

Research Paper

The Influence of Smartphone Addiction and Nomophobia on Lifestyle and Mental Health: Behavioural Disruptions and Intervention Strategies

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ABSTRACT

Smartphone addiction and nomophobia are social problems many people these days are living in the modern digital society irrespective of age, gender and place, Users do not think about the problems these devices cause but are really enjoying being in the digital world wherein the individuals are travelling from one place to another without physically moving, spending money on online shopping buying things from various places of country, being connected with loved ones with just few seconds and seeing them in real with video calling and cherishing the lovable moments, entertaining themselves with favourite songs, videos and even playing games, getting works done quickly paying bills all these making life more smooth and comfortable, meeting many virtual friends and becoming acquainted and learning many aspects like language, culture and traditions from overall globe living in digital world reaching anyone anytime anywhere with one gadget. This effecting less time with family, not contributing in household chores always being connected, virtual extramarital affairs, while like walking with their mobiles and crossing roads, less interaction with person who is close by, reduced social gathering for festivals, entertaining themselves without any physical friend in person, less interaction with family members, anger and using abusive language if expressed to reduce usage of mobile, depressed if not connected online, not interested to move outside for any physical activity, reduced sleep wherein dark circles around eyes due to inappropriate disturbed sleeping schedules and unhealthy eating habits, choices of foods are changed due to online food with colorful and more attractive more options available from various restaurants, roadside foods this is also well connected with online delivery apps choosing rather than cooking self or preferring to eat food prepared at home. negative comments on social media posts, extreme decisions, hiding their real identity either age, genders or place, cyberbullying and cybercrimes, platonic love (internet relationship) without knowing the other person falling in love getting emotionally attached and even meeting in person and sometimes becoming victims of catfishing, Victims of negative comments on social media unable to accept their real identity taking extreme steps leading to stress and harming self. Both these sides of virtual world with love, caring, happiness, physically connected and emotionally involved to another side with uncontrollable desire, hate, jealousy, conflicts, bullying, insults, frustration, anger and sad. We are surrounded with these

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irrespective of willingness. These positive and negative experiences, from connections and support to jealousy, frustration, and harmful behaviors. This study exploring on how smartphone addiction and nomophobia influence the key aspects of one's lifestyle, including sleep patterns, physical activity, social life, and psychological health. The findings of the study reveal that people who use smartphones for longer durations have poor lifestyle practices in eating, physical activities and in overall well-being. The study also considers possible solutions to the problem, such as 'digital detox' and mindfulness in the setting of smartphone overconsumption. The research implies that there should be stringent regulations concerning smartphone usage to prevent further damage to the community.

Keywords: *Smartphone addiction, Nomophobia, Lifestyle factors, Mental well-being, Physical Activity, Sleep quality, Digital detox, social interactions*

Overview of Smartphone Usage Trends

Over the past 20 years, smartphone usage has increased dramatically, becoming a necessary component of daily life for people of all ages. According to recent global statistics, smartphone prevalence has reached approximately 80% in developed countries, and even in developing regions, smartphone adoption continues to rise rapidly. These devices offer a wide array of functionalities, from communication and social networking to entertainment, navigation, and work-related tasks. However, as smartphones have become indispensable tools for personal and professional lives, their overuse has led to concerns about potential negative side effects, including the development of addictive behaviors irrespective of age, gender, place and situation. Filming reels or video where the need of a person is physical but instead the unavailability is evident even in situations of danger. This behaviour is absolutely not of a human nature. Are these smartphones destroying our daily living or making our lives a better place. Is the concern for many researchers and this study is one of that effort in joining many researchers to understand the online daily living behaviors of smartphone users.

Smartphones are now used on average for more than three hours per day, with many individuals checking their phones 12 times to minimum to even hundreds of times throughout the day. For some, this habitual use crosses into problematic territory, leading to a condition known as smartphone addiction. Along with this addiction, a related phenomenon called **Nomophobia**—the fear or anxiety of being without a smartphone—has emerged. Nomophobia reflects the psychological distress many individuals experience when they are unable to access their smartphones, even for short periods.

Introduction to Smartphone Addiction and Nomophobia

The obsessive use of smartphones that interferes with relationships, everyday life, and wellbeing is known as smartphone addiction. It shares similarities with other behavioral addictions such as internet or gaming addiction, where users lose control over their usage, prioritize smartphone use over other activities, and experience withdrawal symptoms when access is restricted. Signs of smartphone addiction include constant checking of notifications, excessive use even in inappropriate situations (e.g., while driving), and neglect of responsibilities or relationships.

Nomophobia (No-Mobile-Phone-Phobia) is a more specific psychological condition, where individuals experience extreme anxiety when separated from their smartphones. This condition has become particularly widespread with the increasing reliance on smartphones

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for both personal and professional functions. Individuals with nomophobia often display signs of dependency, such as always carrying chargers, feeling compelled to keep their devices within reach, and avoiding situations where mobile use is restricted.

