

IMPACT OF PUBG ON THE PSYCHOLOGICAL BEHAVIOUR OF YOUNG GENERATION

Syed najm ul hassan gillani

University of okara

Abstracts:

From past two years, the entire planet is under intense crises, as the most deadly pandemic Covid-19 break through every aspect of human life. Staying at homes and keeping ourselves from partying is the hardest thing we did. With ample time to invest somewhere the population of this digital world choose video gaming as a prominent leisure time activity, in which PUBG is the most popular, it lands 100 PUBG players on an island where players fight with each other till only one team left.

Introduction

In September (2021), 400 thousand concurrent players of PUBG were recorded by Statista (J. Clement, Nov 5, 2021) Adoption of these video games by teenagers has a number of reasons, on the top of which is the busy work schedule of the parents. Youth experience emptiness and unfulfilled emotional need which in the recent years increased the ratio of video gamers globally. Moreover, the land of video games entertains the young users by inflaming the sense of power and competition in an unrealistic world, which they lack in real world.

We all know anything in our lives when done beyond excess cause chaos. Gaming in excess leads to develop psychopathic traits in the gamers and it also creates social isolation within a household, giving boost to extreme life patterns. Speaking about the effect of gaming on youth, the renowned pediatrician Dr. Cindy Gellner also mentions that:

"The games that are most popular are also some of the most violent."

This research paper is proposed to explore the impact of gaming on the physiological behavior of the youth.

Problem statement:

Gaming has its own pros and cons, it improves the problem-solving skills and logic of the person, the gamer develops a better understanding of how to compete with different levels of difficulty in lives via games. Video gaming increases coordination of hand to eye. Moreover, it hones the decision making skills of the gamers. This game plays a vital role in forming a global social network.

Cooles and Griffith explains that the online gaming has now become the best way of communication and to be friendly with someone. PUBG has shaken the world by involving all the gamers in this gaming addiction and it develop psychopathic personality disorder and social isolation. A recent research reveals that almost 6 to 7 hours are invested by the youngster in this video game.

The creativity skills of the persons are losing due to the addiction of this game. Gaming restricted the gamers to confine to the game only. It causes an increase in the aggressive behavior of the person. Violent sentiment develop in the gamers due to violence in the game and may also create despair in many people. PUBG could cause addicted person to get anxious. The Violence in games bear violent perceptions and may also cause depression in many people. The PUBG players who get themselves addicted might cause them to get stressed and face anxiety easily causing gamers suffer from loneliness, eye problem, social isolation, and headache.

The research suggest that " The young men who are habitually aggressive may be especially vulnerable to the aggression-enhancing effects of repeated exposure to violent games," said psychologists (**Craig A. Anderson, Ph.D., and Karen E. Dill, Ph.D.**) "

Along with physical issues psychological issues are also reported in various studies which says that "There is a relationship between violent video game exposure and psychopathic trait that is strongly associated with the inter-personal affective deficits (**Kimming, Andringa, Dentl 2008**).

This research is to highlight the psychological impact of the video game i.e. Player underground battle ground(PUBG).

Significance:

This research paper will bring awareness to the parents to give time to their children and don't blame their children for mood swings and change in behavior, rather they should have to give proper time to their children to listen and fulfill their emotional need. This will also create a realization in the gamer that excess or everything is bad and if they do gaming in a proper free time instead of wasting the whole day for gaming then it will not create a mess in their lives. Instead of blaming the youth, this will give a kind of schooling to the parents that infact of criticizing their children for wasting time, lower grades and change in behavior bring positive reinforcement to them by suggesting them how to manage the time schedule and the workload.

Objectives:

- To explore the impact of PUBG game addiction on the psychological behavioral of the youth.

Methodology:

Research Design:

I applied Quantitative research method in order to collect and analyze data for this research work. I also used experimental research method along with the quantitative research method because it will be helpful to find averages, patterns and to make predictions regarding the impact of PUBG on the psychological behavior or young generation.

Research Participants:

- The participants living in Pakistan were included in this study.
- The participants within the age range of 15-22 were included in this study.
- The participants who played PUBG were included in this study.

The participants in this research work of the impact of PUBG on the psychological behavior of Young Generation are 58 random boys and girls who play PUBG. The reason for choosing these random boys and girls is their relation with the gamers and the gaming.

