

Stay Focus: An Android Application for Smartphone Addiction Monitoring and Preventing

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Abstract. With the advancement of science and technology, the world is changing. In the field of smartphones, there has been a tremendous progress. There is no debate that the mobile phone is an incredibly valuable tool. "Nomophobia" is a term used to describe smartphone addiction. The goal of this study is to investigate the scope of smartphone addiction, assess its impact, and come up with a better way to deal with it. This article examines existing approaches, including ways to research the scope of smartphone addiction, their limitations, and how they arrive at a final solution to meet their goals. Stay Focus is a mobile application for Android. This system has two major aspects smartphone addiction monitoring and preventing people while improving their physical and mental health. The System is achieving its major aspects using the 20 20 20 rule for eye strains. This paper presents the design and implementation details of the Stay Focus and further improvements.

Keywords: *Smartphone Addiction, Prevention, 20 20 20 rule*