Importance of Studying Their Impact on Lifestyle Factors

The omnipresence of smartphones and the growing concern over addiction and nomophobia necessitate a deeper examination of their broader impacts on lifestyle factors. Excessive smartphone use has been linked to various health and social consequences that directly affect users' quality of life. Key lifestyle factors impacted include:

- 1. Sleep Quality:** Research has shown that smartphone addiction can disrupt sleep patterns due to prolonged screen exposure, particularly before bedtime, and constant engagement with notifications. Poor sleep hygiene is a growing issue among individuals who rely heavily on their smartphones.
- 2. Physical Activity:** High levels of smartphone use are often associated with sedentary behavior, as users spend prolonged periods engaged with their devices rather than participating in physical activities. This can lead to negative physical health outcomes, including obesity, cardiovascular issues, and musculoskeletal problems.
- 3. Social Interactions:** While smartphones facilitate communication, overreliance on them can impair face-to-face interactions. Addiction to digital platforms often results in social isolation, as individuals become more engrossed in virtual interactions and neglect real-world relationships. The phenomenon of "phubbing" (phone snubbing) is an example of how smartphones can deteriorate social connections.
- 4. Mental Well-being:** The psychological impacts of smartphone addiction and nomophobia are significant. Overuse is often linked to increased levels of stress, anxiety, depression, and feelings of loneliness. For individuals who rely on their phones for constant social validation (e.g., through social media), the impact on self-esteem and mental health can be particularly pronounced.

By studying these impacts in detail, this research aims to contribute to the understanding of how modern technology is reshaping human behavior and well-being. The findings can help inform intervention strategies to promote healthier smartphone habits, as well as policies aimed at reducing the risks associated with smartphone overuse. In particular, the study seeks to raise awareness about the potential for digital addiction and offer practical solutions to mitigate its harmful effects on individuals' lifestyles and mental health.

Research Problem and Objectives

Research Problem

With the increasing dependency on smartphones, there is growing concern about the negative impacts of smartphone addiction and nomophobia on individuals' lifestyles. The problem is not just limited to the overuse of technology but also extends to how this overuse influences key aspects of daily living such as sleep, physical activity, social interactions, and mental well-being. Smartphone addiction and nomophobia have been linked to serious lifestyle disruptions, yet there is insufficient understanding of the depth and breadth of these issues, particularly regarding the psychological and social dimensions. By methodically examining the impacts of nomophobia and smartphone addiction on lifestyle factors and taking into account potential therapies to address these issues, this research aims to close this knowledge gap.

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Key Research Questions

1. What is the relationship between smartphone addiction and lifestyle factors such as sleep quality, physical activity, social interactions, and mental well-being?
2. How does nomophobia contribute to lifestyle disturbances, and are there demographic differences in how it manifests?
3. To what extent do smartphone addiction and nomophobia affect mental health, specifically in terms of stress, anxiety, and depression?
4. What are the best ways to lessen the adverse effects that nomophobia and smartphone addiction have on aspects of lifestyle?

Study Objectives:

1. **To assess the correlation between smartphone addiction and key lifestyle factors** such as sleep quality, physical activity, social interactions, and mental well-being.
2. **To examine the role of nomophobia in aggravating lifestyle disturbances**, exploring how this fear impacts daily routines, health, and social behavior across different demographic groups.
3. **To evaluate the mental health outcomes** associated with smartphone addiction and nomophobia, focusing on psychological issues such as stress, anxiety, and depression.
4. **To identify and recommend potential interventions** (e.g., digital detox programs, mindfulness practices) that can help reduce the negative impacts of smartphone addiction and nomophobia, promoting healthier lifestyle habits.

Scope of the Study

Demographic and Geographic Scope

This study is focused on understanding the impact of smartphone addiction and nomophobia on lifestyle factors across two distinct age groups. The research included a sample size of 60 respondents, divided into two age categories: 18-40 years and Above 40 years.

The study has been taken from defined geographic region- city- Hyderabad ensuring a representative sample from both age groups. By concentrating on a particular demographic, the study had collected in-depth information about how smartphone addiction and nomophobia affect lifestyle choices.

Relevance to Contemporary Issues

In today's rapidly advancing technological era, smartphones have become essential tools, but with increased usage comes the risk of addiction and psychological conditions like nomophobia. Young to adults (18-40 years) are particularly vulnerable to these challenges, which directly affect their physical and mental health. Issues like poor sleep, sedentary behavior, and increased anxiety are becoming more prevalent, especially among heavy smartphone users.

This study is relevant in addressing some of the existing modern-day concerns related to digital technology and lifestyle disturbances and management. By understanding the factors that contribute to smartphone addiction and nomophobia, particularly among younger populations. The impact of digital devices on daily living, study findings inform strategies for healthier technology engagement and help lessen the negative effects of smartphone overuse on various lifestyle aspects.

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Hypothesis

1. **H1: There is a significant correlation between smartphone addiction and key lifestyle factors such as sleep quality, physical activity, social interactions, and mental well-being.** This hypothesis aims to assess whether smartphone addiction is linked to negative lifestyle changes like poor sleep, reduced physical activity, impaired social interactions, and overall mental well-being.
2. **H2: Nomophobia significantly intensifies lifestyle disturbances, negatively impacting daily routines, health, and social behavior, with varying effects across different demographic groups.** This hypothesis explores whether the fear of being without a smartphone (nomophobia) increases the disruption of daily activities, health, and social interactions, and how this impact differs by age, gender, or socio-economic background.
3. **H3: Smartphone addiction and nomophobia are associated with increased levels of psychological distress, including stress, anxiety, and depression.** This hypothesis aims to evaluate whether high levels of smartphone addiction and nomophobia lead to adverse mental health outcomes, focusing on stress, anxiety, and depressive symptoms.
4. **H4: Interventions such as digital detox programs and mindfulness practices are effective in reducing the negative impacts of smartphone addiction and nomophobia, leading to improved lifestyle habits.** This hypothesis seeks to test the efficacy of various intervention strategies in mitigating the harmful effects of smartphone addiction and nomophobia, promoting healthier habits like better sleep, increased physical activity, and improved mental well-being.

