

UNIVERSITI TEKNOLOGI MARA

**The Use of Mobile Application to Combat Gadget
Addiction Among University Students in Malaysia**

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Thesis submitted in fulfillment of the
requirements for
Bachelor Degree (Hons) in Graphic Design

Faculty of Art & Design

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CONFIRMATION BY EXAMINER

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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

Nomophobia means no mobile phone phobia. It is a mental condition that makes people afraid of getting disconnected from their phone. Carrying a tiny communicate technology device (gadget) in a pocket has become a normal event in recent years. Technology advances humanity by making ordinary tasks easier and more consistent. This research is to investigate the current condition of gadget addiction in Malaysia. In this context, gadget addiction among students increased. To analyze the factor of gadget addiction in Malaysia. The main focus of this research is to show beneficial it is to deploy a mobile application to reduce gadget addiction among Malaysian university students. The best solution for this method is to create a google form. This chapter will be discussing the qualitative and quantitative of the survey. The more sophisticated the world of technology, the higher the addiction to gadgets among students. Creating productivity and a time-tracker mobile application will help the student be productive and keep their focus. As the use of time-tracker mobile apps increases, more and more students become productive. The increase in student productivity decreases the issue of gadget addiction among students.

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TABLE OF CONTENTS

CONFIRMATION BY EXAMINER	ii
AUTHOR'S DECLARATION	iii
ABSTRACT	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi-vii
CHAPTER ONE: INTRODUCTION	7
1.1 Research Background	8-9
1.2 Problem Statement	9-10
1.3 Research Objectives	11
1.4 Significance of study	12
CHAPTER TWO: LITERATURE REVIEW	13
2.1 Introduction	13
2.2 Nomophobia	14
2.3 Deforestation	14-15
2.4 Correlates of Preventing Phone Addiction	15-16
2.5 Correction of Combat Illegal Logging	16
2.6 Conclusion	16
CHAPTER THREE: RESEARCH METHODOLOGY	17
3.1 Method	17-19
3.2 Analysis	19-21
3.3 Design and Development Process	21-30
CHAPTER FOUR: RESULT AND DISCUSSION	31
4.1 Design Output	31-35
4.2 Discussion	35-36
CHAPTER FIVE: CONCLUSION	36
5.1 Conclusion	36