Research instruments:

To determine gamers perception and views on the impact of PUBG on the psychological behavior of Young Generation, a questionnaire is employed. In the questionnaire there are deciding questions. All the data are conducted online through Google forms. All the data were analyzed in the Google Excel and is given the shape of the graphs for better comprehension.

Literature Review:

Online video gaming has become the one of the most popular leisure time activity in this digital world. Gaming produces a sense of competition and that inflames the young minds to gain an unrealistic power in the world of gaming. This paper studies the impact of PUBG on the psychological behavior of Young Generation.

What is PUBG?

PUBG is a digital multiplayer battle brought by Blue hole cooperation. It is multiplayer shooting game that you can play solo, squad or duo. The most popular video game is Player Unknown's Battlegrounds (PUBG), this game is inspired by the **Japanese film, Battle Royale**. Specifically, in this game, 100 players parachutes on to a virtual island where teams fight each other to death until only one team is left alive and the last surviving that might be solo, duo, or in squad is the winner of the chicken dinner in this game. It was officially launched in December 2017 and became most downloaded app in Google play store.

A 2018 market research survey conducted among Indian gamers (Quartz India 2018) reported that PUBG was the most popular game (62%) followed by the Free Fire (21%) and Fortnite (8%).

The main features of PUBG include sound effects, high-definition pictures, maps and the ability to talk to others in real time in mic and the one can also hear the other competitors. The psychological community has defined Video game addiction (VGA) as a unique behavioral addiction which is characterized by an excessive or compulsive use of computer games or video games that interferes with an individuals' routine life.

The World Health Organization in 2018 declared gaming addiction as a mental health disorder. Just after one year of its release there have been multiple reports flowing in on the negative outcomes the game has had on the individuals, especially the young generation as the effects can easily be seen through their academics, sleep, social isolation, pain in neck and eyes, more aggressiveness in nature and so on.

Why PUBG?

PUBG has lead to a adverse effects on the psychological behavior of the young generation. The addiction of playing PUBG reduces the productivity of the player and due to addiction in the game when the player don't get the time to play, they easily get stressed, their anxiety level increases. The playing of PUBG makes the person antisocial, they don't get the time to interact with the environment and they remain inside the room and continue to play for hours. The players feel frustrated when he/she don't get the time to play PUBG and in this way they become more aggressive and they cannot control their anger management due to the anxiety level.

The gaming addiction not only causes physical issue but also psychological issues too. As reported in various studies that there is a relationship between violent video game exposure and physocopathic trait and strongly associated with the inter-personal affective deficits.

NEGATIVE IMPACTS:

- It is suggested by the psychologists that "Young men who are habitually aggressive may be especially vulnerable to the aggression-enhancing effects of repeated exposure to violent games," said psychologists (Craig A. Anderson, Ph.D., and Karen E. Dill, Ph.D.)
- The other study suggest that even a brief exposure to violent video games can temporarily increase aggressive behavior in all types of participants."
- According to a research, violent games like PUBG has tremendously increased the aggressive behavior in all it's participant. Due to social isolation, they remain bound to their rooms and with the phone for gaming and it causes them to suffer from severe aggressive nature.

- The addiction of gaming not only causes physical issue but also psychological issues too. As reported in various studies that there is a relationship between violent video game exposure and psychopathic trait and strongly associated with the inter-personal affective deficits.
- A violent game like PUBG can intensify the situation of a gamer and the gamer can also be addicted to drug addiction. Playing PUBG game for long hours, make a person socially inactive isolated, aggressive in behavior, and sleepiness which may lead suicidal thoughts.
- If a PUBG player keep on playing game for hour and hour it leads them to pain in the finger, eyes, and neck due to continuous stress on the eyes.
- Some teenagers locked themselves because they wanted to be InTouch with the game and they continue to plays for hours which may cause then several health related issues.(Griffith, kuss)
- As the excess of everything is bad, when the players become addicted to the game, it's really hard for them to even spent a single day without gaming so they lock themselves in their rooms so they can continue their gaming.
- The student addicted to online video gaming admitted that they are spending less time with the family and they are failing to control emotions with other members of the family.
- A fitness trainer from Jammu and Kashmir allegedly addicted to playing PUBG, became mentally unbalanced and doctors claim that his mind was completely under the influence of the 'PUBG' game. The long hours of gaming can increase the chances of obesity, weaken the muscles and joints, cause incorrect posture, weaken eyesight and even cause headaches. Addiction to such games may have adverse effects on education of children, disruption of sleeping cycles, mood swings, and social isolation.
- The case of suicide linked with the Players Unidentified Battlegrounds (PUBG) online game has increased to the alarming state in the capital or Pakistan, Punjab. An Eighteen-year boy named as Shahryar was reportedly found hanging in a room of his rented house in Punjab Housing Society near Ghazi Road on Tuesday. The victim's brother, Shoaib, who is a salesman, confirmed to the authorities that he was a PUBG addict. The victim's family belong to the Quetta.
- Recently during the COVID-19 outbreak, a 20-year-old male from Saddar Bazaar (Lahore) committed suicide. He was doing his intermediate from Forman Christian College. According to the report, he was addicted to PUBG, and he keep on playing PUBG for hours and hours. A day before committing suicide, he argued with his father about his Gaming thing and his father scold him to pay attention to his studies too and due to this the very next day he was found hanged on the fan.

