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EXTENDED ABSTRACT

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SMARTPHONE ADDICTION EFFECT ON PHYSICAL ACTIVITY LEVEL PARTICIPATION AMONG MALE ADULTS IN LOST WORLD OF TAMBUN

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I. INTRODUCTION

Smartphone addiction, particularly in recreational contexts, is becoming a significant concern, as it often competes with activities that are crucial for physical and mental well-being. Prolonged smartphone use, especially during leisure time, has been linked to sedentary behavior, contributing to health issues like obesity, poor posture, and cardiovascular problems [1]. Excessive screen time also reduces physical activity, such as exercise and outdoor sports, essential for a healthy lifestyle [2]. As smartphone use grows for entertainment and social interaction, finding a balance between digital engagement and physical activity is crucial for well-being. This study investigates the relationship between smartphone addiction and physical activity participation among male adults at Lost World of Tambun. Bv examining addiction levels. activity engagement, and their interrelationship, this research addresses a significant gap, offering insights into behavioral patterns in leisure environments and contributing to strategies promoting healthier lifestyles.

II. Methods

This study involved 371 male adults, aged 20 to 30 years and above, in Lost World of Tambun. Smartphone addiction was measured using the Smartphone Addiction Scale (Short Version) [3], and physical activity levels were assessed via the International Physical Activity Questionnaire (Short Version) [4]. Correlational and regression analyses were conducted to examine the relationship between smartphone addiction and physical activity based on participant responses to the questionnaires.

III. RESULTS AND DISCUSSION

A. Smartphone Addiction

The mean smartphone addiction score among participants was 3.40 ± 1.88 , indicating moderate addiction levels. This suggests that smartphone use is prevalent and potentially habit-forming among male adults in Lost World of Tambun, warranting attention to behavioral interventions targeting excessive usage in this recreational environment. Addiction to smartphone use has been linked to various mental and physical health issues, including anxiety [5], depression [6], stress [7] and sleep disorder [8].

B. Physical Activity Level

High physical activity levels were observed in (n = 220; 59.3%) of participants, with (n = 69; 18.6%) reporting moderate activity and (n = 82; 22.1%) showing low activity (Figure 1). These findings suggest a need for targeted strategies to promote increased physical activity among less active individuals while maintaining engagement in physically active groups. High physical activity levels prevent health issues like obesity, cardiovascular diseases, and mental disorders [9], while moderate exercise boosts cardiovascular health [10], and low activity increases risks of obesity and mental health problems [11].



Fig. 1 Physical Activity Level Frequency among male adults in Lost World of Tambun.

C. Smartphone Addiction and Physical Activity Level

A strong negative correlation (r = -0.898) was found between smartphone addiction and physical activity levels. Higher addiction scores significantly corresponded to reduced physical activity, confirmed *through scatter* plot analysis (Figure 2). These findings highlight the detrimental impact of smartphone addiction on physical activity participation and emphasize the need for intervention programs.

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Fig. 2 Correlation between Smartphone Addiction (mean) and Physical Activity Level (Total) among male adults in Lost World of Tambun

IV. CONCLUSIONS

This study highlights a moderate prevalence of smartphone addiction and its significant negative correlation with physical activity among male adults in Lost World of Tambun. Findings emphasize the importance of reducing smartphone addiction to promote physical activity. Intervention programs tailored for low-activity individuals are essential for healthier lifestyle promotion.

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