individual experience and social clues	These find provide an empirical between behavioral innovations, social learning capabilities, brain size in mammals. The ability to learn from others invents new behaviors and use tools may have played pivotal roles in primate brain evolution.
2.	Scand J Psychol 2014 Aug; 55(4):371-9. Epub 2014 Apr 25	Aggression and prosocial behaviors in social conflicts mediating the influence of cold social intelligence and affective empathy on children's social preference	117	For boys, affective empathy contributed to boy's social preference through a decrease in physical aggression as responses to social conflict. For girls, affective empathy had an indirect effect on girl's preference by increasing assistance to others in their conflict. No mediating effect in the contribution of social intelligence on girls social preference was detected	Results suggest that, only for girls, cold social intelligence can promote both indirect aggression and behaviors that lead social preference (such as prosocial behaviors).

3	(Seo, Park, Kim, & Park, 2016). Computers in Human Behavior, 63, 282-292.	Mobile phone dependency and its impacts on adolescents' social and academic behaviors	2159	Mobile phone addiction reduces attention and increase depression, which affect social relationships with friends. Also affect the academic performance of middle and high school students in S. Korea.	It is essential to develop useful ways to provide effective interventions based on the results. What causes mobile addiction, treatment can focus on essential aspects of individual needs and aspirations for mobile use. Need to provide them some alternative ways to build friendships with peers.
4.	ZAHRA BADADI-AKASHE, MSc, BIBI ESHRAT ZAMANI,PhD,[…],and NASIM HEDAYATI PhD. Addict health. 2014 summer-autumn; 6(3-4):93-99.	The relationship between Mental health and addiction to mobile phones among University students of Shahrekord, Iran	296	University students of Shahrekord , based on thec six categories of mobile addiction behaviors (21.49%), addiction(21.49%) and intentional (21.49%) categories	Survey results showed that with increased and improved mental health, the students rate of cell phone addiction reduced.

5.	(Elhai, Levine, Dvorak, & Hall, 2016). Computers in Human Behavior, 63, 509-516.	Fear of missing out, need for touch, anxiety and depression are related to problematic Smartphone use.	308	Participants are doing problematic Smartphone use, using too often, which create depression and anxiety, they need to touch phone too often as fear of missing out. The problematic use of Smartphone is causing anxiety, need to touch phone, and FoMo.	FoMO was the variable most related to problematic Smartphone use on a bivariate and multivariate basis, supporting Hypothesis 5. These findings support previous research on the importance of FoMO to the overuse of technology such as Smartphone's and social media.
6.	SEVIL SAHIN, KEVER OZDEMIR,[…], and NAZEN TEMIZ Pak J Med Sci. 2013 Jul;29(4): 913-8	Evaluation of mobile phone addiction level and sleep quality in university students.	576	The addition level was determined to be higher in the second year students, those with poor family income, those with type A personality, those whose age for first mobile phone is 13 and below and those whose duration on daily mobile phone use is above 5 hours.	The sleep quality worsens with increasing mobile phone addiction level.it was concluded that referring the students with suspected addiction to advanced healthcare facilities, performing occasional scans for early diagnosis and informing the students about controlled mobile phone use would be useful.
7.	(Zhitomirsky-Geffet & Blau, 2016). Computers in Human Behavior, 64, 682-693.	Cross-generational analysis of predictive factors	216	This result shows social environmental pressure to use Smartphone, emotional gain from Smartphone use, personality, daily	This study gives to understanding the factors of Smartphone addictive behavior for different generations, which might lead to more dominant educational measures

		of addictive behavior in Smartphone usage.		usage time, various useful apps and user needs. Compare to other 2 generation, generation Y has more addictive behavior. Interesting facts are Smartphone user have emotional gain, enjoyment, comfort from negative emotions and psychological states, was higher in generation Z. WhatsApp usage for generation Z was found significant predictive factor.	and explanatory action on technology effects on psychological well-being.
8.	YONGMING WANG, ZHILING ZOU,[…], and XITING HUANG Frontiers in Psychology Cognitive science 2016 may 4;7:597.doi: 10.3389/fpsyg.2016.00597.ec ollection 2016	Altered gray matter volume and white matter integrity in college students with mobile phone dependence	300	The mobile phone dependent group had significantly higher scores on the MPAI than the CG (control group). They also spent significantly more time on their mobile phone.	Longitudinal studies would be very helpful in confirming possible psychological and physiological mechanism of MPD, as well as provide the ability to measure the length and progression of MPD in participants.
9.	(Cho & Lee, 2017). Computers in Human	Influence of Smartphone	342	Smartphone usage has negative implication on parenting and	Political attention and support is required for such parents. This research is not done

	Behavior, 66, 303-311.	addiction proneness of young children on problematic behaviors and emotional intelligence: Mediating self-assessment effects of parents using Smartphone's.		children's educational environment. Some children's development may be negatively influenced. Mostly parents are young age at their 20s, lack of stable job, no higher education, and habituated with internet, and therefore less sensitive and unaware to Smartphone addiction of their children.	on national level; researchers were restricted to research in metropolitan areas. In future, this could conduct more in depth, detailed research.
10.	(Jun, 2016). In Information Science and Security (ICISS), 2015 2nd International Conference on (pp. 1-3). IEEE.	An Analysis Study on Correlation of Internet Addiction and Smartphone Addiction of Teenagers.		The correlation between internet addiction and Smartphone addiction was analyses. The higher internet addiction ratio is higher Smartphone addiction ratio.	It is very helpful to extend investigation period for both addiction of teenagers. It is interesting to compare addiction for more specific addiction types under both internet and Smartphone addiction.
11.	(Y. Lee & Cho, 2014). International Information Institute (Tokyo).	A Design for Addiction Diagnosis and	90	More no. of sample size found addictive to Smartphone use	It is necessary to let young people realize health hazards of excessive use of Smartphone. Therefore, it is necessary to

	Information, 17(5), 1939-1944.	Treatment System Based on the Pattern of Smartphone Use.			develop a program to stop excessive use of Smartphone. This program should be used at counseling sites, home and school.
12.	(Laramie, 2007). Alliant International University, Los Angeles.	Emotional and behavioral aspects of mobile phone use.	320	People, who prefer to use their phones for texting, rather than talking, are lonelier, social anxiety and problematic phone use. A strong correlation between problematic phone use and both loneliness and social anxiety was seen. Two-third of the sample reported that they have hear their phone ring even though it had not actually rung.	It was determined that the scale does not effectively discern severity of use and negative consequences. Further research with better instruments will be required to clarify weather heavy use has aspects of dependency.
13.	(Chóliz, 2012). Progress in Health Science, 2(1), 33-44.	Mobile-phone addiction in adolescence: The Test of Mobile Phone Dependence	2486	The questionnaire is characterized by good psychometric properties as well as by the ability to discriminate between sexes and among age groups in an adolescent sample. The factors comprising this instrument are	

		(TMD)		congruent with the concept of dependence as defined in the DSM-IV-TR. The process by which this questionnaire was developed is described, and the final version of the questionnaire is presented. The Test of Mobile Phone Dependence (TMP) is a questionnaire built taking into account the dependence criteria of DSM-IV-TR. The process by which this questionnaire was developed is described, and the final version of the questionnaire is presented.	
14.	(Hawi & Samaha, 2017). Behavior & Information Technology, 36, 1046-1052.	Relationships among Smartphone addiction, anxiety, and family relations.	381	Those who had Smartphone addiction, they having high anxiety compare to those who is not addicted, those who had high anxiety they do have problems in their family relationships.	Anxiety mediated a positive relationship between Smartphone addiction and problematic family relations.
15.	(Elhai et al., 2017). Journal of	Problematic Smartphone use:	117	Most paper examined problematic use	We discussed causal explanations for

	Affective Disorders, 207, 251-259.	A conceptual overview and systematic review of relations with anxiety and depression psychopathology.		in relation to depression, anxiety, chronic stress and low self-esteem. Depression and stress was consistently related to problematic Smartphone use with medium effect sizes. Anxiety was related with small effect sizes. Self-esteem was inconsistently related, with small to medium effects sizes.	relationships between problem Smartphone use and psychopathology.

CHAPTER 4

AIM AND OBJECTIVE OF THE STUDY

4.1 AIM AND OBJECTIVES

4.1. AIMS:

Aim of the study is to evaluate the relationship between Smartphone addiction and social intelligence**.**

4.2. OBJECTIVES:

To evaluate the relationship between smart phone addiction and social intelligence in degree college students.

4.3. HYPOTHESIS:

- High Smartphone addiction (SA) may be associated with lower level of Social Intelligence (SI).

- High Nonattachment(NA) may be associated with lower level of Smartphone addiction(SA)

- High Smartphone addiction (SA) may be associated with higher level of Depression.

4.4 DEFINITION OF KEY TERMS:

4.4.1 SMARTPHONE ADDICTION:

When someone is abnormally dependent on habit of using Smartphone, when there is low battery, no internet connection, then craving for use of Smartphone, then it is Smartphone addiction. In one hand Smartphone play positive role among youngster to keep contact with their friends, family, exchanging information, maintain long term relation. There is also negative role as excess use of Smartphone leading communication gap among family coz everyone is busy on their Smartphone. It also affects our health, mental and physical level.

4.4.2 SOCIAL INTELLIGENCE:

Social intelligence has become the main topic of conversation for the first time as Thorndike defined intelligence as social, mechanical and abstract intelligence in 1920 (Dogan & Cetin, 2009). Thorndike (1920) defines social intelligence as the ability to understand and manage people.

4.4.3 NONATTACHMENT:

Detachment, also expressed as non-attachment, is a state in which a person overcomes his or her attachment to desire for things, people or concepts of the world and thus attains a heightened perspective

4.4.4 DEPRESSION:

While we all feel sad, moody or low from time to time, some people experience these feelings intensely, for long periods of time (weeks, months or even years) and sometimes without any apparent reason. Depression is more than just a low mood – it's a serious condition that affects your physical and mental health. Depression is a common mental disorder. This can happen for many reasons.

4.4.5 HAPPINESS:

Happiness is inner silence we achieve from any source. It can be achieved from some objects of desire, and from knowledge. Happiness is a state of mind. The object of enjoyment gives short term happiness whereas long lasting inner bliss can be achieved by silence (Badehi, 2011).

CHAPTER 5

METHODOLOGY

5. METHODOLOGY

5.1 SUBJECTS:

A total of 500 adolescents (171 Male and 332 Females) participated in the study (mean age= 19.39Years, SD=1.44s). They were all from Bangalore. All students were randomly selected from Graduate schools and Universities. For all participants, informed consent was obtained.

5.2 INCLUSION CRITERIA:

- Should have a smart phone

- The subject's age ranges from 18 to 25years.

- Both male and female.

5.3 EXCLUSION CRITERIA:

- Not having Smartphone.
- The adolescents who is not willing to participate
- Physically handicapped
- Very poor family background
- Orphanage students

5.4 ETHICAL CONSIDERATION:

The current research had been approved by the higher authority of the organizations. All subjects also had been informed about the trial of the current research and an informed consent has been obtained from each subject.

5.5 DESIGN:

Cross sectional design.

5.6 ASSESMENTS TOOL:

1, who invented, 2, definition, 3, no. of items, 4, how many domen/sub scale 5, defines factor in one line, 6, Likert scale/ type of scale 7 higher score and lower score result like if higher score then more happy and lower score then depressed 8, chronback alpha

5.6.1 Smartphone Addiction Scale (SAS):SAS is a scale short version of previous scale recommended by Polit & Beck was conducted by 7 experts (Horgas, Yoon, Nichols, & Marsiske, 2008). The objective of this scale was explained to the experts, namely, 3 psychiatrists (M.D.), 2 nurses with doctorate degree, and psychologists with doctorate degree. SAS is a scale for Smartphone addiction that consisted of 6 factors and 10 items with a six-point Likert scale (1: ''strongly disagree'' and 6: ''strongly agree'') based on self-reporting. The six factors were daily-life disturbance, positive anticipation, withdrawal, cyberspace-oriented relationship, overuse, and tolerance. During its development stages, the internal-consistency test result (Cronbach's alpha) was 0.967. In this study, the internal- consistency test result (Cronbach's alpha) of SAS was 0.966 (Kwon et al., 2013).

5.6.2 Social Intelligence Scale (SIS): The Tromso Social Intelligence Scale developed by Silvera et al. (2001) in order to reveal social intelligence level,(Silvera, Martinussen, & Dahl, 2001) the Tromso Social Intelligence Scale (TSIS) is a self-report instrument including

21 items. The TSIS measures intelligence on the base of three different subscales:(Silvera, Martinussen, & Dahl, 2001).

(i) **Social Information Processing (SIP):** This subscale measures the ability of understanding verbal or nonverbal messages regarding human relations, empathizing and reading hidden messages as well as explicit messages. *Sample Item:* "I usually understand what people are trying to do without feeling the need for their explanations." *(ii)* **Social Skills (SS):** This subscale measures the basic communication skills such as active listening, acting boldly, establishing, maintaining, and breaking upa relationship. *Sample Item:* "I am good at becoming acquainted with people and being involved in new social circles." *(iii)* **Social Awareness (SA):** This subscale measures the ability of active behaving in accordancewith the situation, place, and time. *Sample Item:* "I usually break others' heart without being aware." Each of the subscales comprises of 7 items. A 7-point Likert-type scaleform was prepared for the items included in the scale. Th e minimum and maximum scores in the items are 1 and 7 respectively. (Silvera et al., 2001), cronbach alpha internal consistency coefficients for social information processing, social skills and social awareness were foundto be .81, .86 and .79 respectively.(Gini, 2005)

5.6.3 Nomophobia Scale (NMPS): Nomophobia scale was developed by Yildirim & Correia (2015). The Scale contains 20 items upon 7-point Likert type. The reliability coefficient of the instrument (Cronbach's alpha) is found .95. According to Field (2005), if the reliability coefficient is greater than .80 then the reliability is very high and stated as excellent. In addition to this, this scale consisted of 4 sub-scales namely; "Not being able to access information" 4 items, "Losing connectedness" 5 items, "Not being able to communicate" 6 items, and "Giving up convenience" 5 items. Reliability coefficients of the sub-scales are .94, .87, .83, and .81 respectively (Yildirim & Correia, 2015).