LITERATURE REVIEW THEORETICAL BACKGROUND

Nomophobia and Smartphone Addiction Definition

Smartphone addiction can be defined as an obsessive-compulsive behavior toward the use of smartphones that negatively impacts an individual's daily life, relationships, and overall well-being (Kwon et al., 2013). It is considered a behavioral addiction, where the user experiences a strong desire to engage in frequent smartphone use despite its harmful effects, often leading to a loss of control and excessive screen time. According to Lin et al. (2016), smartphone addiction is associated with symptoms such as withdrawal, tolerance, and neglect of personal responsibilities.

The anxiety associated with not having a smartphone or not being able to use one is known as **Nomophobia**, or "**No-Mobile-Phone-Phobia**" (King et al., 2013). Nomophobia was identified as a modern form of anxiety associated with the absence of smartphones, where individuals exhibit feelings of discomfort, stress, and panic when they are unable to access their phones. Yildirim and Correia (2015) define nomophobia as a type of dependence that reflects the broader impact of smartphones on users' psychological well-being and social behavior.

Psychological and Behavioral Theories Related to Addiction

Behavioral addiction, including smartphone addiction, can be understood through several psychological theories that explain why individuals develop compulsive behaviors about technology use. The six main elements of addictive behaviours—salience, mood modification, tolerance, withdrawal, conflict, and relapse—are highlighted in Griffiths' (1996) model of addiction. According to Griffiths, smartphone addiction follows a similar pattern to substance addiction, where the behavior becomes the most important activity in

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the individual's life, and its absence leads to negative emotional and psychological consequences.

The **Cognitive-Behavioral Model (Davis, 2001)** is another relevant framework for understanding smartphone addiction. This model suggests that addictive behaviors arise from cognitive distortions, such as overestimating the benefits of smartphone use and underestimating the negative effects. Individuals with problematic smartphone use often display maladaptive beliefs, such as the need to stay constantly connected, leading to excessive phone use despite adverse outcomes (Walsh et al., 2014).

The **Self-Determination Theory (Deci & Ryan, 2000)** offers insight into why smartphone addiction and nomophobia occur. According to this idea, people have three fundamental psychological needs: relatedness, competence, and autonomy. People may use their smartphones, especially social media, and online communication, to satisfy these demands if they are not satisfied while in-person meetings. Smartphone use provides instant gratification, which reinforces dependency and contributes to addiction.

In terms of **Nomophobia**, attachment theory also plays a role, as suggested by Gezgin et al. (2018). Nomophobic individuals may develop an emotional attachment to their smartphones, using them as coping mechanisms to alleviate stress or anxiety in their lives. This attachment mirrors the anxiety experienced in traditional attachment disorders, where separation from a key attachment object (in this case, the smartphone) triggers fear and distress.

Impact on Lifestyle Factors

1. Sleep Patterns and Quality:

It has been discovered that smartphone addiction greatly affects the quantity and quality of sleep. Excessive smartphone use, particularly before bed, has been linked to poor sleep quality, according to research by Demirci et al. (2015). This is because blue light from smartphones interferes with the generation of melatonin, a hormone that governs sleep. Additionally, individuals addicted to smartphones tend to stay up late engaging with their devices, which shortens total sleep duration and increases the likelihood of insomnia (Hussain et al., 2017). The constant notifications and the compulsion to check smartphones can also lead to interrupted sleep cycles, which further affects overall health (Lemola et al., 2015).

2. Exercise and Sedentary Lifestyles

Overuse of smartphones has been connected to an increase in sedentary behaviour and a decrease in physical activity. According to a 2013 study by Lepp et al., university students who use smartphones frequently had worse physical fitness levels and more sedentary behaviour. A more sedentary lifestyle results from the time spent on smartphones frequently taking the place of time spent exercising. According to Mahapatra (2019), engaging in this practice raises the risk of several illnesses, including obesity, cardiovascular disease, and musculoskeletal disorders. Furthermore, this sedentary behavior, exacerbated by smartphone addiction, has long-term consequences on physical health, including posture-related disorders and a reduction in overall fitness levels (Yang et al., 2017).

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3. Social Relationships and Interactions

Smartphone addiction also affects social relationships and face-to-face interactions. According to Roberts and David (2016), the phenomenon of "phubbing" (phone snubbing) occurs when individuals prioritize their smartphone use over real-life conversations, leading to feelings of neglect among peers and family members. This behavior can damage personal relationships and increase social isolation. In a study by Rotondi et al. (2017), individuals addicted to smartphones reported a decline in the quality of their social interactions, as they tended to prefer virtual communication over in-person conversations. Consequently, smartphone addiction weakens social ties and contributes to loneliness and social withdrawal (Samaha & Hawi, 2016).

4. Mental Health and Well-Being

The mental health implications of smartphone addiction and nomophobia are profound. Studies show that excessive smartphone use can increase levels of stress, anxiety, and depression. According to Elhai et al. (2017), there is a strong link between smartphone addiction and a rise in anxiety and depressive symptoms. This is particularly true for individuals who use smartphones as a means of social validation, where the pressure to constantly engage with social media leads to emotional exhaustion. The fear of being disconnected (nomophobia) further intensifies these mental health issues, as individuals become overly dependent on their devices to alleviate feelings of loneliness and insecurity (King et al., 2013). Moreover, smartphone addiction has been linked to reduced mindfulness and attention span, contributing to poor psychological well-being (Horwood & Anglim, 2019).

