

A Solution to Overcome the Student's Smart Phone Addiction and Misuse

AC Meepage#, GAD Ganepola

Department of Information Technology, Faculty of Computing General Sir John Kotelawala Defence University, Sri Lanka

Abstract. In the modern era, the smartphone has become an inseparable companion of most human beings. Although the wise use of smartphones is highly beneficial in daily life, improper use of smartphones has raised several undesirable social outcomes. Addiction to smartphone and improper use of it is the most significant social impact. Particularly, this has become a significant drawback of online education, and the present study is aimed to investigate the impacts of smartphone usage on the academic progression of school and university students and suggests appropriate solutions to overcome the problem. The study has three main objectives examining the current situation of smartphone addiction, analysing smartphone usage & misuse and performing a critical assessment of different strategies that can be adopted to minimize smartphone addiction and misuse. We conducted a questionnaire-based opinion survey with 53 students and 37 parents and conducted a detailed investigation on smartphone addiction and potential solutions. We identified smartphone addiction among students at a significant level, and parents had positive ideas on the wise use of smartphones by their children. Lack of technical knowledge and time to spend for children were identified as the most significant barriers that reduce parents' control over the smartphone use of children. As a solution to this identified problem, we propose a mobile intelligent application that enables parents to monitor and control the smartphone usage of their children. The application would address the needs of parents and students to ensure better control and safe use of smartphones.

Keywords: *smartphone addiction, smartphone usage monitoring, overcome smartphone addiction, mobile usage control*