5.6.4 Nonattachment Scale(NAS):NAS is short version of the original 30-item Nonattachment Scale (B K Sahdra, Shaver, & Brown, 2010)with the 7-item Nonattachment scale. The NAS measures nonattachment, i.e., a subjective quality characterized by a relative absence of fixation on ideas, images, or sensory objects, as well as an absence of internal pressure to get, hold, avoid, or change circumstances or experiences. Items are scored on a 6-point scale from 1= disagree strongly to 6 = agree strongly. Cronbach alpha was 0.92(B K

Sahdra, Shaver, & Brown, 2010; Baljinder K. Sahdra, Ciarrochi, Parker, Marshall, & Heaven, 2015).

5.6.5 Short Depression Happiness Scale (SDHS): DHS is the short six-item form of the Depression-Happiness Scale. Six items that loaded consistently highly across three data sets were selected to compose the Short Depression-Happiness Scale (SDHS). In order to maintain the statistical bipolarity of the short scale, three negative items and three positive items were selected. Principal components analysis provided evidence in support of a single-component solution, confirming that the six items can be summed to yield a single score. The SDHS was demonstrated to have good internal consistency reliability and good test–retest reliability over a 2-week period. It was also demonstrated to have good convergent validity with the full DHS, as well as with other established measures of depression and happiness, and good discriminate validity with established measures of free-floating anxiety, somatic anxiety, and hysteria(Joseph, Linley, Harwood, Lewis, & McCollam, 2004).

5.6.6INTERVENTION: The study is cross sectional survey study to assess prevalence of Smartphone Addiction correlate with Social Intelligence, Nonattachment, Depression, and Nomophobia. No intervention methods were used.

6. DATA EXPLORATION AND ANALYSIS

6.1 DATA COLLECTION:

An cross-sectional study was constructed for this study. Survey administered a structured diagnostic questionnaire that modified the SAS-SV, SIS, NAS, NMPS, SDHS.

6.2 DATA SCORING:

Smartphone Addiction Scale

SAS have 10 items with 6 points generalize by 1,2,3,4,5 and 6. All 10 items was coded as SA01, SA02, SA03……. SA10. The 10 items are summed up to get a total SAS score with a 10-60 range, where a higher score indicates more serious smartphone addiction.
COMPUTE
SA01+SA02+ SA03+ SA04+ SA05+ SA06+ SA07+ SA08+ SA09+ SA10=Total SAS
EXECUTE

Social intelligence scale

SIS have 21 items with 7 points. 11 items are reverse scoring.

Reverse scoring item no.- SI02, SI04, SI05, SI08, SI11, SI12, SI13, SI15, SI16, SI20, SI21.

Normal scoring item no.- SI01, SI03, SI06, SI07, SI09, SI10, SI14, SI17, SI18, SI19.

Normal scoring: - 1, 2, 3, 4, 5, 6, 7

Reverse scoring: - (1=7), (2=6), (3=5), (4=4), (5=3), (6=2), (7=1).

Sub Scale Correlation		
Social information processing (SP Sub Scale)	Social skill (SS Sub Scale)	Social awareness (SA Sub Scale)
SI01, SI03, SI06, SI09, SI14, SI17, SI19,	SI04, SI07, SI10, SI12, SI15, SI18, SI20,	SI02, SI05, SI08, SI11, SI13, SI16, SI21,

Nonattachments

NAS have 7items with 6 points generalize by 1,2,3,4,5 and 6. All 7 items was coded as NA01, NA02, NA03……. NA07. The 7 items are summed up to get a total NAS score with a 7-42 range, where a higher score indicates more serious Nonattachment.

COMPUTE

Nonattachment= NA01+NA02+NA03+NA04+NA05+NA06

EXECUTE

Short Depression Happiness Scale

SDHS have 6 items with 4 points. 3 items are reverse scoring.

Normal scoring item no. - SDHS02, SDHS04, SDHS05.

Reverse scoring item no.- SDHS01,SDHS03, SDHS06.

(1=4), (2=3), (3=2), (4=1)

RECODE: - SDHS01R, SDHS02, SDHS03R, SDHS04, SDHS05, SDHS06R (1=0), (2=1), (3=2), (4=3)

COMPUTE

Happiness= SDHS01R+SDHS02+SDHS03R+SDHS04+SDHS05+SDHS06R

EXECUTE

Nomophobia

NMP have 20 items with 7 points, it is divided into 4 factors

Factor1 – Not being able to communicate; Factor2 – Losing connectedness;

Factor3 – Not being able to access; Factor4 – Giving up convenience.

Factor 1=NMP01+NMP02+NMP03+NMP04

Factor 2=NMP05+NMP06+NMP07+NMP08+NMP09s

Factor 3= NMP10+NMP11+NMP12+NMP13+NMP14+NMP15

Factor 4= NMP16+NMP17+NMP18+NMP19+NMP20

Item Analysis of the NMP Questionnaire:

Factor 1 Not being able to communicate	Factor 2 Losing connectedness	Factor 3 Not being able to access information	Factor 4 Giving up convenience
NMP01, NMP02,	NMP05, NMP06, NMP07, NMP08,	NMP010, NMP11, NMP12, NMP13,	NMP16, NMP17, NMPs18, NMP19,

NMP03, NMP04	NMP09	NMP14, NMP15	NMP20

6.3 DATA ANALYSIS:

All variable was as a mean ± standard deviation. The correlation significant test was used for analysis of correlation between smartphone addiction and SI, NA, NMP, and depression in all groups. Statistical significant was set up $p < 0.05$, and all the analysis were performed using SPSS.

7. RESULTS

Sex

Sex	N	Percentage
Male	171	34%
Female	332	66%
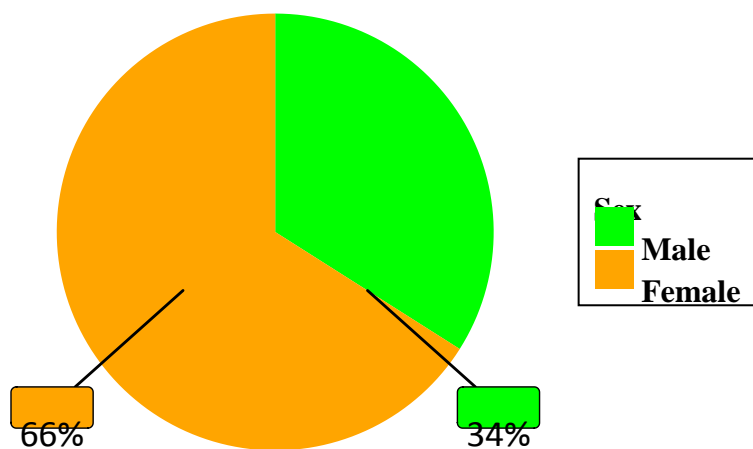
Among them there is 171 (34%) males and 332 (66%) females

Marital Status

Marital Status	N	Percentage
Unmarried	492	97.8%
Married	11	2.2%
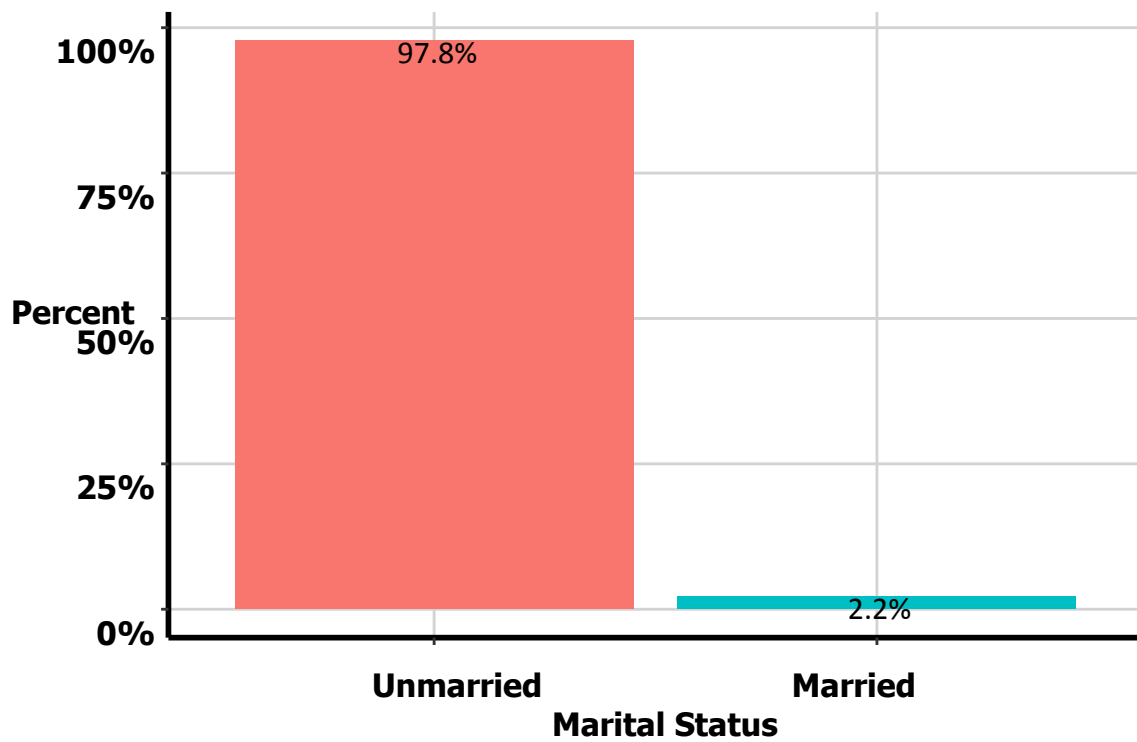
The marital status 11 (2.2%) married and 492 (97.8%) unmarried.

Socio Economic Status

Socio Economic Status	N	Percentage
High	6	1.2%
Low	26	5.2%
Medium	471	93.6%
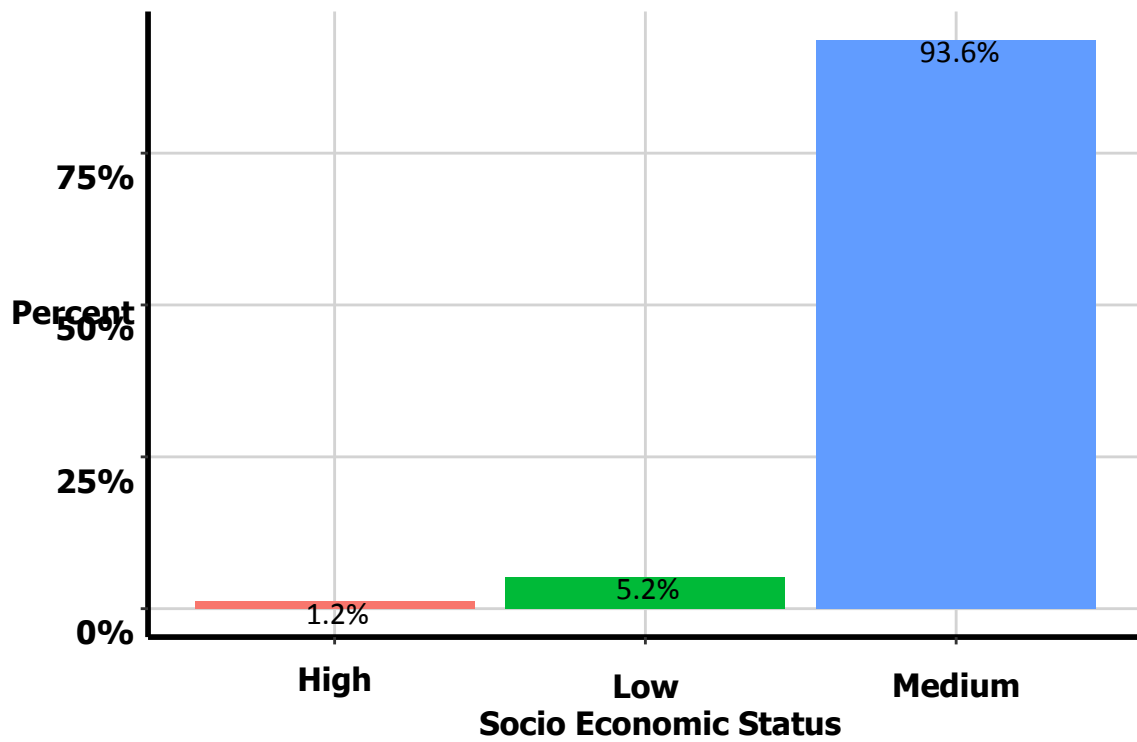
93.6% of the sample is in medium socio-economic status