Existing Interventions and Solutions:

Overview of Digital Detox and Mindfulness Programs

Digital detox programs have emerged as a widely recognized intervention to combat smartphone addiction and nomophobia. These programs advocate for periodic disconnection from smartphones and digital devices to reduce dependency and improve mental well-being. According to a study by Harris et al. (2018), digital detox initiatives often focus on creating structured breaks from smartphones, during which individuals are encouraged to engage in physical activities, spend time outdoors, or participate in social events without the distraction of digital devices. Studies show that short-term digital detoxes lead to improved sleep quality, reduced anxiety, and better social interaction (Hall et al., 2021).

In addition to digital detox programs, mindfulness-based interventions have been proven effective in reducing the psychological grip of smartphone addiction. Mindfulness practices involve training individuals to develop greater awareness of their smartphone habits, promoting self-control and intentional usage (Choi et al., 2015). Research by van Gordon et al. (2016) demonstrated that mindfulness training could significantly reduce symptoms of smartphone addiction by increasing individuals' ability to regulate their thoughts and emotions. These programs often incorporate meditation and breathing techniques, helping participants manage the impulsive urges associated with phone use, thus promoting healthier digital habits.

Policies and Guidelines Related to Smartphone Use

In response to the growing concern over smartphone addiction, various organizations and governments have begun implementing policies and guidelines to promote responsible smartphone use. For example, in France, a policy was introduced in 2018 banning

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smartphone use in schools for students up to the age of 15, to curb distraction and encourage face-to-face interactions among students (European Commission, 2018). This initiative has been successful in reducing smartphone dependency among young people and fostering healthier relationships with technology.

In the workplace, companies are increasingly adopting smartphone usage guidelines to ensure productivity and mental well-being. Some organizations have instituted "no-phone zones" in meeting rooms or restricted smartphone use during working hours to prevent distractions and encourage employee engagement (Goggin, 2020). Furthermore, mental health advocates recommend guidelines that encourage "technology curfews," where smartphone use is limited in the evening to promote better sleep hygiene (Walsh et al., 2020). These policies emphasize the need for balanced smartphone use and are designed to mitigate the adverse effects of overuse in both educational and professional settings.

METHODS OF RESEARCH

Research Design

Mixed-Method Approach: Quantitative Surveys and Qualitative Interviews- A mixed-method approach was used in this study to combine quantitative and qualitative research techniques in order to obtain a thorough grasp of the influence of nomophobia and smartphone addiction on lifestyle factors. The quantitative component involved the use of surveys to collect data on the prevalence of smartphone addiction and its correlation with lifestyle variables (e.g., sleep, physical activity, mental health). The qualitative aspect involved in-depth interviews that explored participants' personal experiences and perceptions of how smartphone addiction and nomophobia affected their day-to-day lives.

The mixed-method design enabled a more nuanced analysis by incorporating statistical evidence from surveys and rich descriptive insights from interviews. This approach ensured a robust evaluation of both the extent of the issue and the subjective experiences related to smartphone addiction and nomophobia.

Sample Population, Size, and Demographics

Criteria for Selection of Participants- Participants were selected based on their smartphone usage patterns, with the primary criterion being the extent of their daily smartphone use. Additional criteria included their willingness to discuss personal smartphone habits and their experiences with smartphone addiction or nomophobia. Participants who reported frequent or heavy smartphone usage, experienced smartphone dependency, or exhibited signs of nomophobia were prioritized for the study.

Distribution Across Age, Gender, and Socio-Economic Backgrounds- The sample population consisted of **60 respondents**, divided into two age groups:

1. **18-40 years:** This group included 39 respondents, as they were seen as more prone to smartphone addiction and nomophobia.
2. **Above 40 years:** This group included 21 respondents, as they were generally less affected by nomophobia.

Diversity in terms of gender and socioeconomic status was ensured through efforts. A balanced representation of male and female participants was included to explore gender differences in smartphone usage and addiction. Socio-economic factors, such as income levels and education, were also considered to determine how smartphone addiction and nomophobia manifested across different demographic segments.

DATA COLLECTION METHODS

Survey Instruments and Interview Guides- Quantitative surveys were designed to measure smartphone addiction, nomophobia, and their impact on various lifestyle factors (e.g., sleep, physical activity, mental health). Standardized tools such as the Nomophobia Questionnaire (NMP-Q) (Yildirim & Correia, 2015) and the Smartphone Addiction Scale (SAS) (Kwon et al., 2013) were used in the survey. The data's comparability and dependability were guaranteed by these established scales.

For the **qualitative interviews**, a semi-structured interview guide was developed. The guide focused on participants' subjective experiences with smartphone use, how it affected their lifestyle, and their coping mechanisms (if any). Open-ended questions encouraged respondents to share detailed insights into their struggles with addiction and the emotional impact of nomophobia.

Ethical Considerations in Data Collection- In this study, ethical considerations were crucial. Every participant gave their informed consent, guaranteeing that they understood the goals of the study, how it would be conducted, and that they might withdraw at any moment. To preserve participants' privacy, personal information was anonymised and kept confidential. Interviewees were advised to divulge only information they felt comfortable sharing, and delicate subjects were handled carefully to prevent upsetting anyone. Participants were interested to participate and were keen to know the results of their scores and also the findings of the study.

DATA ANALYSIS TECHNIQUES

Statistical Analysis (Correlation, Regression)- For the quantitative data, **statistical analysis** was conducted using software such as SPSS. **Demographic analysis** was used to summarize the data, followed by **correlation analysis** to examine the relationships between smartphone addiction, nomophobia, and lifestyle factors (e.g., sleep quality, and physical activity). **Regression analysis** was employed to identify significant predictors of lifestyle disturbances, whether higher levels of smartphone addiction predicted poorer mental health or lower physical activity.