- According to a report,

Excessive violence could trigger aggressive thoughts, causing violent behavior; addiction to complete the mission caused pain, agony and anxiety, resulting in depression and stress; the players spent more time in playing the PUBG, which meant they ended up becoming less socially active and sitting in front of the screen for too long caused disruption in sleep pattern, resulting in deterioration of physical and mental health.

POSITIVE IMPACTS:

Numerous studies show that video game play has a positive impact on players' mental health, and can have social, educational, therapeutic, and psychological benefits. Coronavirus 2019 (COVID-19) has severely disrupted daily activities worldwide. Quarantine have led to an increase in the use of digital entertainment, which includes online gaming and online related activities. While many of these technologies are good, it should be noted that the dramatic increase in sport may not always be beneficial and that a small number of people, including youths, may be at risk of sports disruption.

In the positive impacts of the PUBG, to play and succeed in this game, a player requires better eye-hand coordination. According to research done on the effect of this game, PUBG helps in improving targeting skills, and thinking abilities in a person. It help in cognitive development of the participants.

- **Coole and Griffith explains that the online gaming has now become the best way of communication and to be friendly with someone.**
- While playing PUBG in the COVID-19 outbreak when due to quarantine, outdoor games were not allowed, the players feel connected to their friends while playing the PUBG games and it allows it's participants to spent their times and relive from their bad mood.

RESULTS AND FINDINGS:

Based on the survey that has been conducted by the researchers, the results were Taken from 58 Respondents and are recorded in graphs and tables. Analysis of data Revealed some themes related to impact of PUBG on the psychological behavior of Young Generation and it revealed that the young generation are feeling frustrated, over aggressive, and pain in neck, hand and fingers. These themes reflect the participants' Opinions and thoughts of how PUBG is psychologically impacting the young generation.

QUESTION'S CHART:

Questions	Yes	No
1. Do you feel more connected to your friends while playing PUBG?	69.6%	23.9%
2. Do PUBG help you to relieve your bad mood?	77.8%	22.2%
3. Do you feel frustrated or depressed after playing PUBG?	76.1%	23.9%
4. Do you play PUBG to pass your time?	76.1%	23.9%
5. Do playing excess PUBG causes headache, pain in hand, finger or neck?	56.5%	43.5%
6. Do you get stressed out after playing PUBG?	51%	49%
7. Do you become more aggressive since you start playing PUBG?	54.3%	45.7%
8. Do you feel frustrated when you don't get the time to play PUBG?	60.9%	39.1%

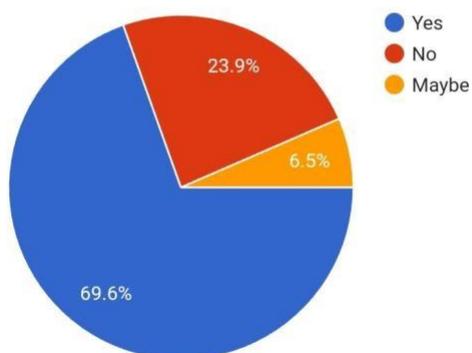
FINDINGS:

The disorder and addiction of PUBG makes the person addicted and the gamers mind feel occupied all the time. The first question asked by the participants whether they feel more connected to their friends while playing PUBG. The second question asked by the participants is whether playing PUBG help you to relieve your bad mood. Question No 2 was connoted positively if spending time in PUBG relieve your bad mood or it puts you in the bad mood and similarly question no 1 was also connoted positively whether you feel connected to your friends while playing PUBG or you feel alone. Both the questions had got similar kind of responses while talking about positive responses, motive majority (69.6%) of the participants feel connected to their friends while playing PUBG and while talking about negative responses only 23.9% of the participants don't feel like connected to their friends. In the second response,

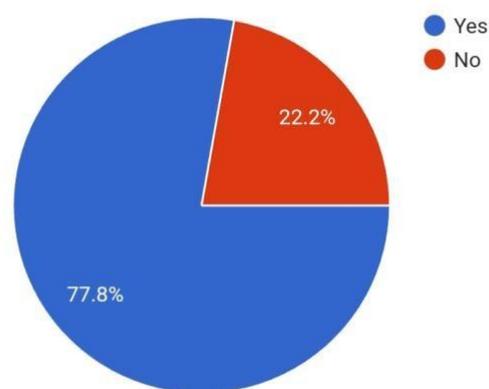
majority of the participants 77.8% feel playing PUBG help them in relieving their bad mood and while talking about negative responses of the participants, 22.2% feel playing PUBG doesn't relieve them from their bad mood.

The below figure and responses help us to deduce that majority of the participants feel connected with their friends and also majority of the participants feel playing PUBG help them to relieve from their bad mood.

Do you feel more connected to your friends while playing a PUBG match?

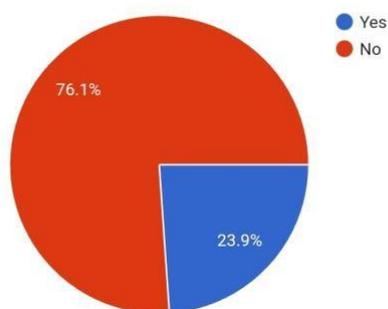


Do PUBG help you to relieve your bad mood?



Question No 3 was connoted negatively, in this the majority of the participants (76.1%) believe that they don't feel frustrated or depressed after playing PUBG. Depression varies from person to person. Some players can't even face the minor depression and due to which suicidal thoughts arise in them but some know that how to cope with this depression things. Similarly in this research, 76.1% of the participants don't feel depressed because depression had a major and long lasting impact on the psychological behavior of the young generation and rest of the 23.9 percent feel depressed and this depression maybe due to family pressure, the pressure of the game, the pressure of social isolation etc. So, we can deduce from the above figure majority of the participants doesn't feel depression or frustration while playing PUBG and only a minor amount of participants feel depression and frustration.

Do you feel frustrated or depressed
after playing PUBG?

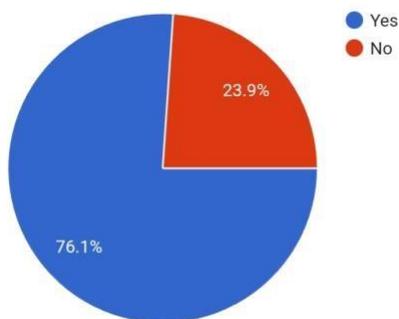


Question No 4 was related to the motives behind playing PUBG. The below figure was connoted positively asking if spending time in PUBG leads to satisfactions or pleasure and are you playing PUBG to pass your time? And the response of the majority of the population about 76.1% play PUBG to escape from negative emotions like helpless, guilt and anxiety and the rest of the 23.9% participants said they never play PUBG in order to escape from any negative emotion or to pass their time.

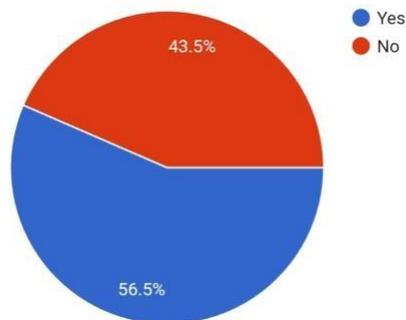
Question No 5 was connoted negatively asking whether playing excess PUBG causes headache, pain in hand, finger or neck or whether you are fine with it, you don't feel any of these symptoms. Analysis of the data Revealed that 56.5 % of the participants feel pain in their hands, fingers or neck while rest of the 43.5% doesn't feel any of these symptoms.