Residential areas

Residential areas	N	Percentage
Rural	435	86.5%
Sub-urban	24	4.8%
Urban	44	8.7%
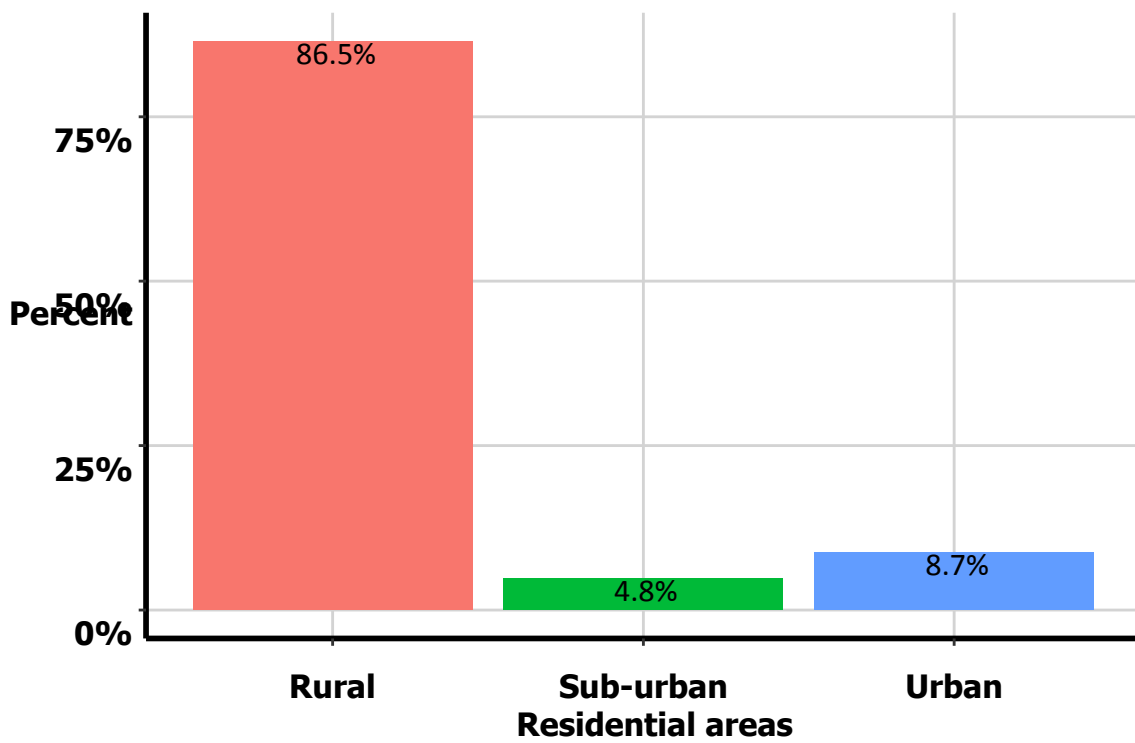
86.5% of population lives in urban area

Time of use

Time of use	N	Percentage
0-30 Mins	25	5.0%
30 mins - 1 Hr	39	7.8%
1 Hr - 1.5 Hrs	46	9.2%
1.5 hrs - 2 Hrs	64	12.7%
2 Hrs - 2.5 Hrs	74	14.7%
2.5 Hrs - 3 Hrs	79	15.7%
3 Hrs - 3.5 Hrs	70	13.9%
3.5 Hrs - 4 Hrs	54	10.8%
4 Hrs+	51	10.2%
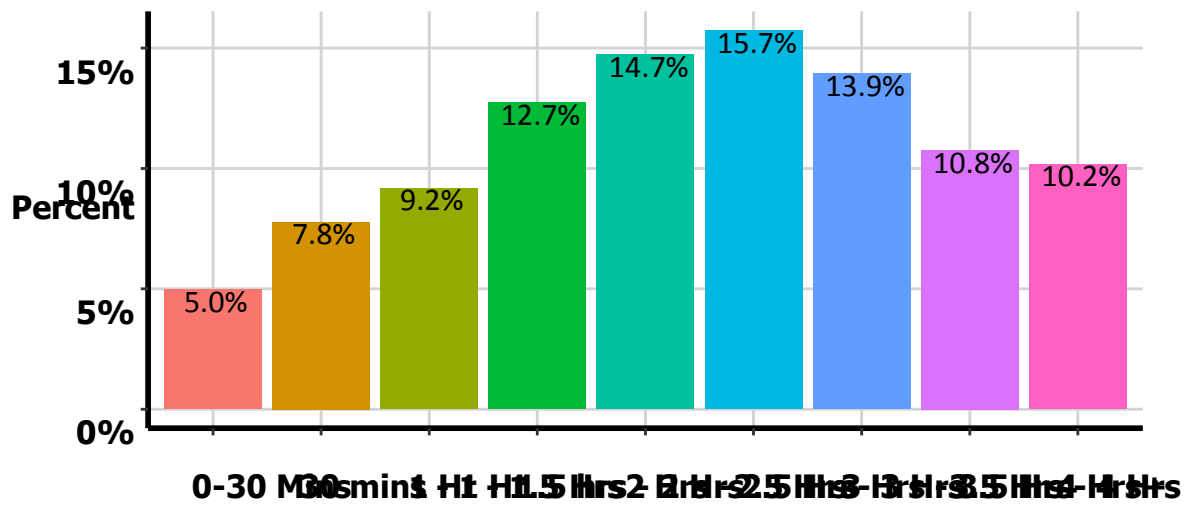
Time of use

15.7% of the sample time of use is 2.5hrs-3hrs

Check Smart Phone per day

Check Smart Phone per day	N	Percentage
Every 5 minutes	24	4.8%
Every 10 minutes	45	9.0%
Every 20 minutes	48	9.6%
Every 30 minutes	53	10.6%
Every hour	98	19.6%
Every 2 hours	79	15.8%
Every 3 hours	61	12.2%
Other (please specify):	91	18.2%

Percent

Every 5 minutes	4.8%
Every 10 minutes	9.0%
Every 15 minutes	9.6%
Every 20 minutes	10.6%
Every 1 hour	19.6%
Every 2 hours	15.8%
Every 3 hours	12.2%
Others (please specify)	18.2%
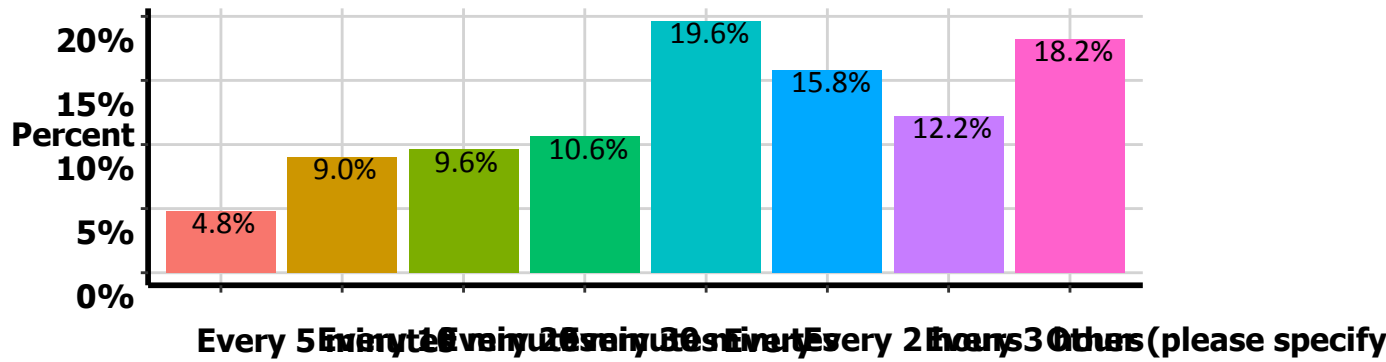
Check Smart Phone per day

19.6% of the sample check smart phone every hour day

Communication

Communication	N	Percentage
0-30 Mins	241	47.9%
30 mins - 1 Hr	102	20.3%
1 Hr - 1.5 Hrs	31	6.2%
1.5 hrs - 2 Hrs	28	5.6%
2 Hrs - 2.5 Hrs	39	7.8%
2.5 Hrs - 3 Hrs	15	3.0%
3 Hrs - 3.5 Hrs	13	2.6%
3.5 Hrs - 4 Hrs	1	0.2%
4 Hrs+	33	6.6%
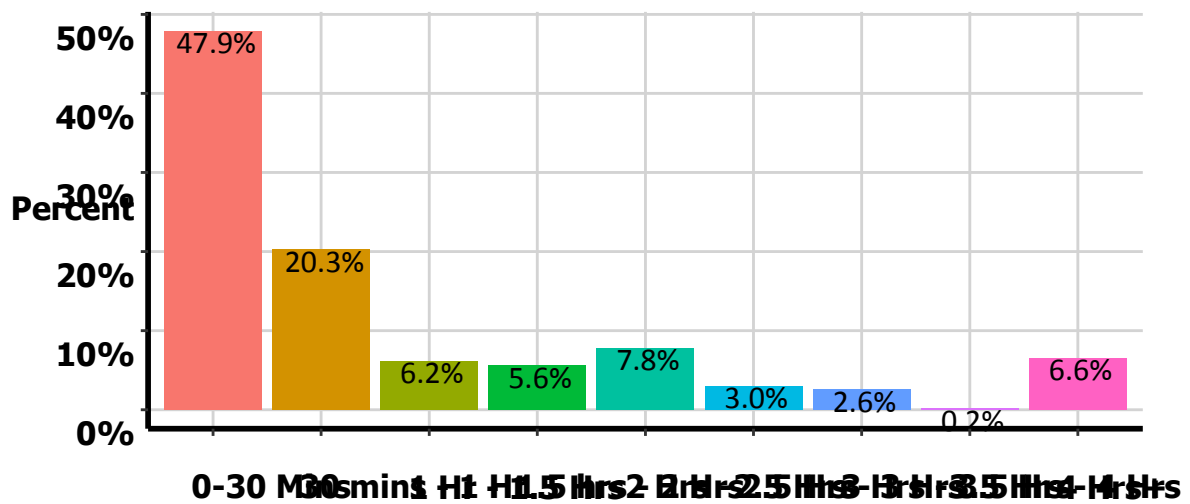
Communication

47.9% of population uses their phone for 0-30mins for communication

Social Networking

Social Networking	N	Percentage
0-30 Mins	129	25.7%
30 mins - 1 Hr	163	32.5%
1 Hr - 1.5 Hrs	65	12.9%
1.5 hrs - 2 Hrs	48	9.6%
2 Hrs - 2.5 Hrs	27	5.4%
2.5 Hrs - 3 Hrs	15	3.0%
3 Hrs - 3.5 Hrs	20	4.0%
3.5 Hrs - 4 Hrs	8	1.6%
4 Hrs+	27	5.4%
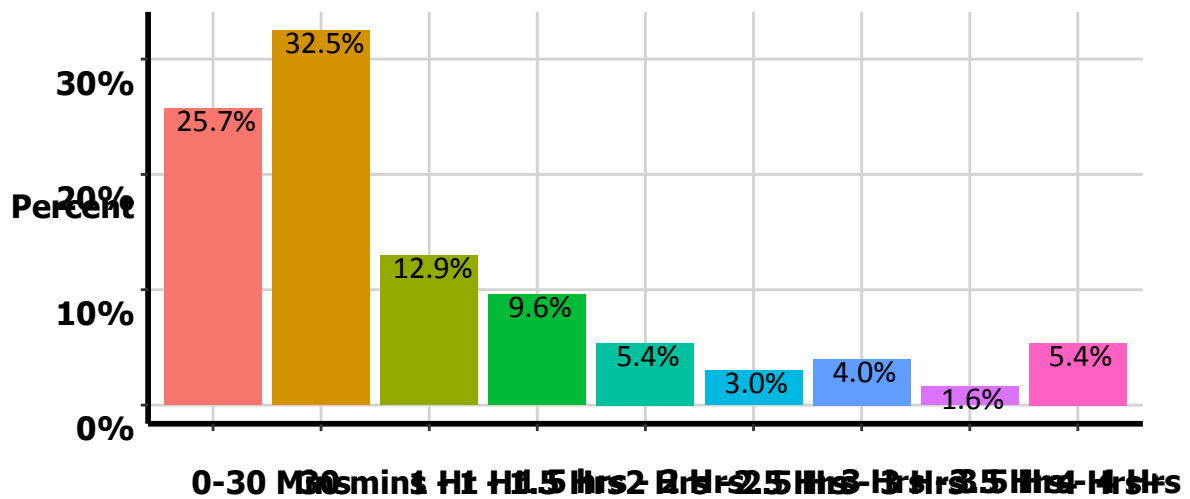
Social Networking

32.5% of population uses 30mis-1hour for social networking

Obtaining information

Obtaining information	N	Percentage
0-30 Mins	295	58.6%
30 mins - 1 Hr	123	24.5%
1 Hr - 1.5 Hrs	51	10.1%
1.5 hrs - 2 Hrs	1	0.2%
2 Hrs - 2.5 Hrs	1	0.2%
2.5 Hrs - 3 Hrs	13	2.6%
3 Hrs - 3.5 Hrs	6	1.2%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	13	2.6%
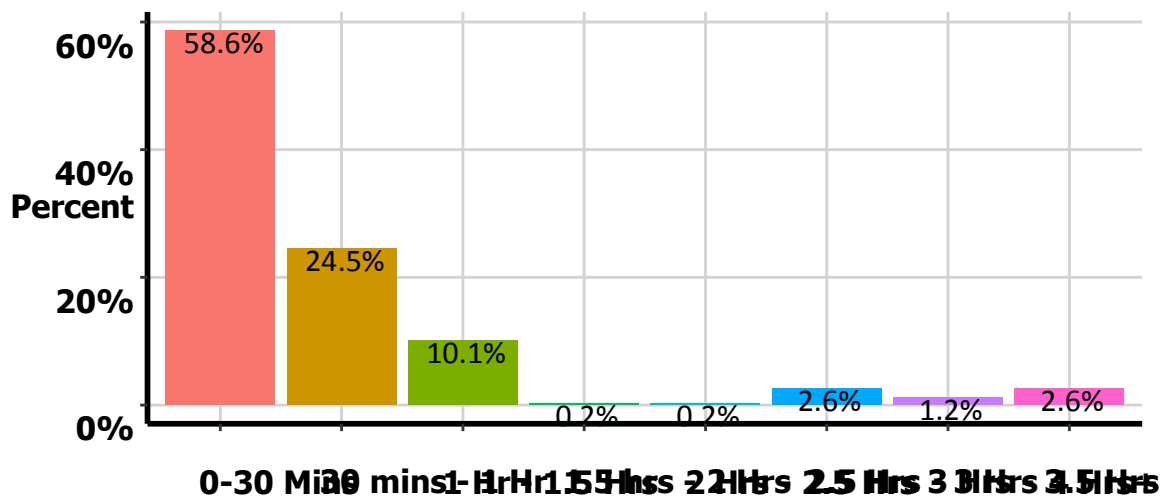
Obtaining information