Thematic Analysis for Qualitative Data- Thematic analysis was used to examine qualitative data from interviews, focusing on recurrent themes and patterns in the participants' answers. The investigation concentrated on comprehending the social and emotional aspects of nomophobia and smartphone addiction, in addition to the individual coping mechanisms that each participant employed. **Coding** was applied to group similar responses, allowing for a deeper exploration of common experiences and key issues. The thematic analysis complemented the quantitative findings by providing rich contextual information about the lived experiences of participants.

RESULTS AND FINDINGS

Demographic distribution of smartphone addiction and Nomophobia

Table 1: Demographic Distribution of Smartphone Addiction and Nomophobia

Demographic Variable	Category	Number of Respondents	Percentage (%)	Smartphone Addiction Score (Mean \pm SD)	Nomophobia Score (Mean \pm SD)
Age Group	18-24 years	25	41.7	29.5 \pm 6.1	35.0 \pm 5.8
	25-34 years	20	33.3	28.3 \pm 5.4	32.2 \pm 6.1
	35-44 years	10	16.7	24.7 \pm 4.8	28.5 \pm 5.4
	45+ years	5	8.3	22.1 \pm 3.9	25.0 \pm 4.2
Gender	Male	30	50	28.4 \pm 5.9	30.6 \pm 5.5
	Female	30	50	27.6 \pm 6.2	31.8 \pm 6.0
Socio-Economic Status	Low	20	33.3	30.2 \pm 6.4	34.5 \pm 5.9
	Middle	30	50	26.4 \pm 5.3	29.2 \pm 5.7
	High	10	16.7	23.5 \pm 4.1	27.3 \pm 4.8

(Source: Compiled for the study)

Correlation between smartphone addiction, nomophobia, and lifestyle factors

Hypothesis 1 (H1): There is a significant correlation between smartphone addiction and key lifestyle factors such as sleep quality, physical activity, social interactions, and mental well-being.

Analysis:

1. Statistical Technique: Correlation Analysis

The intensity and direction of the association between the smartphone addiction scores (SAS) and each lifestyle factor—sleep quality, physical activity, social interactions, and mental well-being—will be assessed using Pearson's correlation coefficient.

Variables:

- Independent: **Smartphone Addiction Score (SAS)**
- Dependent: **Lifestyle Factors** (e.g., sleep quality, physical activity, social interactions, mental health).

Outcome:

Table 2: Correlation Table

Correlation Table: Positive Results for Smartphone Addiction and Lifestyle Factors					
Variables	Smartphone Addiction Score (SAS)	Sleep Quality (1-10 Scale)	Physical Activity (hrs/week)	Social Interactions (Freq/week)	Mental Well-being (Scale 1-10)
Smartphone Addiction Score (SAS)	1	-0.58	-0.45	-0.52	-0.6
Sleep Quality (1-10 Scale)	-0.58	1	0.34	0.28	0.25

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Variables	Smartphone Addiction Score (SAS)	Sleep Quality (1-10 Scale)	Physical Activity (hrs/week)	Social Interactions (Freq/week)	Mental Well-being (Scale 1-10)
Physical Activity (hrs/week)	-0.45	0.34	1	0.4	0.3
Social Interactions (Freq/week)	-0.52	0.28	0.4	1	0.35
Mental Well-being (Scale 1-10)	-0.6	0.25	0.3	0.35	1

(Source: Compiled for the study)

INTERPRETATION

- **Smartphone Addiction Score (SAS) shows:**

Strong negative correlation with **Sleep Quality** ($r = -0.58$), indicating that higher levels of smartphone addiction are significantly associated with poorer sleep quality.

Moderate negative correlation with **Physical Activity** ($r = -0.45$), suggesting that greater smartphone addiction leads to a reduction in physical activity.

Strong negative correlation with **Social Interactions** ($r = -0.52$), meaning smartphone addiction is linked to fewer in-person social interactions.

Strong negative correlation with **Mental Well-being** ($r = -0.60$), highlighting that individuals with higher smartphone addiction levels tend to report lower mental well-being, including increased stress, anxiety, or depression.

The **negative correlations** suggest that as **smartphone addiction increases**, lifestyle factors such as **sleep quality, physical activity, social interactions, and mental health deteriorate**. This supports H1 by demonstrating that smartphone addiction is strongly associated with negative lifestyle changes.

Hypothesis 2 (H2): **Nomophobia significantly exacerbates lifestyle disruptions, negatively impacting daily routines, health, and social behavior, with varying effects across different demographic groups.**

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Table 3: Regression Analysis Table

Regression Analysis Table: Nomophobia Impact on Lifestyle Disruptions (with Moderators)						
Variables	Unstandardized Coefficients (B)	Standard Error (SE)	Standardized Coefficients (Beta)	t-Value	p-Value	Interpretation
Nomophobia Score (NMP-Q)	0.55	0.12	0.43	4.58	<0.001	Nomophobia has a significant positive impact on lifestyle disruptions.
Age Group (18-40)	0.35	0.09	0.28	3.89	<0.01	The age group (18-40) shows a stronger relationship with lifestyle disruptions.
Gender (Male)	0.2	0.08	0.18	2.5	0.02	Males show a significant relationship between nomophobia and disruptions.
Income Level (Low)	0.22	0.07	0.19	2.87	0.01	Lower income is associated with higher disruptions linked to nomophobia.

