International Journal of Advances in Engineering and Management (IJAEM)
Volume 3, Issue 11 Nov 2021, pp: 911-914 www.ijaem.net ISSN: 2395-5252

Alert Message On Over Useage of Smartphones

N.Noor Allema, P.Prathyusha, J.Vishranthy, V.Rekha
Assistant Professor, Department of Information Technology, SRM Institute of Science andTechnology, Ramapuram , India.
Student Department of Information Technology, SRM Institute of Science andTechnology, Ramapuram , India.
Student Department of Information Technology, SRM Institute of Science andTechnology, Ramapuram , India.
Student Department of Information Technology, SRM Institute of Science andTechnology, Ramapuram , India.

Submitted: 10-11-2021 Revised: 24-11-2021 Accepted: 27-11-2021

ABSTARCT
Receiving alert message in their phone for over usage of phone, most users do not get notified of this fact. They have to speculatively and periodically check their health apps contents. This is due to Compulsive web surfing, watching videos, playing games or checking feeds in newscan lead to lower productivity at workplace or school and isolate you for several hours. While a smartphone, tablet, or computer can be a hugely productive tool, but may lead to affect users eye site ,mental health etc.in order to keep this in track, the users seek for a better solution which enables them to be on their toes each time when they over use the phone message is delivered . this enables and facilitates the users to be notified whenever a they over use device with message is delivered .the system will automatically generate an alert which is send in the form of a message system that typically details .The system is designed to easy maintain humanhealth bysending messaging to notify the users about over usage.
Keywords:mental health, automatically generate, alert, over usage

I. INTRODUCTION

In recent years, most of the population around the world,particularly college students and university students, use smartphones, due to its wide range of applications. Which is beneficial in numerous ways, but smartphones also have disadvantages such as reduction in work potency, personal attentionwith others leadsto social nuisance, and psychological addiction[3], [4], [5]. Currently, the addiction to smartphones among students is tremendous amount and it is drastic increasing every year. Mobile phone is becoming avital part to humanabout managing critical situations and maintaining social relationships with each other. This behaviourwill lead to reduce thinking capabilities, affect cognitive functions, and induce dependency. Feeling anxious or restlessness without the phone, waking up at night to check the mobile notifications, delay in professional performance as a will lead to prolonged phone activities, and distracted with smartphone applications.New technologies to alert the users on the event of over usage, especially through ashort message service.

II. ASSOCIATED WORK

A pop-up message is a message that appears on a user's browser or desktop and is designed to grab the viewer's attention and engage them in some way. Marketing is primarily, if not all, about user conversions. Very little effort has been put into retaining users, retaining users, ensuring repeat purchases, or establishing user support. Marketers are increasingly aware of the importance of retention marketing as a real business case.And today, there is an equivalent element of focusing on user retention through different methods of remarketing and engagement. There are many ways to get it, but the channels you can join are quite limited. You can come back to texts and emails over and over, but if you have an audience that doesn't like opening messages and you keep unsubscribing to emails, there's little you can do for engagement. Enter the push notification. , Ensure higher CTR with personalized communication and force users to act at the right time for the desired event.

III. EXISTING SYSTEM

New mails in user mailbox, most users do not get notified of this fact. They periodically check their mailbox contents. The programmable logic controller and interface module and the GSM

International Journal of Advances in Engineering and Management (IJAEM)
Volume 3, Issue 11 Nov 2021, pp: 911-914 www.ijaem.net ISSN: 2395-5252

modem can be incorporated by linking the user's mailbox with sms or email facilities and this enables the users to be notified whenever a new mail is delivered. Mails delivered into the user's inbox, the system will automatically generate an alert which is send in the form of a short message or email those typical details the real time of mail is delivery. The system is designed in such a way to easy human life by sending short messaging system or email to notify the users about important new mails reaching their mailbox. This is likely to be a fast growing and most popular application for short messaging system and email towards the mankind.