58.6% population uses 0-30mins for obtaining information

Entertainment and Media

Entertainment and Media	N	Percentage
0-30 Mins	226	44.9%
30 mins - 1 Hr	141	28.0%
1 Hr - 1.5 Hrs	47	9.3%
1.5 hrs - 2 Hrs	19	3.8%
2 Hrs - 2.5 Hrs	36	7.2%
2.5 Hrs - 3 Hrs	10	2.0%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	24	4.8%
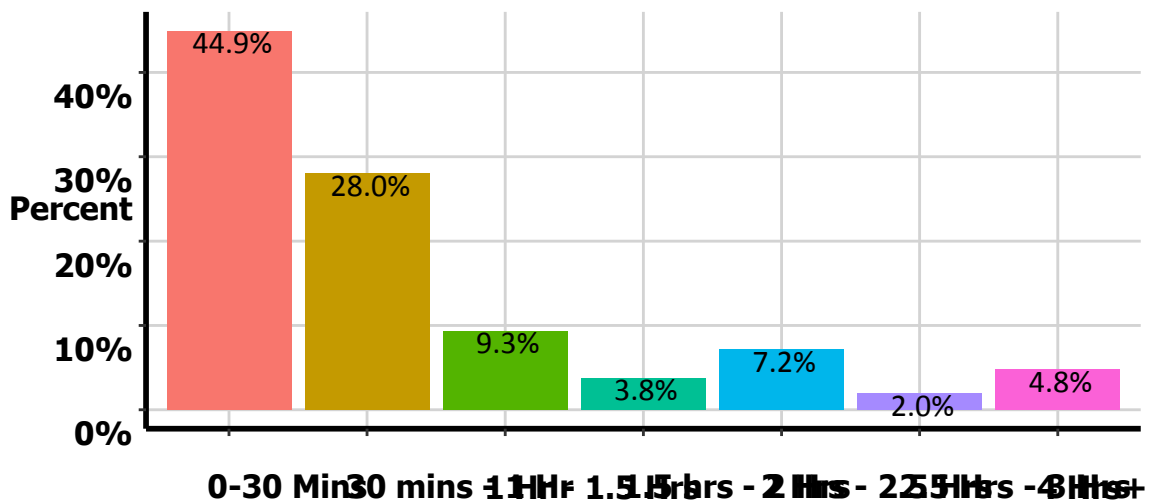
Entertainment and Media

44.9% of population uses 0-30mins for entertainment and media

Shopping and Buing items

Shopping aand Buing items	N	Percentage
0-30 Mins	407	80.9%
30 mins - 1 Hr	60	11.9%
1 Hr - 1.5 Hrs	24	4.8%
1.5 hrs - 2 Hrs	0	NaN%
2 Hrs - 2.5 Hrs	0	NaN%
2.5 Hrs - 3 Hrs	12	2.4%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	0	NaN%
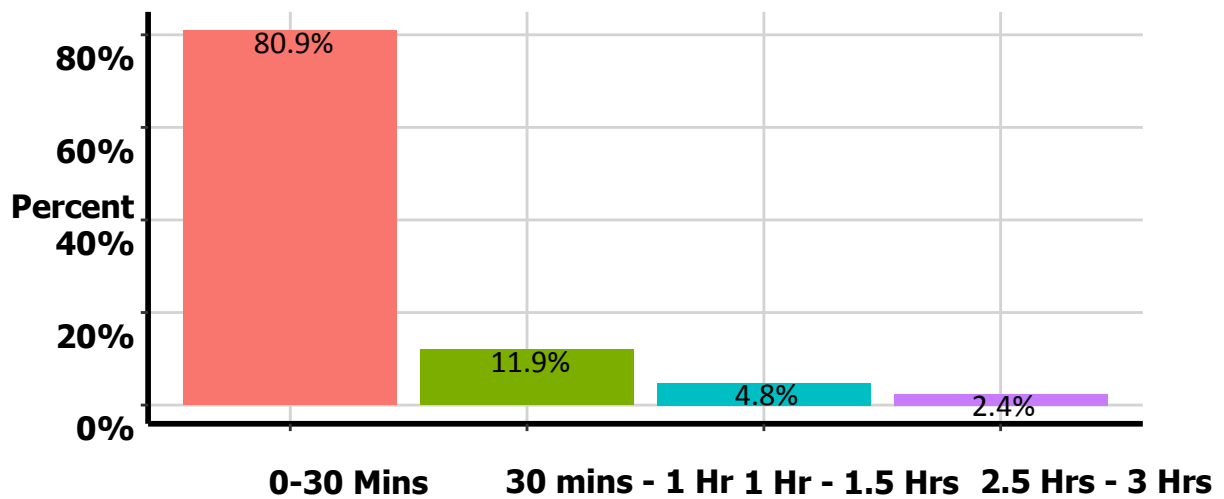
Shopping and Buying items

80.9% of population uses 0-30mins for shopping and buying items

E commerce

E commerce	N	Percentage
0-30 Mins	458	91.1%
30 mins - 1 Hr	20	4.0%
s1 Hr - 1.5 Hrs	0	NaN%
1.5 hrs - 2 Hrs	6	1.2%
2 Hrs - 2.5 Hrs	6	1.2%
2.5 Hrs - 3 Hrs	7	1.4%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	6	1.2%
4 Hrs+	0	NaN%
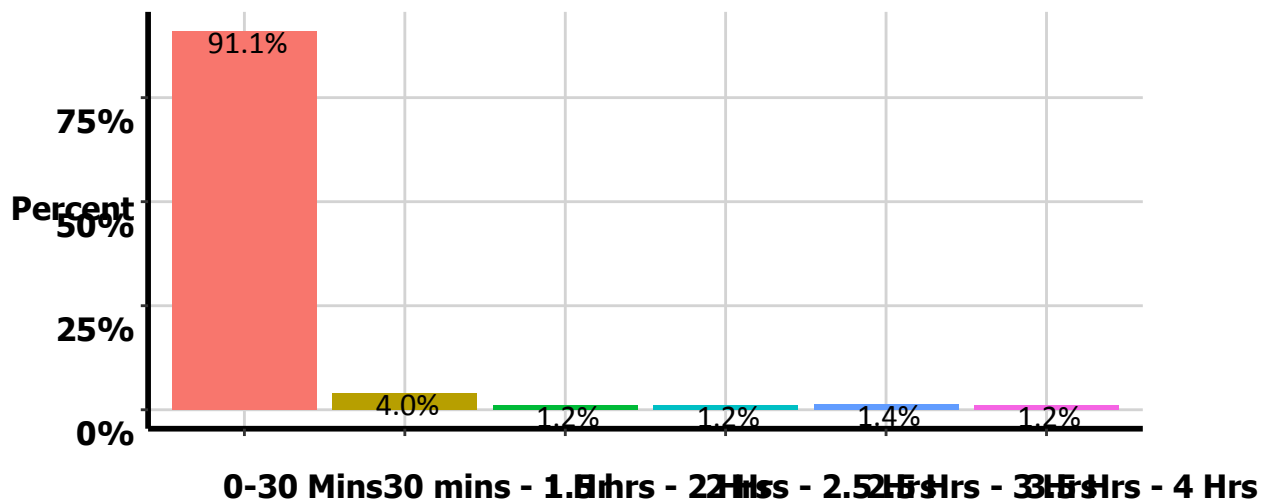
E commerce

91.1% of population uses 0-30mins for E commerce

Booking events

Booking events	N	Percentage
0-30 Mins	443	88.1%
30 mins - 1 Hr	27	5.4%
1 Hr - 1.5 Hrs	19	3.8%
1.5 hrs - 2 Hrs	1	0.2%
2 Hrs - 2.5 Hrs	0	NaN%
2.5 Hrs - 3 Hrs	7	1.4%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	6	1.2%
4 Hrs+	0	NaN%
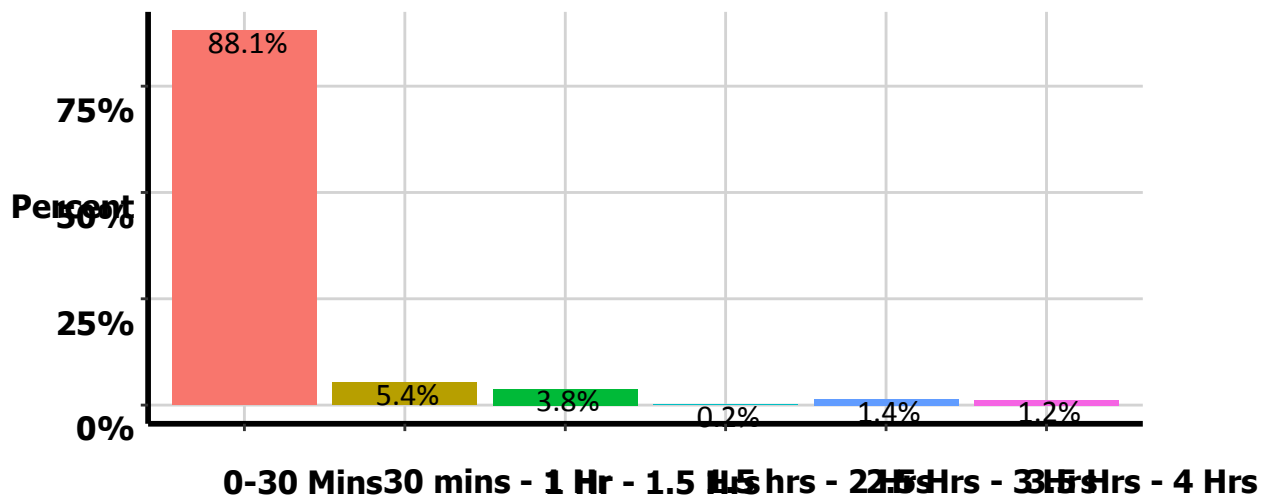
Booking events

88.1% population uses 0-30mins for booking events

Financial Services

Financial Services	N	Percentage
0-30 Mins	491	97.6%
30 mins - 1 Hr	5	1.0%
1 Hr - 1.5 Hrs	4	0.8%
1.5 hrs - 2 Hrs	3	0.6%
2 Hrs - 2.5 Hrs	0	NaN%
2.5 Hrs - 3 Hrs	0	NaN%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	0	NaN%
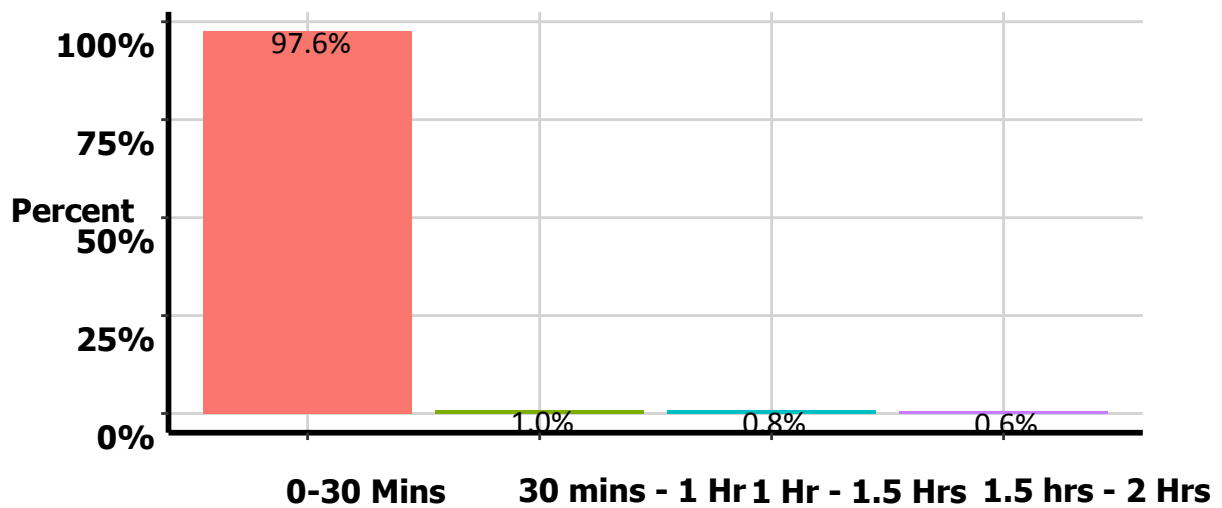
Financial Services

