

ABSTRACT

Background:

One of the most widely growing addiction in all developed countries in graduate students is smartphone addiction. This study correlate Smartphone addiction ratio with social intelligence, nonattachment, short depression happiness, and nomophobia ratio in Indian graduate students.

Aim:

To evaluate the relationship between yoga related concept and smartphone addiction. To study the relationship between social intelligence related concept and smart phone addiction

Methods:

A sample size of 511 students age 18-25 years was taken from 3 colleges in south Bangalore. It was an in person survey. Students were given 15 to 20 minutes to fill out the questionnaire in their respective classrooms. Questionnaire was collected after they were filled by the students.

Setting:

Study was conducted on 511 graduate students, in Bangalore, on September 2017.

Intervention:

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.

Result:

The correlation showed smartphone addiction is positively correlated with Social Media Addiction and Game Addiction. Smartphone addiction is negatively correlated with social intelligence, Social Skill, Social Awareness and Happiness.

Conclusion:

Social Intelligence is negatively correlated with Smart Phone Addiction and Game Addiction and Social Media Addiction and positively correlated with Happiness. Smartphone addiction is positively correlated with Game addiction and social media addiction, and negatively with social intelligence, social awareness, social skill and social information.

Keywords:

addiction, Student, smartphone, nomophobia, nonattachment, depression, happiness, smartphone addiction, graduate.