Communication interface

The communication interface in the Zelio Logic is designed mainly for monitoring and remote switching which operate without personnel. The Zelio Logic 2 SR2COM01 Communication Interface is as shown in. The communication range comprises a communication interface connected between a smart relay a GSM modem as shown in, analogue (PSTN), Zelio Soft Com software. The system consists of a sensor detections installed on the mailbox of specific users. Control is achieved through a smart relay from the ZLSR via its inputs and outputs. The smart relay is connected via an communication interface to a GSM type modem. The communication ZLSR Communication interface GSM Modem Sensors on the mailbox interface allows messages, telephone numbers and call conditions to be stored. In addition, messages are dated and the application program comments are stored. The communication interface enables the user to have two way communications with the MASYS using a GSM Modem by sending specific command to check on users latest mailbox status at any time as required by the user.

GSM Modem

A GSM modem can be an external modem device, such as Wavecom FASTRACK GSM Modem SR1MOD02 . The simple system works by inserting a GSM SIM card (ranging from 012,013,014,016,017 and 019) into this modem and connect the modem to an available serial port on the communication interface .The dedicated GSM Modem SR1MOD02 is used as an wireless communication device as may, the majority of commercially available modems does. A specific contract with the provider, which allows data transmission as required for the MASYS. The SMS and email gateway can simultaneously support multiple modems and provided that the hardware has the available communications port resources. All the text message in ZLSR will be transmitted to the user's number as assigned in the program. The GSM Modem is the device which enables two way communications between the MASYS and the usersCircuitry

The infra red sensor circuit is an important element in MASYS. The function of this circuit is to sense the changes in the mailbox as mails are delivered. The infra red circuit is made of a transmitter and receiver circuit's which is designed to meet the requirements of the system.. The basic circuit in this system is a low cost infra red detection circuits. This provides the basis for many applications where detection is required. These circuits are designed on a single sided printed circuit board (PCB) using Proteus Aries & Proteus ISIS as the designing tool. The PCB layout.

IV. PROPOSED WORK

The aim of this project is to have a close check on user mental healthby alerting them using a pop-up notification for over usage of phone.This can be found by the heat emitted by the mobile and the data (wifi). By default, statistical analysis says that the usage of smartphones has been increased rapidly. To avoid over using of smartphones, A pop notification appears on the screen which alerts the user. While usage of mobile phones had increasedand made our life easy and convenience but obsessive use of smartphones lead to mental health issues. This issue is under investigation and researchers are started to find a solution for over usage of mobile phones.

Process:

In today's real world, the usage of smart phones has been increased immensely and the pattern of smartphones. So, staticanalysis of the data has been collected to reduce over usage of smart phones.

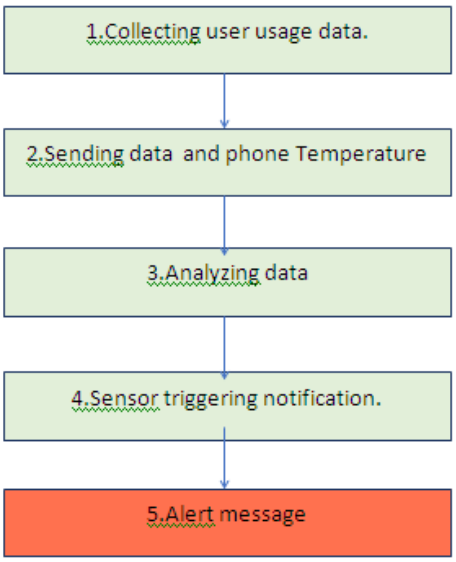
Control units:

Resistance Temperature Detector RTD has been used. This RTD is also known as Resistance thermometer which is used to measure the temperature. Using RTD we can check the heat of the mobile and can send the pop-up notifications and also using Wi-Fi bandwidth deductions find users usage.