97.6% population uses 0-30mins for financial services

Blogging

Blogging	N	Percentage
0-30 Mins	468	93.0%
30 mins - 1 Hr	29	5.8%
1 Hr - 1.5 Hrs	2	0.4%
1.5 hrs - 2 Hrs	3	0.6%
2 Hrs - 2.5 Hrs	1	0.2%
2.5 Hrs - 3 Hrs	0	NaN%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	0	NaN%
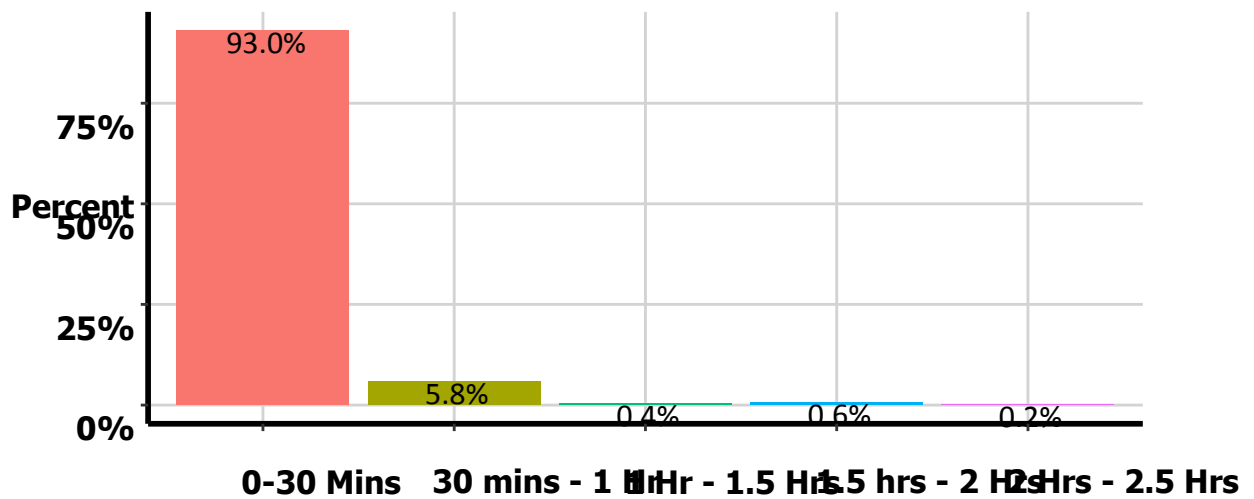
Blogging

93.0% of population uses 0-30mins for blogging

Education and training

Education and training	N	Percentage
0-30 Mins	425	84.5%
30 mins - 1 Hr	45	8.9%
1 Hr - 1.5 Hrs	25	5.0%
1.5 hrs - 2 Hrs	4	0.8%
2 Hrs - 2.5 Hrs	2	0.4%
2.5 Hrs - 3 Hrs	2	0.4%
3 Hrs - 3.5 Hrs	0	NaN%
3.5 Hrs - 4 Hrs	0	NaN%
4 Hrs+	0	NaN%
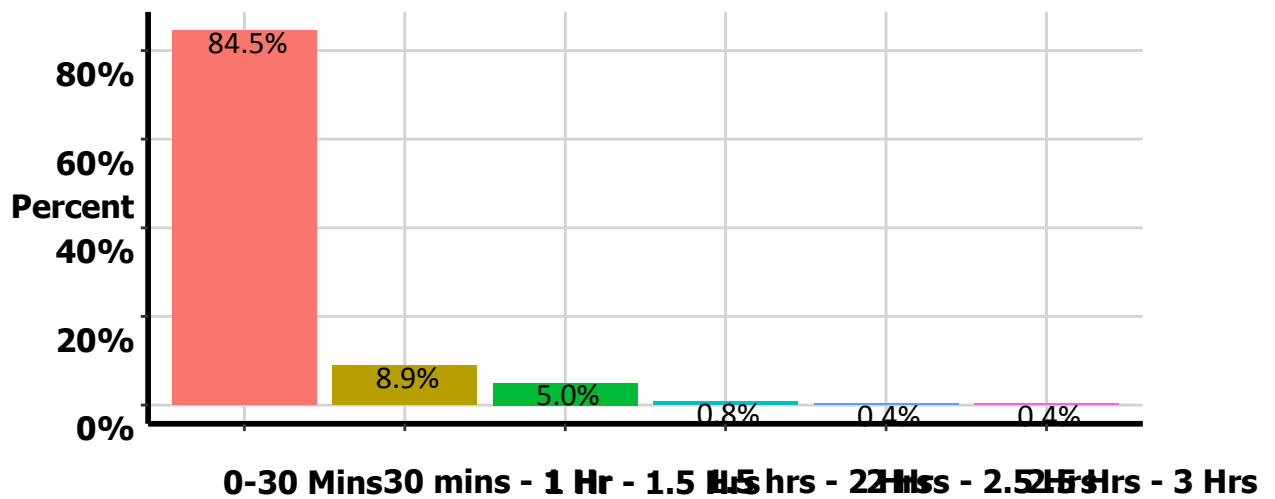
Education and training

84.5% population uses 0-30mins for education and training

Checking email

Checking email	N	Percentage
Yes	242	48.11%
No	261	51.89%
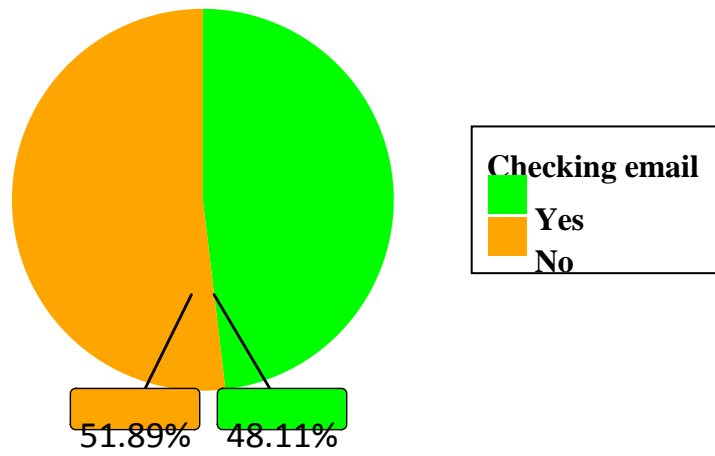
48.11% population checks email

Checking lecture Notes

Checking lecture Ntes	N	Percentage
Yes	120	23.9%
No	383	76.1%
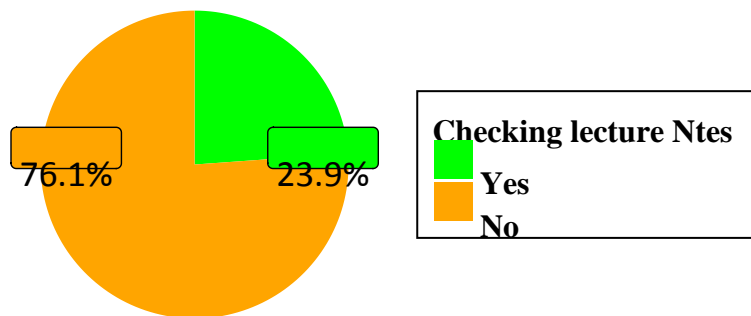
23.9% of population uses phone for checking lecture notes

Checking social media

Checking social media	N	Percentage
Yes	452	89.9%

Checking social media	N	Percentage
No	51	10.1%
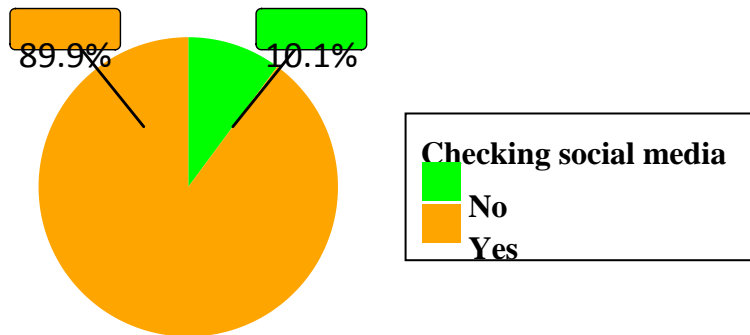
89.9% of population uses phone for checking social media

Gaming

Gaming	N	Percentage
Yes	201	40%
No	302	60%

Gaming
Yes
No

60%   40%
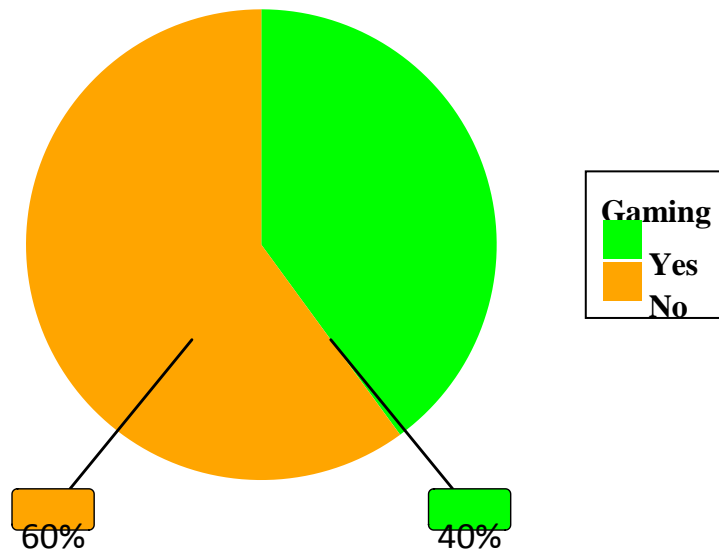
40% of population uses smart phone for gaming

Getting news

Getting news	N	Percentage
Yes	124	24.7%
No	379	75.3%
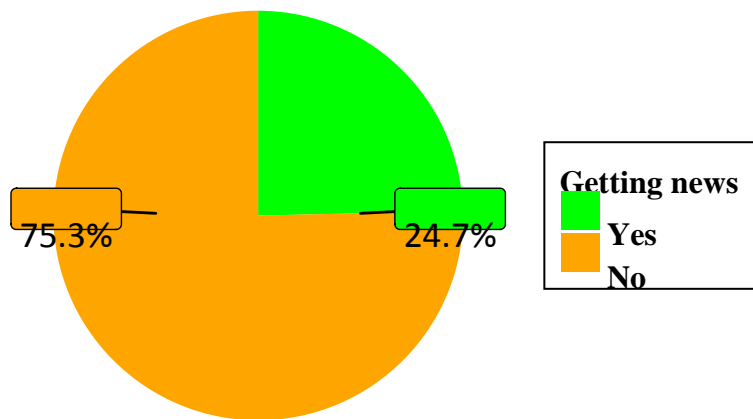
24.7% of population uses Smartphone for getting news

Killing time

Killing time	N	Percentage
Yes	122	24.3%
No	381	75.7%
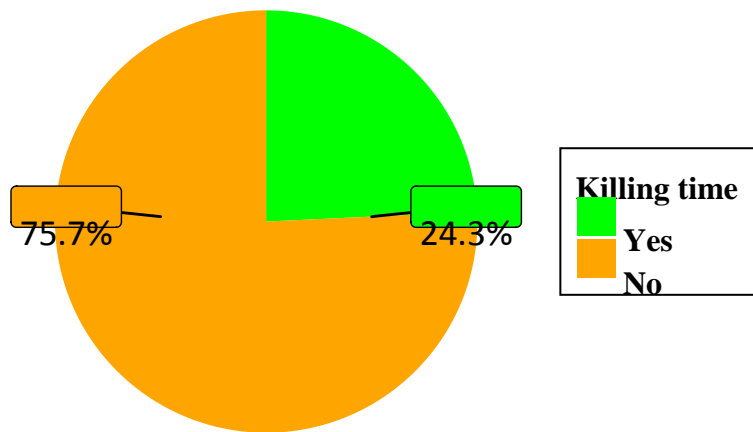
24.3% of population uses smart phone for killing time

Looking information up on the Internet

Looking information up on the Internet	N	Percentage
Yes	452	90.4%
No	51	9.6%
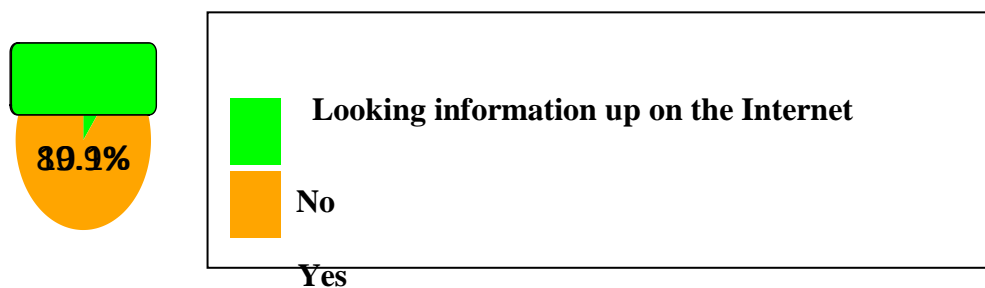
90.4% population uses Smartphone for looking information up on the Internet

Listening to music

Listening to music	N	Percentage
Yes	489	97.2%
No	14	2.8%
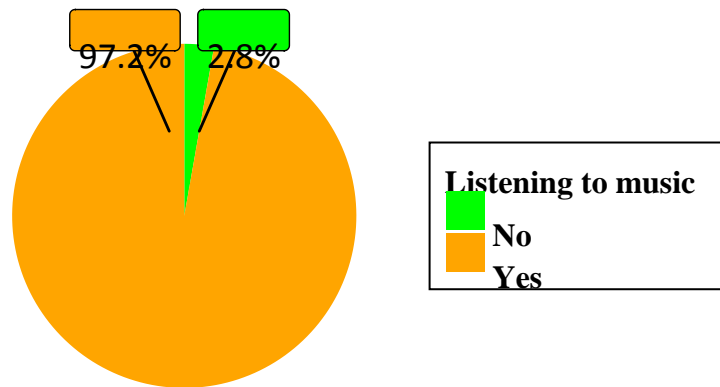
97.2% of population uses Smartphone for listening to music

Scheduling meetings and events

Scheduling meetings and events	N	Percentage
Yes	36	92.8%
No	467	7.2%
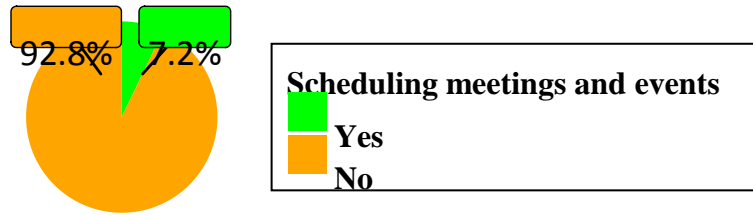
92.8% of population uses Smartphone for scheduling meeting and events