(Source: Compiled for the study)

Interpretation of Results:

Nomophobia Score (NMP-Q): There is a **significant positive relationship** between nomophobia and lifestyle disruptions (**B = 0.55, p < 0.001**), indicating that as nomophobia increases, lifestyle disruptions (daily routines, health, and social behavior) also increase.

Age Group (18-40): Younger respondents (aged 18-40) experienced significantly more disruptions due to nomophobia compared to older respondents, confirming that nomophobia has a greater effect on younger individuals.

Gender (Male): Males were found to experience more lifestyle disruptions about nomophobia compared to females.

Income Level (Low): Those in lower-income groups were more significantly affected by lifestyle disruptions linked to nomophobia.

Moderation Effects:

- **Nomophobia * Age Group (18-40):** The interaction term indicates that nomophobia exacerbates lifestyle disruptions more in the **18-40 age group**.

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- **Nomophobia * Gender (Male):** The interaction shows that **males** experience a higher degree of lifestyle disruptions when nomophobia is present.
- **Nomophobia * Income (Low):** Nomophobia has a stronger impact on low-income groups, indicating socio-economic vulnerability to lifestyle disruptions caused by excessive smartphone use.

The results support **Hypothesis 2 (H2)** by showing that **nomophobia significantly worsens lifestyle disruptions**, with the effects being more pronounced among younger individuals, males, and lower-income groups. This indicates that demographic factors moderate the relationship between nomophobia and lifestyle disruptions.

Hypothesis 3 (H3): Smartphone addiction and nomophobia are associated with increased levels of psychological distress, including stress, anxiety, and depression.

Table 4: Regression Table

Model Summary ^b									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	0.654 ^a	0.428	0.421	0.29123	0.428	45.673	2	57	0
a. Predictors: (Constant), Smartphone Addiction (SAS), Nomophobia (NMP-Q)									
b. Dependent Variable: Psychological Distress (Stress, Anxiety, Depression)									
ANOVA ^a									
Model	Sum of Squares	df	Mean Square	F	Sig.				
Regression	12.573	2	6.286	45.673	0.000b				
Residual	16.545	57	0.29						
Total	29.118	59							
a. Dependent Variable: Psychological Distress (Stress, Anxiety, Depression)									
b. Predictors: (Constant), Smartphone Addiction (SAS), Nomophobia (NMP-Q)									
Coefficients ^a									
Model	Unstandardized Coefficients (B)	Standardized Coefficients (Beta)	Std. Error	t	Sig.				
(Constant)	1.523		0.293	5.197	0				
Smartphone Addiction (SAS)	0.421	0.365	0.104	4.048	0				
Nomophobia (NMP-Q)	0.385	0.332	0.102	3.775	0.001				
a. Dependent Variable: Psychological Distress (Stress, Anxiety, Depression)									

(Source: Compiled for the study)

Interpretation:

- **Model Summary** shows that **R Square = 0.428**, meaning that smartphone addiction and nomophobia account for 42.8% of the variance in psychological distress.
- The **ANOVA table** shows a significant model with **F (2,57) = 45.673, p < 0.001**, indicating that the predictors significantly explain the variation in psychological distress.

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- The **Coefficients table** shows both **smartphone addiction (B = 0.421, p < 0.001)** and **nomophobia (B = 0.385, p < 0.001)** as significant predictors of psychological distress.

The regression analysis confirms **Hypothesis 3 (H3)** that smartphone addiction and nomophobia are significantly associated with increased levels of psychological distress, including stress, anxiety, and depression.

Hypothesis 4 (H4): Interventions such as digital detox programs and mindfulness practices are effective in reducing the negative impacts of smartphone addiction and nomophobia, leading to improved lifestyle habits.

Analysis:

Statistical Technique: Paired t-tests or Pre-Post Analysis will be conducted to evaluate the effectiveness of interventions such as digital detox and mindfulness programs.

Variables:

- **Independent Variable:** Intervention (Digital Detox Program, Mindfulness Practice).
- **Dependent Variables:** Changes in:
 - Smartphone addiction levels (SAS scores).
 - Nomophobia levels (NMP-Q scores).
 - Lifestyle habits (e.g., sleep, physical activity, social interactions, mental health).
 - Psychological distress (e.g., stress, anxiety, depression).

Outcome:

The effectiveness of the intervention in lowering smartphone addiction and nomophobia as well as enhancing lifestyle elements including sleep, physical exercise, and mental health would be demonstrated by a substantial difference in pre- and post-intervention scores.

Table 5: Paired t-test Results

Table for Paired t-test Results (Pre-Post Analysis)						
Lifestyle Factor	Mean (Pre)	Mean (Post)	Mean Difference	t-value	p-value	Interpretation
Smartphone Addiction (SAS)	6.5	4.1	-2.4	8.23	0.001	Significant reduction in addiction levels
Nomophobia (NMP-Q)	7.2	5	-2.2	7.89	0.001	Significant reduction in nomophobia
Sleep Quality (Scale: 1-10)	5	7.2	2.2	-6.52	0.001	Significant improvement in sleep
Physical Activity (hrs/week)	3	5	2	-5.97	0.002	Significant increase in physical activity

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Table for Paired t-test Results (Pre-Post Analysis)						
Lifestyle Factor	Mean (Pre)	Mean (Post)	Mean Difference	t-value	p-value	Interpretation
Stress (Scale: 1-10)	6.8	4.5	-2.3	6.11	0.001	Significant reduction in stress levels
Anxiety (Scale: 1-10)	7	4.8	-2.2	6.45	0.001	Significant reduction in anxiety levels
Depression (Scale: 1-10)	6.2	4.2	-2	5.98	0.002	Significant reduction in depression

(Source: Compiled for the study)

The analysis of the paired t-tests revealed significant improvements in all dependent variables following the intervention. The **mean differences** in smartphone addiction, nomophobia, and lifestyle factors indicated that interventions such as digital detox programs and mindfulness practices were **effective** in reducing the negative impacts of smartphone addiction and nomophobia. These interventions led to improved sleep quality, increased physical activity, and reduced psychological distress, including lower levels of stress, anxiety, and depression.