Notification:

The user might be stressful after receiving the pop-up notification on over usage of smart phones and to overcome this we are finding a new pattern and with all this data we send notification accordingly to the user.

International Journal of Advances in Engineering and Management (IJAEM)
Volume 3, Issue 11 Nov 2021, pp: 911-914 www.ijaem.net ISSN: 2395-5252



Flow chart diagram

V. CONCLUSION

we explored the effects of smartphone push notification delivery during the task according to the level of smartphone overuse using ERP. Theexperimental results, that both the smartphone risk group and the no risk group demonstrated sensitive reactions to smartphone push notifications during tasks. While the performance of the no risk group was unaffected by not delivered push notifications, the delivery of push notifications affected subsequent task performance in the group of risk.

The data that was collected from the user able to measure the negative effects of smartphone overuse in terms of psychological or physical characteristics. Particularly in the risk group, A higher error rate and longer reaction time were also identified in the risk group during the task.

VI. FUTURE WORK

Future studies, it might be possible to determine the level of smartphone overuse by measuring responses to push notifications. While this study used a single type of push notification, future studies using various types will be required to investigate sensitivity to different push notifications with technologies which are very advanced.

REFERENCE

[1]. https://ieeexplore.ieee.org/document/4603963
[2]. https://www.hindawi.com/journals/cin/2016/5718580/
[3]. https://www.airship.com/resources/explainer/push-notifications-explained/
[4]. H. Lee, H. Ahn, S. Choi, and W. Choi, “The SAMS: smartphone addiction management system and verification,” Journal of Medical Systems, vol. 38, article 1, pp. 1–10, 2014.
[5]. View at: Publisher Site | Google Scholar
[6]. J. Billieux, “Problematic use of the mobile phone: a literature review and a pathways model,” Current Psychiatry Reviews, vol. 8, no. 4, pp. 299–307, 2012.
[7]. View at: Publisher Site | Google Scholar
[8]. M. Samaha and N. S. Hawi, “Relationships among smartphone addiction, stress, academic performance, and satisfaction with life,” Computers in Human Behavior, vol. 57, pp. 321–325, 2016.
[9]. View at: Publisher Site | Google Scholar
[10]. M. Bian and L. Leung, “Linking loneliness, shyness, smartphone addiction symptoms, and patterns of smartphone use to social Capital,” Social Science Computer Review, vol. 33, no. 1, pp. 61–79, 2015.
[11]. View at: Publisher Site | Google Scholar
[12]. S. Kim, J. Kim, and Y. Jee, “Relationship between smartphone addiction and physical activity in Chinese international students in Korea,” Journal of Behavioral Addictions, vol. 4, no. 3, pp. 200–205, 2015.
[13]. View at: Publisher Site | Google Scholar
[14]. K. Hwang, Y. Yoo, and O. Cho, “Smartphone overuse and upper extremity pain, anxiety, depression, and interpersonal relationships among college students,” The

Journal of the Korea Contents Association, vol. 12, no. 10, pp. 365–375, 2012.
[15]. View at: Publisher Site | Google Scholar
[16]. C. Jenaro, N. Flores, M. Gómez-Vela, F. González-Gil, and C. Caballo, "Problematic internet and cell-phone use: psychological, behavioral, and health correlates," Addiction Research & Theory, vol. 15, no. 3, pp. 309–320, 2007.
[17]. View at: Publisher Site | Google Scholar
[18]. Y.-K. Lee, C.-T. Chang, Y. Lin, and Z.-H. Cheng, "The dark side of smartphone usage: psychological traits, compulsive behavior and technostress," Computers in Human Behavior, vol. 31, no. 1, pp. 373–383, 2014.
[19]. View at: Publisher Site | Google Scholar
[20]. M. Kim, "The effect of push notification alerts on mobile application usage habit," in Society for Journalism and Communication Studies, pp. 358–387, 2015.
[21]. View at: Google Scholar