Talking with family or friends

Talking with family or friends	N	Percentage
Yes	472	93.8%
No	31	6.2%
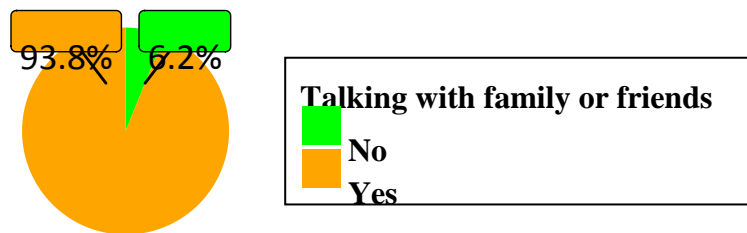
93.8% of population uses smart phone for talking with family or friends

Texting family or friends

Texting family or friends	N	Percentage
Yes	478	95%
No	25	5%
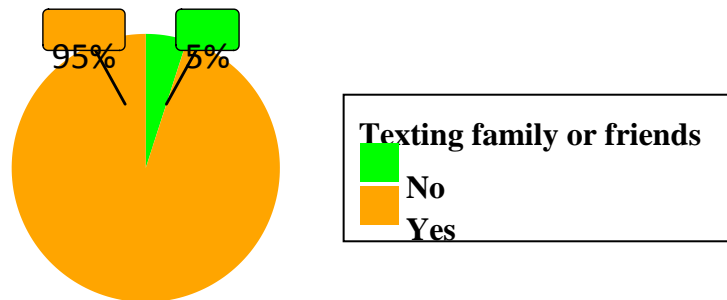
95% of population uses Smartphone for texting family or friends

At a dinner table

At a dinner table	N	Percentage
Yes	111	22.1%
No	392	77.9%

At a dinner table	
Yes	
No	
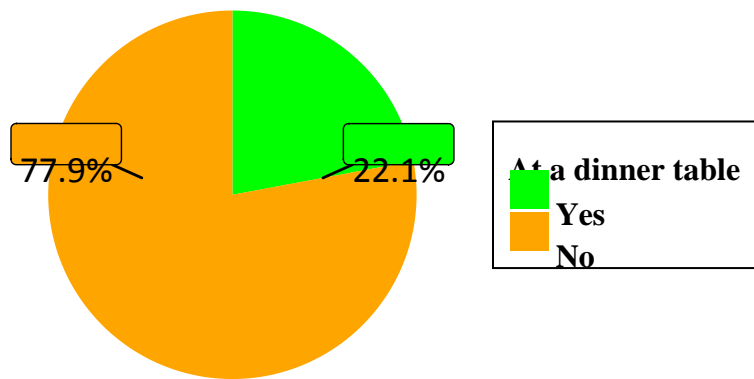
22.1% of population uses smartphones at a dinner table

Between classes

Between classes	N	Percentage
Yes	76	15.1%
No	427	84.9%

Between classes	
Yes	
No	
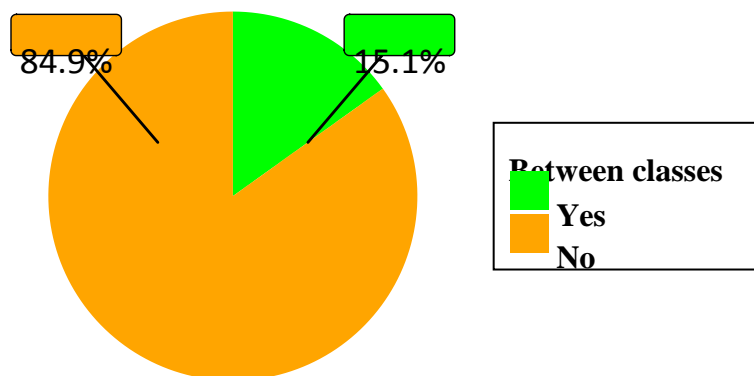
15.1% population uses smartphones between classes

During a class

During a class	N	Percentage
Yes	54	10.7%
No	449	89.3%
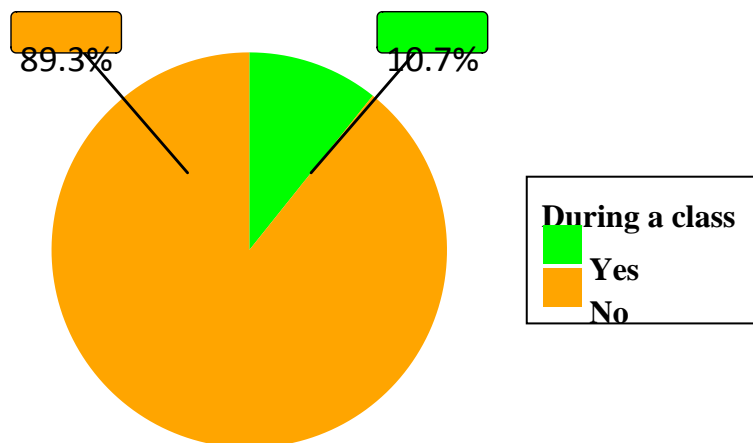
10.7% population uses smartphones during a class

In the restroom

In the restroom	N	Percentage
Yes	178	35.4%
No	325	64.6%
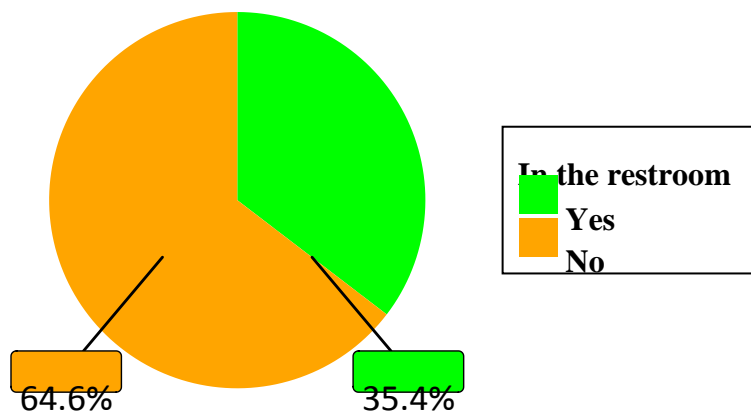
35.4% of population uses Smartphone in the restroom

On public transportation

On public transportation	N	Percentage
Yes	244	48.51%
No	259	51.49%
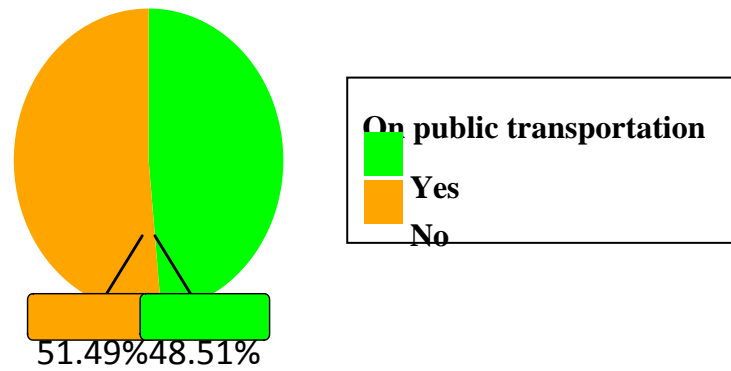
48.51% of population uses smartphones on public transportation

While driving

While driving	N	Percentage
Yes	54	10.7%
No	449	89.3%
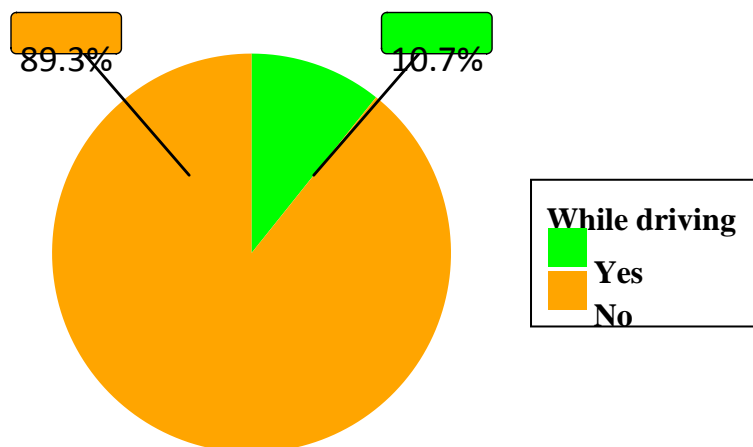
10.7% of population used smartphones while driving

When alone

When alone	N	Percentage
Yes	453	9.9%
No	50	90.1%
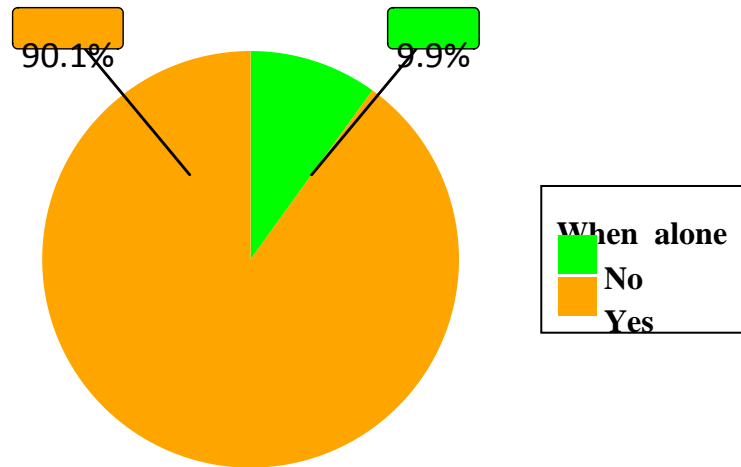
9.9% of population used Smartphone when alone

When bored

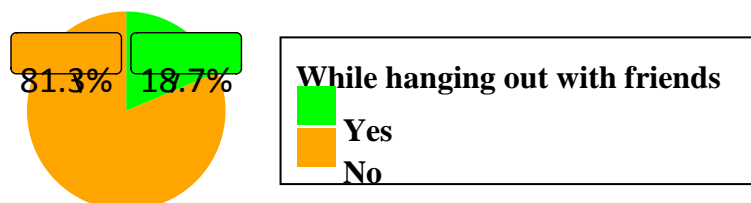| When bored	N	Percentage
Yes	486	96.6%
No	17	3.4%
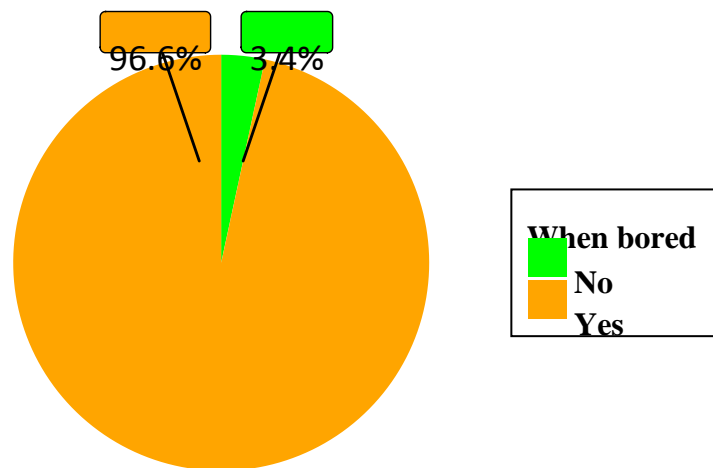
96.6% population used smart phone when bored

While hanging out with friends

While hanging out with friends	N	Percentage
Yes	94	81.3%
No	409	18.7%

81.3% of population used smart phones when hanging out with friends

While talking to somebody

While talking to somebody	N	Percentage
Yes	65	12.9%
No	438	87.1%
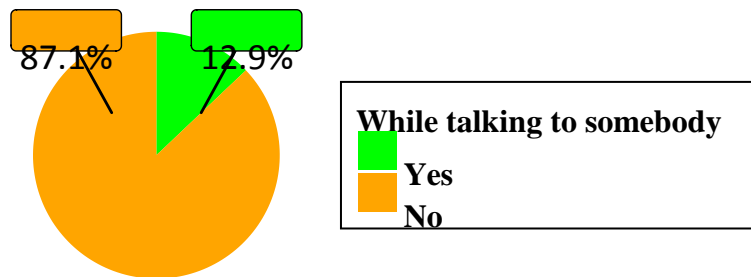
12.9% of population used Smartphone while talking to somebody
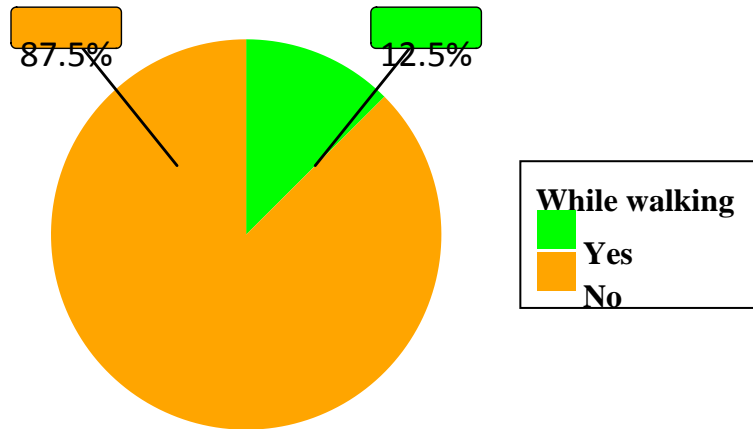
While waiting for someone or something