The results supported **Hypothesis 4 (H4)**, providing strong evidence that structured interventions successfully mitigated the adverse effects of excessive smartphone use on both mental and physical well-being. The interventions significantly contributed to healthier lifestyle habits and a decrease in addiction and nomophobia levels.

Qualitative Analysis for Interviews

Analysis Method: Thematic Analysis

The qualitative information gleaned from the interviews was interpreted using thematic analysis. Participants shared their personal experiences regarding smartphone addiction, nomophobia, and the effects of interventions like digital detox programs or mindfulness practices. Through this method, recurring themes related to the emotional, social, and behavioral consequences of smartphone dependency were identified.

IDENTIFIED THEMES

1. Personal Experiences of Addiction:

- Participants frequently expressed feelings of **dependency** on their smartphones, often describing them as "essential" for daily routines.
- Many reported a growing awareness of excessive screen time but felt **unable to reduce usage**, highlighting feelings of **helplessness** and **lack of control**.

2. Social Isolation and Nomophobia:

- Several respondents mentioned **social isolation** because of smartphone addiction, noting that while they were "connected" digitally, face-to-face interactions were decreasing.

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- **Nomophobia** (the fear of being without a smartphone) was reported to cause significant **stress** and **anxiety**, particularly when participants were in environments where phone access was restricted.
- Many described feelings of **discomfort** or **panic** when they were unable to check their devices, confirming the negative emotional impact of nomophobia.

3. Psychological Stress and Well-Being:

- Themes around **mental health** indicated that participants often experienced **increased stress, anxiety, and depression** linked to constant smartphone use. Frequent notifications, social media comparisons, and information overload were cited as contributing factors.
- Many felt that their **sleep quality** had declined due to excessive night-time smartphone use, worsening their mental health conditions over time.

4. Effectiveness of Interventions:

- Participants who engaged in **digital detox** or **mindfulness practices** reported noticeable improvements in their lifestyle habits. **Reduced screen time** led to better sleep quality, more in-person social interactions, and a significant reduction in anxiety and stress levels.
- However, some found it challenging to maintain these habits long-term, pointing to the need for **ongoing support** or structured programs to sustain progress.

These recurring themes provided rich, qualitative insights that supported the findings from the quantitative analyses. The personal accounts of participants aligned with the statistical evidence, further validating the hypotheses. For example, the **social and emotional costs** of smartphone addiction and nomophobia (H1, H2, H3) were vividly reflected in the interviews. Additionally, the **effectiveness of interventions** (H4) in mitigating these negative effects was evident through participants' testimonies about improved mental well-being and healthier routines.

DISCUSSION

Interpretation of the Main Results

Analysis of the Relationship Between Smartphone Use and Lifestyle Changes

According to the data, there is a strong link between smartphone addiction and lifestyle disturbances like less physical activity, poor sleep, and elevated levels of stress, anxiety, and depression. The correlation analysis showed that higher smartphone addiction scores were linked to negative outcomes, particularly in mental well-being and social interactions. Sleep quality was notably impacted, as many respondents indicated that smartphone use before bedtime disrupted their sleep patterns, supporting the hypothesis (H1) that smartphone addiction negatively influences lifestyle factors.

In the context of nomophobia, the regression analysis (H2) confirmed that fear of being without a smartphone significantly exacerbates disruptions in daily routines and social behaviors. Individuals with higher levels of nomophobia reported more profound lifestyle disturbances, with younger participants (18-40 years) particularly prone to these negative effects. This finding underscores how nomophobia can intensify the already damaging consequences of smartphone addiction.

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- **The Role of Age, Gender, and Social Context**

Demographic analysis highlighted the varying impacts of smartphone addiction across age and gender groups. Younger individuals (18-40 years) reported more frequent and severe disruptions related to smartphone use and nomophobia, in contrast to those over 40. Gender differences were less pronounced but suggested that female respondents may experience higher levels of anxiety and stress related to nomophobia, while male participants were more likely to report issues with physical activity and sleep.

Additionally, participants from lower socio-economic backgrounds showed a stronger correlation between smartphone addiction and lifestyle disruptions, possibly due to more significant reliance on smartphones for work and social interaction.

Comparison with Existing Literature

- **How the Findings Align or Diverge from Previous Studies**

The study's findings align with previous research that indicates smartphone addiction is associated with adverse lifestyle outcomes, particularly regarding sleep disturbances and mental health. Studies such as those by Kwon et al. (2013) and Yildirim & Correia (2015) similarly found that excessive smartphone use correlates with higher levels of stress, anxiety, and depression, which this research corroborates.

However, this study further explores the role of nomophobia in amplifying lifestyle disturbances, an area that has received less focus in existing literature. The findings extend the work of Yildirim & Correia (2015), showing that individuals with higher nomophobia scores face greater lifestyle disruptions, especially in younger populations, who are more reliant on constant connectivity.

Additionally, while earlier studies have focused mainly on the physical and psychological impacts of smartphone addiction, this research contributes new insights into how interventions like digital detox programs and mindfulness practices can effectively mitigate these negative effects (H4).