So, we can deduce from this analysis that the playing excessive PUBG causes symptoms like pain in hand, neck and fingers because of the excessive use of these things in gaming.

Do you play PUBG to pass your time?



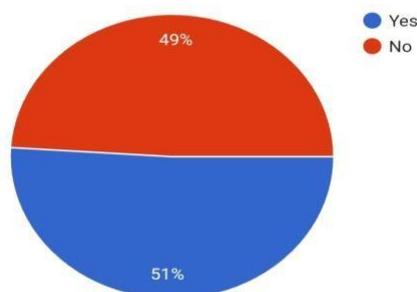
Do playing excess PUBG causes headache, pain in hand, finger or neck?



Question no 6 was Connotted to ask whether you get stressed out while playing PUBG. The players feel stressed out and anxious with the excessive usage of PUBG mobile due to lack of social interaction and it is violent game so it increase the anger level of the gamers and due to which they get stressed out. Analysis of the data Revealed that 51 Percent of the participants feel that they get stressed out after playing the PUBG game and the rest of the 49 percent feel that they don't get stressed out after playing the PUBG.

The below figure and the response help us to know that the majority of the participants feel stressed out after playing PUBG and the minority of the participants feel the otherwise.

Do you get stressed out after playing PUBG?



Question No 7 was connoted to ask after starting playing PUBG, do you feel you become more aggressive then before. Obviously, PUBG is a violent game and due to the competition in it with all the global world it causes anger and aggression in it's gamer when he/she doesn't able to cope with the digital world or when they don't get the enough time to play PUBG. Analysis of the data shows that the majority of the participants 54.3 percent think that they have become more aggressive since they start playing PUBG and the rest of the 45.7 percent think that since they start playing PUBG it had not become them more aggressive.

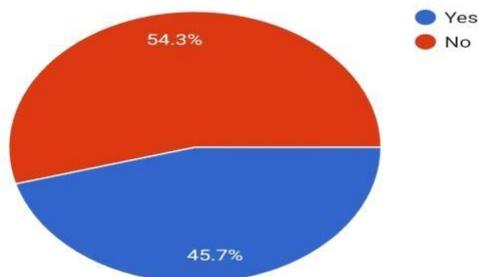
From the above figure, we can deduce that the PUBG players become more aggressive if we compare them from what they were and what they are after playing PUBG.

In the last question, it is asked that how do you feel when you don't get the time to play PUBG. Whether you feel frustrated or whether you are fine with it.

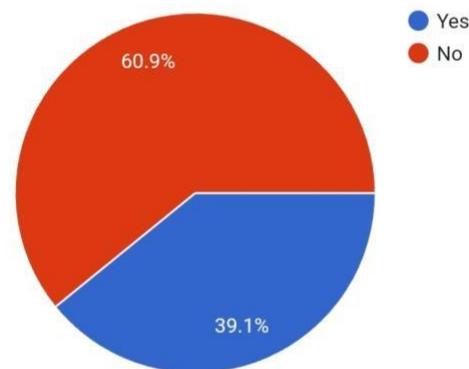
In this question, there is a direct question about the helplessness of the player if they don't get the time to play PUBG. The analysis have Revealed that the 60.9 percent of the participants become aggressive when they don't get the enough time to play PUBG and the rest of the 39.1 percent feel like they don't become aggressive when they don't get the time to play PUBG.

The below figure revealed that the majority of the participants feel aggressive when they don't get the time to Play PUBG when the got once addicted to it. They lose on their temper and anger control due to this.

Do you become more aggressive since you start playing PUBG?



Do you feel frustrated when you don't get the time to play PUBG?



CONCLUSION:

This research explored the impacts of PUBG on the psychological behavior of the young generation. Quantitative research methods were used to explore these perception. The survey allowed the researchers to understand these. The research which was conducted on 58 respondents to analyze the psychological affect of excessive playing of PUBG has revealed innumerable cons underlying this game. With most of the ratio inclined towards the adverse effects of gaming, the research concluded that 51% out of 100% , people feel stressed and 60% out of 100% are frustrated when fail at scoring ideal. As the percentage is more than half it decodes that PUBG is threatening for psychological balance of human beings. As 76% out of 100% of people claims that PUBG is their sole thing for passing time, which shows inactivity and murder of creativity in youth. The research proves to be of value for youth and their supervising community with the provision of evidence that debunks the world of gaming.

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