While waiting for someone or something	N	Percentage
Yes	143	71.6%
No	360	28.4%

While waiting for someone or something

Yes

28.4%
71.6%

No
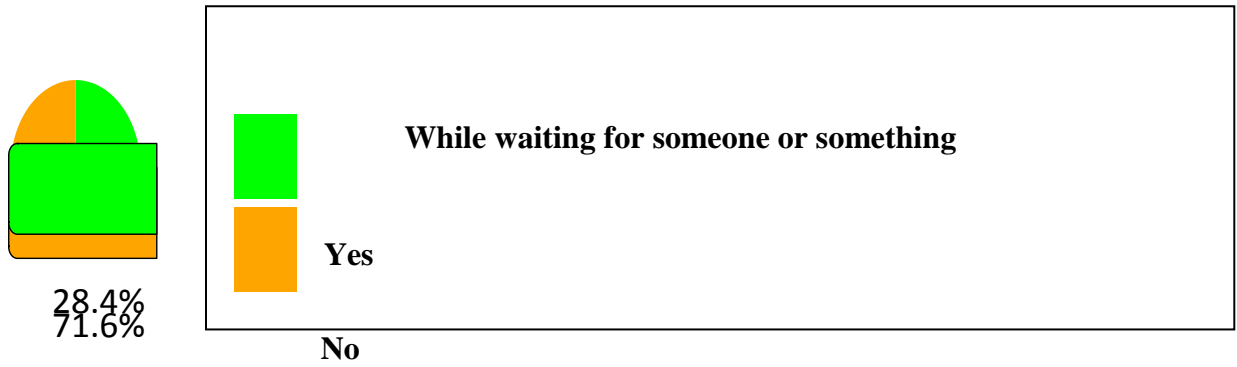
71.6% population used Smartphone while waiting for someone or something

While walking

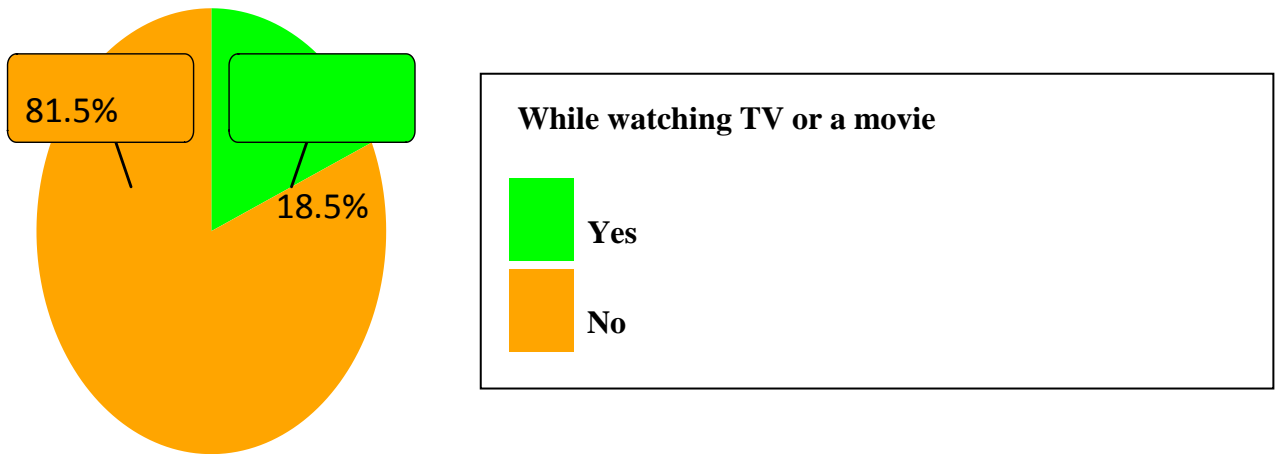| While walking	N	Percentage
Yes	63	12.5%
No	440	87.5%

12.5% population used Smartphone while walking

While watching TV or a movie

While watching TV or a movie	N	Percentage
Yes	93	18.5%
No	410	81.5%

18.5% of population used Smartphone while watching Tv or a movie

81.5%

18.5%

While watching TV or a movie

Yes

No

7. RESULTS OF PRIMARY OUTCOMES & THEIR DISCUSSION

		SmartAddiction	SocialInformation	SocialSkill	SocialAwareness	SocialIntelligence	Happiness	NonAttachment	SocialMedia Addiction	GameAddiction
SmartAddiction	Pearson Correlation	1	.009	-.087	-.089*	-.097*	.042	-.080	.196**	.074
	Sig. (2-tailed)		.836	.051	.045	.029	.346	.072	.000	.098
	N	503	503	503	503	503	503	503	503	503
SocialInformation	Pearson Correslation	.009	1	.038	-.185**	.485**	.004	.116**	.038	-.090*
	Sig. (2-tailed)	.836		.392	.000	.000	.937	.009	.395	.043
	N	503	503	503	503	503	503	503	503	503
sSocialSkill	Pearson Correlation	-.087	.038	1	.133**	.607**	.042	-.035	-.072	-.117**
	Sig. (2-tailed)	.051	.392		.003	.000	.350	.438	.108	.009
	N	503	503	503	503	503	503	503	503	503
SocialAwareness	Pearson Correlation	-.089*	-.185**	.133**	1	.621**	-.001	-.128**	-.035	.064
	Sig. (2-tailed)	.045	.000	.003		.000	.975	.004	.432	.153
	N	503	503	503	503	503	503	503	503	503
SocialIntelligence	Pearson Correlation	-.097*	.485**	.607**	.621**	1	.022	-.034	-.037	-.069
	Sig. (2-tailed)	.029	.000	.000	.000		.624	.443	.413	.123
	N	503	503	503	503	503	503	503	503	503
Happiness	Pearson Correlation	.042	.004	.042	-.001	.022	1	-.005	-.105*	-.044
	Sig. (2-tailed)	.346	.937	.350	.975	.624		.919	.019	.322
	N	503	503	503	503	503	503	503	503	503

NonAttachment	Pearson Correlation	-.080	.116**	-.035	-.128**	-.034	-.005	1	-.034	-.138**
	Sig. (2-tailed)	.072	.009	.438	.004	.443	.919		.452	.002
	N	503	503	503	503	503	503	503	503	503
SocialMediaAddiction	Pearson Correlation	.196**	.038	-.072	-.035	-.037	-.105*	-.034	1	.273**
	Sig. (2-tailed)	.000	.395	.108	.432	.413	.019	.452		.000
	N	503	503	503	503	503	503	503	503	503
GameAddiction	Pearson Correlation	.074	-.090*	-.117**	.064	-.069	-.044	-.138**	.273**	1
	Sig. (2-tailed)	.098	.043	.009	.153	.123	.322	.002	.000	
	N	503	503	503	503	503	503	503	503	503

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

There was a Positive correlation between Smartphone addiction and Social information [r =0.009 , p =0.836 , n =503], There was a negative correlation between Smartphone addiction and social skill [r = -0.087 , p =0.051 , n =503], There was a Negative correlation between Smartphone addiction and Social awareness[r= -0.089 , p=0.045 , n=503]. There was a negative Correlation between smart phone addiction and social intelligence[r = -0.097, p =0.029 , n =503]. there was a positive correlation between smart phone addiction and happiness [r=0.042 , p=0.346 , n =503]. There was a negative correlation between smart phone addiction and non attachment [r = -0.080 , p =0.072 , n =503]. There was a positive correlation between smartphone addiction and social media addiction[r =0.0196 , p=0.000 , n =503].There was a positive correlation between smart phone addiction and game addiction [r=0.074, p=0.98, n=503].There was a Positive correlation between Social information and smart phone addiction [r =0.009 , n =503 , p =0.836], There was a positive correlation between social information and social skill [r =0.038 , n =503 , p = 0.392], There was a Negative correlation between Social information and Social awareness[r=-0.185 , n=503 , p=0.000]. There was a positive Correlation between social information and social intelligence [r =0.485 , n =503 , p = 0.000]. there was a positive correlation between social information and happiness [r =0.004 , n =503 , p = 0.937]. There was a positive correlation between social information and non attachment [r =0.116 , n =503 , p = 0.009]. There was a positive correlation between social information and social media addiction [r =0.038 , n =503 , p = 0.395].There was a negative correlation between social information and game addiction [r= -0.090, p=0.043, n=503]. There was a negative correlation between Social skill and Smartphone addiction [r = -0.87 , n =503 , p =0.051], There was a positive correlation between Social skill and social information [r =0.038 , n =503 , p =0.392], There was a positive correlation between Social skill and Social awareness [r=0.133 , n=503 , p=0.003]. There was a positive Correlation between Social skill and social intelligence[r =0.607 , n =503 , p = 0.000 . there was a positive correlation between Social skill and happiness[r =0.042 , n =503 , p =0.350]. There was a negative correlation between Social skill and non attachment[r= -0.035, p= 0.0438, n=503]. There was a negative correlation between Social skill and social media addiction[r = -0.072 , n = 503 , p = 0.108].There was a negative correlation between Social skill and game addiction[r= -0.117, p= 0.009, n=503].There was a negative correlation between social awareness and Smart phone addiction [r = -0.089 , n =503 , p =0.045], There was a negative correlation between social awareness and social

awareness [r = -0.185 , n =503 , p =0.000], There was a positive correlation between Social awareness and social skill [r=0.133 , n=503 , p=0.003]. There was a positive Correlation between social awareness and social intelligence [r = 0.621 , n = 503 , p = 0.000]. there was a negative correlation between social awareness and happiness [r =-0.001 , n =503 , p = 0.975]. There was a negative correlation between social awareness and non attachment[r=-0.035, n=503, p=0.004]. There was a negative correlation between social awareness and social media addiction[r =-0.035 , n =503 , p = 0.432].There was a positive correlation between social awareness and game addiction[r =0.64 , n =503 , p =0.153].There was a negative correlation between social intelligence and Smartphone addiction [r =-0.97 , n =503 , p =0.029], There was a positive correlation between social intelligence and social information [r =0.485 , n =503 , p =0.000], There was a positive correlation between social intelligence and Social skill[r=0.607 , n=503 , p=0.000]. There was a positive Correlation between social intelligence and social awareness [r=0.621, p=0.000, n=503]. there was a positive correlation between social intelligence and happiness[r =0.022 , n =503 , p = .624]. There was a negative correlation between social intelligence and non attachment[r =-0.034 , n =503 , p = 0.433]. There was a negative correlation between social intelligence and social media addiction [r =-0.037 , n =503 , p = 0.413].There was a negative correlation between social intelligence and game addiction[r =0.069 , n =503 , p =0.123]. There was a Positive correlation between happiness and Smartphone addiction [r =0.042 , n =503 , p =0.346], There was a positive correlation between happiness and social information [r =0.004 , n =503 , p =0.937], There was a positive correlation between happiness and Social skill [r=0.042 , n=503 , p=0.350]. There was a negative Correlation between happiness and social awareness [r=-0.001, n=503, p=0.9751]. there was a positive correlation between happiness and social intelligence [r =0.22 , n =503 , p = 0.624]. There was a negative correlation between happiness and non attachment[r =-0.005 , n =503 , p = 0.919]. There was a negative correlation between happiness and social media addiction[r = -0.105, n =503 , p = 0.019].There was a negative correlation between happiness and game addiction[r =-0.044 , n =503 , p =0.322]. There was a negative correlation between Non-attachment and Smartphone addiction [r =-0.080 , n =503 , p =0.072], There was a positive correlation between Non-attachment n and social information [r =0.116 , n =503 , p =0.009], There was a Negative correlation between Non-attachment and Social skill [r=-0.035 , n=503 , p=0.438]. There was a negative Correlation between Non-attachment and social awareness [r=-0.128, n=503, p= 0.004]. there was a negative correlation between Non-attachment and social intelligence [r =-0.034 , n =503 , p = 0.443]. There was a positive correlation between non attachment

and happiness [r =0.005 , n =503 , p = 0.919]. There was a negative correlation between Non-attachment and social media addiction[r =-0.034 , n =503 , p = 0.452].There was a negative correlation between Non-attachment and game addiction[r =-0.138 , n =503 , p =0.002]

There was a Positive correlation between social media addiction and Smartphone addiction [r =0.196 , n =503 , p =0.000], There was a positive correlation between social media addiction and social information [r =0.038 , n =503 , p =0.395], There was a Negative correlation between social media and Social skill [r=-0.072 , n=503 , p=0.108]. There was a negative Correlation between social media addiction and social awareness [r=-0.035, p=0.432, n=503]. there was a negative correlation between social media addiction and intelligence[r =-0.037 , n =503 , p =0.413]. There was a negative correlation between social media addiction and happiness [r =-0.105 , n =503 , p = 0.019]. There was a negative correlation between social media addiction and nonattachment[r =-0.034 , n =503 , p = 0.452].There was a positive correlation between social media addiction and game addiction[r = 0.273, n =503 , p =0.000]. There was a Positive correlation between game addiction and Smartphone addiction [r =0.074 , n =503 , p =0.098], There was a negative correlation between game addiction and social information [r =-0.090 , n =503 , p =0.043], There was a Negative correlation between game addiction and Social skill [r=-0.117 , n=503 , p=0.009]. There was a positive Correlation between game addiction and social intelligence [r=-0.069, p=0.123]. there was a negative correlation between game addiction and happiness[r =-0.044, p=0.322 , n =503]. There was a negative correlation between game addiction and non attachment[r =-0.138 , n =503 , p = 0.002]. There was a positive correlation between game addiction and social media addiction[r =0.273 , n =503 , p = 0.002].

8. DISCUSSION:

The present study was aimed to find the correlation of smart phone addiction with different psychological domains such as happiness, depression, social intelligence etc.

In this study we observed that Smartphone addiction was strongly correlated with social media ddiction and game addiction and negatively correlated with social intelligence , social awareness and social skills. Social information is strongly correlated with social intelligence and non-attachment and negatively correlated with social awareness. Social skill is strongly correlated with social intelligence and negatively correlated with game addiction. Social awareness is strongly correlated with social intelligence and negatively correlated with social information. Social intelligence is strongly correlated with social information and social awareness and negatively correlated with smart phone addiction. Happiness is negatively correlated with social media addiction. Non-attachment is strongly correlated with social information and negatively correlated with social wareness and game addiction. Social media addiction is strongly is strongly correlated with smart phone addiction and game addiction. Game addiction is negatively correlated with social skill.