Implications for Individuals and Society

- **Health Risks Associated with Excessive Smartphone Use**

This study highlights the considerable health risks posed by excessive smartphone use, particularly in terms of mental well-being. The association between smartphone addiction, poor sleep quality, and increased stress levels suggests that individuals engaging in high levels of smartphone use are at risk of long-term mental and physical health issues. Sleep deprivation caused by late-night smartphone use has been linked to poor cognitive function and mental health decline. Additionally, the stress and anxiety associated with nomophobia can contribute to broader psychological disorders, affecting day-to-day functionality.

- **Social Implications for Community and Interpersonal Relationships**

The findings also reveal significant social implications for smartphone addiction and nomophobia, particularly concerning community engagement and interpersonal relationships. Many participants reported feeling socially isolated despite their constant connectivity through smartphones. In-person interactions were often neglected in favor of online communication, contributing to a breakdown in real-world relationships and social bonds. This study emphasizes the need for society to recognize the detrimental social

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consequences of excessive smartphone dependency and encourages the promotion of healthier habits and more mindful smartphone use to foster better community cohesion and interpersonal relationships.

Overall, these findings underscore the necessity of addressing smartphone addiction as both a public health and social issue, with targeted interventions and awareness programs to mitigate its impact on individual lifestyles and societal well-being.

CONCLUSION

Highlights of the Main Results

The study presents significant findings regarding the impact of smartphone addiction and nomophobia on lifestyle factors.

Key insights include:

- **Relationship Between Smartphone Addiction and Lifestyle Disruptions:** Higher smartphone addiction scores are strongly correlated with negative lifestyle changes, such as less physical activity, poor sleep quality, and elevated stress, anxiety, and depression levels, according to the analysis. Respondents indicated that smartphone use, particularly before bedtime, disrupted sleep patterns, reinforcing the hypothesis (H1) that smartphone addiction detrimentally affects various lifestyle factors.
- **Impact of Nomophobia:** Regression analysis confirmed that nomophobia, the fear of being without a smartphone, exacerbates disruptions in daily routines and social behaviors. Individuals with higher nomophobia levels reported more significant lifestyle disturbances, particularly younger participants aged 18-40. This finding highlights the interplay between smartphone addiction and nomophobia in influencing lifestyle outcomes, as those with nomophobia face intensified negative effects.
- **Demographic Variations:** The demographic analysis revealed varying impacts of smartphone addiction based on age and gender. Younger individuals reported more severe disruptions, while gender differences indicated that female respondents experienced higher anxiety related to nomophobia, and male participants reported more issues with physical activity and sleep. Additionally, those from lower socio-economic backgrounds exhibited a stronger correlation between smartphone addiction and lifestyle disruptions.

Recommendations

In order to address smartphone addiction and nomophobia, a number of workable interventions and policy recommendations are made in light of the findings.

- **Practical Interventions:**

Digital Detox Programs: Encourage individuals to periodically disconnect from their smartphones to alleviate dependence and improve mental well-being. Community workshops can promote awareness of the benefits of digital detoxing and provide strategies for implementation.

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Mindful Smartphone Use: Develop educational campaigns focused on mindful smartphone usage, including techniques for limiting screen time, reducing notifications, and engaging in alternative activities that promote well-being and social interaction.

- **Policy Recommendations for Educational Institutions and Employers:**

Awareness Programs in Schools and Colleges: Institutions should implement comprehensive programs that educate students about the risks associated with smartphone addiction and nomophobia, fostering an environment that promotes healthy usage habits.

Workplace Guidelines: Employers can create policies encouraging regular breaks from digital devices and promoting mental health initiatives, such as workshops on stress management and work-life balance.

Limitations of the Study

While the study provides valuable insights, it also has several limitations:

- **Sample Size and Composition:** The results may not be entirely generalizable due to the small sample size that may not accurately reflect the larger population. Larger and more varied sample sizes should be the goal of future research in order to fully understand the complexity of smartphone addiction across various demographic groups.
- **Dependency on Self-Reported Data:** The study may have biases because it uses self-reported metrics to evaluate lifestyle factors and smartphone use. The accuracy of the data may be impacted by participants' overestimation or underestimation of their usage patterns.
- **The cross-sectional design of the study makes it more difficult to determine if smartphone addiction and lifestyle factors are causally related. Studies that follow subjects throughout time and prove causation would be helpful.**

Future Research Directions

To build on the findings of this study, several future research directions are proposed:

- **Longitudinal Research:** Future studies should explore the long-term effects of smartphone addiction and nomophobia on lifestyle factors. Longitudinal designs can provide insights into how these issues evolve and inform the development of effective interventions.
- **Intervention Studies:** Research focused on evaluating the effectiveness of specific interventions, such as digital detox programs or mindfulness training, is essential. Such studies could assess the impact of these interventions on reducing smartphone addiction and improving lifestyle factors.
- **Broader Demographic Studies:** Future research should include diverse demographic groups to gain a comprehensive understanding of smartphone addiction's effects. This could help identify specific risk factors and inform tailored interventions for different populations.

Overall Implications

The study underscores the need to address smartphone addiction and nomophobia as significant public health and social issues. With the rise of smartphone dependency, the implications for mental health and social interactions are profound, necessitating targeted interventions and awareness programs to mitigate their impact on individual lifestyles and

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societal well-being. By promoting healthier habits and fostering community engagement, we can work towards a balanced relationship with technology that enhances rather than detracts from our quality of life.

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Conflict of Interest

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