



A Study on "Smartphone Obsession: A Generation of Digital Zombies"

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Abstract : Numerous apps and advanced features present in smartphones are influencing behavior and lifestyles of people in many harmful ways. Obsessive urges towards their smartphones are increasing among people. These obsessive urges are leading people to smartphone obsession, also known as smartphone addiction. Smartphone obsession is reflected in excessive use, which includes both excessive frequency and excessive duration of smartphone usage. Our study aims to find various behavioral and physical effects of excessive smartphone usage in the respondents. Our study focuses on smartphone addiction in 490 respondents from

different age groups. A survey was conducted to collect the psychological variables (e.g., anxiety, intolerance, compulsive urges) and physical health variables (e.g., dry eyes, headache, and wrist pain) of the participants.

By doing a statistical analysis of the data, we found that both male and female respondents are equally obsessed with their smartphones. We found that adults between the age of 18 to 35 years are more obsessed with their smartphones as compared to other age groups. We also found that excessive smartphone use contributes to the disturbance in sleep schedule and affects the ability to concentrate on participants.

Keywords: *Smartphone Obsession, Digital Zombies, Smartphone Addiction, Social Media, Nomophobia, Compulsive Disorder*

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Introduction :

Smartphones have become an essential part of our day to day life. We are now a little less lonely; with the power to connect with anyone at any time. We like to be updated with everything with the help of this little digital assistant. We love this little gadget so much that we keep it near us while sleeping, eating, and even in our bathrooms. "Life was so simple when apples and blackberries were fruit, a tweet was the sound of nature, and Facebook were photo albums."- (Carl Henegan).