Earlier study by Cecilie Schou Andreassen on Addictive behaviors showed positive and significant correlations between addictive use of social media and narcissism, and between narcissism and self-esteem. A negative correlation was found between addictive social media use and self esteem. A study conducted by Hong et al.,2014; Malik & Khan , 2015; Wang et al.,2012; Wilson et al., 2010 stated that people use social media in order to obtain higher self esteem and/or to escape from feelings of low self-esteem. People with low self-image , may also prefer communicating online instead of face-to-face. Marshall, lefringshausen, & Ferenczi, 2015 in his studies stated that narcissism is positively related to profile updates regarding accomplishments, diet, and exercise.

Mechanism

Smart phone addiction is negatively correlated with social intelligence, social skills and social awareness as the person indulges more in his phone his communication with others is

markedly reduced.. He spends more time on his phone like gaming, chatting rather than using it for social purpose. He is unaware of what is happening around him and social information is lacked.

Social information is positively correlated with social intelligence- when a person engages himself more in social environment his social information improves because of which social intelligence is achieved.

Social skill is positively correlated with social intelligence- as the person had much interest towards his phone; his skills about the mobile phone usage will be higher .

Social awareness is positively correlated with social intelligence- as person becomes aware of social events around him his social intelligence, his communication skill will improve, there will be thoughts exchange.

Social intelligence is positively correlated with social information and social awareness- as the person indulges himself in social activies rather than being dependant on his mobile phone, his social information and social awareness will improve.

Happiness is positively correlated with social media addiction- as the person becomes too much dependant on his phone , his happiness is felt only through phone. He feels extremely sad when his phone is lost, call is not answered , wont get a reply for text message, battery drained out .he will miss his social happiness with friends and family.

Non-attachment is positively correlated with social information – as there will be non attachment towards phone , he will have time to gain social information.

9.CONCLUSION

In this study we observed that Smartphone addiction was strongly correlated with social media addiction and game addiction and negatively correlated with social intelligence , social awareness and social skills. Social information is strongly correlated with social intelligence and non-attachment and negatively correlated with social awareness. Social skill is strongly correlated with social intelligence and negatively correlated with game addiction. Social awareness is strongly correlated with social intelligence and negatively correlated with social information. Social intelligence is strongly correlated with social information and social awareness and negatively correlated with smart phone addiction. Happiness is negatively correlated with social media addiction. Non-attachment is strongly correlated with social information and negatively correlated with social wareness and game addiction. Social media addiction is strongly correlated with smart phone addiction and game addiction. Game addiction is negatively correlated with social skill.

10. APPRASAL

10.1 STRENGTH:

500 sample size were taken.

A fixed age group was selected for this study

10.2 LIMITATION:

Even though this study based on more than 500 sample sizes but it needs more sample size for getting better result.

Gender difference for this sample was not taken equally.

10.3 SCOPE:

This study can help researcher to take yoga as intervention for future research.

It is necessary to continue to study the conditions that faster this dependence, to develop prevention and treatment programs.

The study should use larger sample size.

It is also suggested that this study be conducted considering various factors such as different age ranges and educational levels.

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https://en.wikipedia.org/wiki/List_of_countries_by_smartphone_penetration

12. APPENDIX

Appendix (1) ASSESSMENT OF NEEDSs

Biographic Data Sheet

1. Date & Time:

2. Name:

3. Age:

4. Married/ Single:

5. Educational qualification:

6. Occupation:

7. Phone No:

8. Email.id

Appendix (2) Section I:Demographics

1. Age : _____Gender : M□F□   Education : _____

2. Marital Status : _____

   Socio-economic Status : Low□□ Medium□ High□

3. Residential areas : Urban□□Sub-urban□ □ □Rural□ □

Section: Smartphone Use

4. For how long have you been using a Smartphone?

5. Do you have a mobile data plan that allows you to access the Internet through your Smartphone?

   a) Yes　　　　　　　　　b) No

6. Approximatelyhowmuchtimeperdaydoyouthinkyouspendusingyoursmartphone?

0 – 30min	30min– 1hr	1 - 1.5hr	1.5 – 2hr	2 - 2.5hr	2.5 – 3hr	3 - 3.5hr	3.5 – 4hr	4hr+
☐	☐	☐	☐	☐	☐	☐	☐	☐

7. On average how many times per day do you think you check your Smartphone?
   ___Times

8. How often do you think you usually check your Smartphone?

Every 5 Minutes	O	Every 10 Minutes	O	Every 20 Minutes	O	Every 30 Minutes	O
Every Hour	O	Every 2 Hours	O	Every 3 Hours	O		

9. How much time on a daily basis do you spend doing the following activities on your Smartphone?

	0 – 30min	30min – 1hr	1 - 1.5hr	1.5 – 2hr	2 - 2.5hr	2.5 – 3hr	3 - 3.5hr	3.5 – 4hr	4hr+
Communication	❏	❏	❏	❏	❏	❏	❏	❏	❏
Social Networking	❏	❏	❏	❏	❏	❏	❏	❏	❏
Obtaining information	❏	❏	❏	❏	❏	❏	❏	❏	❏
Entertainment / media consumption	❏	❏	❏	❏	❏	❏	❏	❏	❏
Shopping / buying items	❏	❏	❏	❏	❏	❏	❏	❏	❏
E-commerce	❏	❏	❏	❏	❏	❏	❏	❏	❏
Booking events / trips	❏	❏	❏	❏	❏	❏	❏	❏	❏
Financial services	❏	❏	❏	❏	❏	❏	❏	❏	❏
Blogging/ Contributing to websites/ Discussion boards	❏	❏	❏	❏	❏	❏	❏	❏	❏
Education and training	❏	❏	❏	❏	❏	❏	❏	❏	❏

Approximately how many apps do you have on your smartphone?_____Apps

10. For which of the following purposes do you usually use your smartphone? (Please select all that apply.)

☐ Checkingemail
☐ Checkinglecturenotes
☐ Checkingsocialmedia
☐ Gaming
☐ Gettingnews
☐ Killingtime

☐ Lookinginformation upontheInternet
☐ Listeningtomusic
☐ Schedulingmeetingsandevents
☐ Talkingwithfamily orfriends
☐ Textingfamily orfriends
☐ Other(pleasespecify): _____

11. Inwhich of thefollowingcontextswouldyouuse yoursmartphone?(Pleaseselectallthatapply.)

- ☐ Atadinnertable
- ☐ Betweenclasses
- ☐ Duringaclass
- ☐ Intherestroom
- ☐ Onpublictransportation
- ☐ Whiledriving
- ☐ WhenI'malone

- ☐ WhenI'mbored
- ☐ Whilehangingoutwithfriends
- ☐ Whiletalkingtosomebody
- ☐ Whilewaitingforsomeoneorsomething
- ☐ Whilewalking
- ☐ WhilewatchingTVoramovie
- ☐ Other(pleasespecify):

Smartphone Addiction 10 SA01~SA10

12. Please indicate how much you agree or disagree with eachstatement in relation to your smartphone use.	**Strongly disagree**	**Disagree**	**Weakly disagree**	**Weakly agree**	**Agree**	**Strongly Agree**
SA01 Missing planned work due to smartphone use	❏	❏	❏	❏	❏	❏
SA02 Having a hard time concentrating in class, while doing assignments, or while working due to smartphoneuse.	❏	❏	❏	❏	❏	❏
SA03 Feeling pain in the wrists or at the back of the neck while using a smartphone.	❏	❏	❏	❏	❏	❏
SA04 Won't be able to stand not having a smartphone.	❏	❏	❏	❏	❏	❏
SA05 Feeling impatient and fretful when I am not holding my smartphone.	❏	❏	❏	❏	❏	❏
SA06 Having my smartphone in my mind even when I am not using it.	❏	❏	❏	❏	❏	❏
SA07 I will never give up using my smartphone even when my daily life is already greatly affected by it.	❏	❏	❏	❏	❏	❏
SA08 Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook.	❏	❏	❏	❏	❏	❏
SA09 Using my smartphone longer than I had intended.	❏	❏	❏	❏	❏	❏
SA10 The people around me tell me that I use my smartphone too much.	❏	❏	❏	❏	❏	❏

SA07	I will never give up using my smartphone even when my daily life is already greatly affected by it.	❏	❏	❏	❏	❏	❏
SA08	Constantly checking my smartphone so as not to miss conversations between other people on Twitter or Facebook.	❏	❏	❏	❏	❏	❏
SA09	Using my smartphone longer than I had intended.	❏	❏	❏	❏	❏	❏
SA10	The people around me tell me that I use my smartphone too much.	❏	❏	❏	❏	❏	❏

(Kwon et al., 2013)

1. How do you feel yourself addicted to your smartphone?

Non-addictive	☐	Slightly-addictive	☐	Moderately-addictive	☐
Very-addictive	☐	Extremely-addictive	☐		

Social Intelligence SI01~SI21

		Describes me extremely poorly 1	2	3	4	5	6	Describes me extremely Well 7
	For each item, indicate how well it describes you on a scale from 1 (describes me extremely poorly) to 7 (describes me extremely well):							
SI01	I can predict other peoples' behavior.							
SI02	I often feel that it is difficult to understand others' choices.							
SI03	I know how my actions will make others feel.							
SI04	I often feel uncertain around new people who I don't know.							
SI05	People often surprise me with the things they do.							
SI06	I understand other peoples' feelings.							

SI07	I fit in easily in social situations.							
SI08	Other people become angry with me without me being able to explain why.							
SI09	I understand others' wishes.							
SI10	I am good at entering new situations and meeting people for the first time.							
SI11	It seems as though people are often angry or irritated with me when I say what I think.							
SI12	I have a hard time getting along with other people.							
SI13	I find people unpredictable.							
SI14	I can often understand what others are trying to accomplish without the need for them to say anything.							
SI15	It takes a long time for me to get to know others well.							
SI16	I have often hurt others without realizing it.							
SI17	I can predict how others will react to my behavior.							

SI18	I am good at getting on good terms with new people.							
SI19	I can often understand what others really mean through their expression, body language, etc.							
SI20	I frequently have problems finding good conversation topics.							
SI21	I am often surprised by others' reactions to what I do.							

Basms					
Instruction: Below you find some questions about your relationship to and use of social media (e.g., WhatsApp, SnapChat, Facebook, Twitter, Instagram, Google+, Pinterest, or forums and weblogs etc). Choose the response alternative for each question that best describes you.					
How often during the last year have you . . .	Very rarely	Rarely	Sometimes	Often	Very
1 . . . spent a lot of time thinking about social media or planned use of social media?	❏	❏	❏	❏	❏
2 . . . felt an urge to use social media more and more?	❏	❏	❏	❏	❏
3 . . . used social media to forget about personal problems?	❏	❏	❏	❏	❏
4 . . . tried to cut down on the use of social media without success?	❏	❏	❏	❏	❏
5 . . .become restless or troubled if you have been prohibited from using social media?	❏	❏	❏	❏	❏
6 . . . used social media so much that it has had a negative impact on your job/studies?	❏	❏	❏	❏	❏

GAS

Instruction: The following questions are about your experiences with video games during the last six months (NB! By video games means here different electronic games that are played on a computer, mobile phone, tablet or on different game consoles such as *Playstation, PSP, Nintendo, Gameboy, Xbox* and the like. Gambling, online poker and the like do not count as video games in this regard).

How often during the last 6 months . . .	Never	Rarely	Sometimes	Often	Very Often
1 . . . Did you think about playing a game all day long?	❑	❑	❑	❑	❑
2 . . . Did you spend increasing amounts of time on games?	❑	❑	❑	❑	❑
3 . . . Did you play games to forget about real life?	❑	❑	❑	❑	❑
4 . . . Have others unsuccessfully tried to reduce your game use?	❑	❑	❑	❑	❑
5 . . . Have you felt bad when you were unable to play?	❑	❑	❑	❑	❑
6 . . . Did you have fights with others (e.g., family, friends) over your time spent on games?	❑	❑	❑	❑	❑
7 . . . Have you neglected other important activities (e.g., school, work, sports) to play games?	❑	❑	❑	❑	❑

NAS

To help us understand your general approach to life and your views about yourself, others, and life in general, tell us the extent to **which** the following statements reflect your experiences **at this point in your life.** Select a number from 1 to 6 on the scale provided with each statement to rate the extent to which you agree with it.
Please answer according to what **really reflects** your experience rather than what you think your experience should be.

1 Disagree Strongly	2 Disagree Moderately	3 Disagree Slightly	4 Agree Slightly	5 Agree Moderately	6 Agree Strongly

1	I can let go of regrets and feelings of dissatisfaction about the past.	
2	I can enjoy pleasant experiences without needing them to last forever.	
3	I view the problems that enter my life as things/issues to work on rather than reasons for becoming disheartened or demoralized.	
4	I can enjoy my family and friends without feeling I need to hang on to them.	
5	I can take joy in others' achievements without feeling envious.	
6	I do not get "hung up" on wanting an "ideal" or "perfect" life.	
7	When pleasant experiences end, I am fine moving on to what comes next.	

A number of statements that people have made to describe how they feel are given below. Please read each one and tick the box which best describes how frequently you felt that way in the past seven days, including today. Some statements describe positive feelings and some describe negative feelings. You may have experienced both positive and negative feelings at different times during the past seven days.

(1) I felt dissatisfied with my life   Never   Rarely   Some-times   Often

(2) I felt happy   Never   Rarely   Some-times   Often

(3) I felt cheerless   Never   Rarely   Some-times   Often

(4) I felt pleased with the way I am   Never   Rarely   Some-times   Often

(5) I felt that life was enjoyable   Never   Rarely   Some-times   Often

(6) I felt that life was meaningless   Never   Rarely   Some-times   Often

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