

3.3.3 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during year: 2

Sl. No.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN/ISSN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
1	Dr. Bushra S. P. Singh	Smartphone Addiction, Phone Snubbing, and Effects on Interpersonal Relationships and Mental Health	Breaking Free: Strategies for Overcoming Smartphone Addiction	NA	NA	International	2025	9798369388044,	Gian Jyoti Institute of Management and Technology	IGI Global Scientific Publishing
2	Dr. Bushra S. P. Singh	Work-Life Balance and Its Effect on Women Entrepreneurs	Navigating Work-Life Balance: Case Studies and Best Practices From Successful Women Entrepreneurs	NA	NA	International	2025	9798369395172,	Gian Jyoti Institute of Management and Technology	IGI Global Scientific Publishing

Chapter 14

Breaking Free: Strategies for Overcoming Smartphone Addiction

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ABSTRACT

This chapter explores the growing issue of smartphone addiction, examining a range of interventions aimed at mitigating its effects. Through a comprehensive review of literature, the chapter investigates behavioral, technological, and societal approaches, such as self-monitoring, cognitive-behavioral therapy (CBT), and digital detox programs. Case studies and real-world examples provide insight into the practical applications of these strategies in various settings, including educational institutions and workplaces. Additionally, the chapter identifies gaps in existing research and offers recommendations for future studies and policy initiatives. By synthesizing current knowledge on smartphone addiction, the chapter offers valuable guidance for individuals, educators, and policymakers seeking to address this pervasive global issue.

1. INTRODUCTION

In an era dominated by technological advancement, smartphones have emerged as indispensable tools for communication, entertainment, and productivity. They have revolutionized how we interact with the world, granting instant access to information and connecting us with people across the globe. However, as smartphone usage has skyrocketed, so too have concerns over its excessive and, in many cases, addictive nature. The pervasiveness of smartphones in daily life has led to a growing body of

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Chapter 10

Navigating Work–Life Balance: Case Studies and Best Practices From Successful Women Entrepreneurs

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ABSTRACT

This paper examines the challenges and strategies that successful women entrepreneurs face in achieving work-life balance, featuring case studies of Sarah Blakely, Indra Nooyi, Arianna Huffington, and Anu Aga. Each leader presents unique methods for integrating their personal and professional lives while achieving notable business success. Key themes include delegation, flexibility, emotional intelligence, self-care, and philanthropic engagement. Blakely emphasizes the importance of cultivating a supportive team, while Nooyi's work-life integration approach highlights the need for flexibility in today's dynamic landscape. Huffington advocates for prioritizing personal health, and Aga underscores emotional resilience and family commitment. The paper also offers practical recommendations for women entrepreneurs, stressing the importance of supportive structures and policies that promote work-life balance. Ultimately, this research reveals diverse paths women can take to attain equilibrium, providing valuable insights to inspire future generations of female leaders.

INTRODUCTION

Work-life balance has become an increasingly important topic across numerous sectors, especially in the realm of entrepreneurship. For women entrepreneurs, achieving this balance is paramount as they frequently juggle the demands of running a business alongside personal and familial responsibilities. Unique challenges such as societal expectations, entrenched gender roles, and cultural norms can complicate this balance, making it more challenging for women than for their male counterparts (Loscocco & Bird, 2012). Nonetheless, many women entrepreneurs have not only flourished in their businesses but have also excelled in maintaining a healthy balance between their professional and personal lives. This chapter aims to highlight these success stories, offering insights into how women entrepreneurs overcome obstacles and the valuable lessons they can impart to others navigating similar situations.

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