

An Android Application for Smartphone Addiction Monitoring and Preventing

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Abstract. The world is changing with the advancement of science and technology, there is such advancement in the field of smartphones. There is no apprehension that the mobile phone is a very applicable and beneficial tool. It makes it easy to communicate with colleagues, friends, and relatives. Smartphone addiction is sometimes verbally referred to as "nomophobia". A mobile phone or a computer can be a great productive device, but compulsory use of these devices can disrupt day to day work and relationships. This study aims to examine the extent of smartphone addiction and evaluate the impact of smartphone addiction and provide a better solution to address this problem. This article explores the existing methods and ways to investigate the magnitude of smartphone addiction and how they come up with a final solution to reach their objectives. Additionally, this paper presents the drawbacks of existing studies and presents a software solution to overcome smartphone overusing.

Keywords: *Android, Nomophobia, Smart Phones*