



## Psychosocial impact of Player Unknown's Battleground (PUBG) on youth

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**Abstract:** According to World Health Organization, Gaming disorder is defined in the 11<sup>th</sup> revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences. For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months. In the present study male respondents between age group 18-24 were targeted. There were cases found during study who performed low in academics or real life situation. PUBG users keep on getting aggressive and even get thoughts of killing people in real life. There are cases where the players have either killed or robbed their family members and even have attempted suicide due to the depression. Researcher came to the conclusion that this game is addictive and has many negative effects on the players. The player becomes addicted and follows the habit loop of playing and connects with the unknown people as well. There are players who earn their income through PUBG by organizing PUBG tournaments, live streaming on YouTube as well.

**Keywords:** PUBG, gaming disorder, psychological impact, physical impact

**Manuscript for article:** 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 individual's routine life. Video game addiction may present itself as compulsive gaming, social isolation, mood swings, diminished imagination, and hyper-focus on in-game achievements, to the exclusion of other events in life. Player Unknown's Battle Grounds (PUBG) is an online multiplayer "Battle Royale" game which is developed and published by PUBG Corporation, a secondary video game

company called Blue hole from South Korea. The game received several 'Game of the year' nominations, among other prizes. The game had a combined total of 7.5 crore pre-registrations, and ranked first and second respectively on the Chinese iOS downloads charts at launch. An English version of Exhilarating Battlefield, localized simply as PUBG Mobile, was released worldwide on March 19, 2018. Unfortunately, in just over a year of release there have been multiple reports flowing in on the negative consequences the game has had on the individuals, especially the adolescents as the effect can easily be seen through their academic, sleep, social and various other patterns. Player Unknown's Battleground (PUBG) is a phenomenon that has taken India by storm. PUBG has become synonymous with the mobile gaming category in India. Unfortunately, in just over a year of release there have been multiple reports flowing in on the negative consequences the game has had on the individuals, especially the adolescents as the effect can easily be seen through their academic, sleep, social and various other patterns. Player Unknown's Battleground (PUBG) is a phenomenon that has taken India by storm. PUBG has become synonymous with the mobile gaming category in India. AppAnnie also classifies PUBG as the only 'heavy hitter' gaming app in India. Such is the popularity and user base of PUBG that a recent PUBG Mobile Campus Championship saw 2,50,000 registrants from across 1000 Indian colleges competing for the hefty prize of Rs. 50 Lakhs. The rising popularity of PUBG has created a new co-branding opportunity for brands. OPPO, a leading phone maker, is opening a PUBG themed store in Bangalore. Even Bollywood jumped on the PUBG bandwagon with Vicky Kaushal, a leading Bollywood actor, playing PUBG Mobile with Soul Mortal, a leading PUBG mobile player in India, in order to promote his movie Uri.

Source: Yong Ding (2018) *Research on operational model of PUBG*.

### **Methodology adopted for the study:**

Keeping in mind the following objectives research study was conducted:

- To understand how much time youth spend and impact of behavioral changes due to PUBG.
- To understand the issue arising from the PUBG and responses of youth towards the problems.
- To know about the physical and psychological affects in the human body due to game.

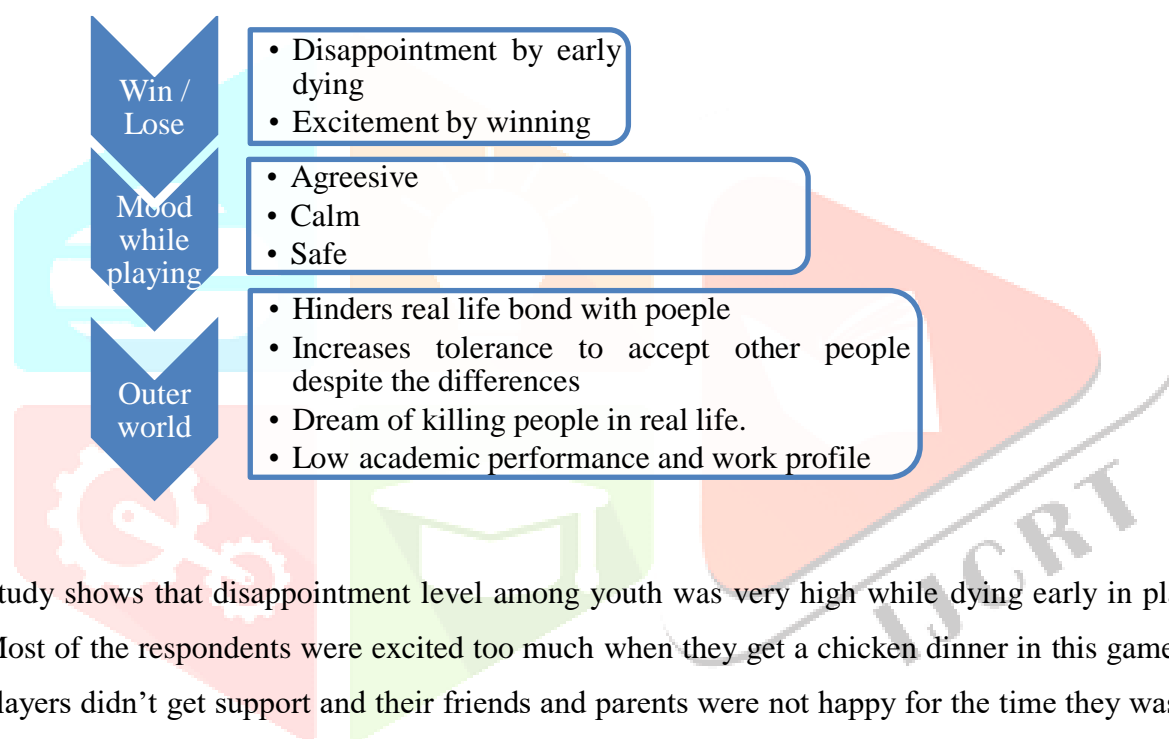
For conducting this study response were obtained from 102 youths of Vadodara city. The data was supported by structured interview schedule consisting both open and close ended questions. The secondary data was supported by articles of newspapers, researches of scholars and research studies respondents of youth of Vadodara district. Selection of universe and sample was on the basis of purposive sampling method. Descriptive and Explanatory research design was used for the research study.

## Results and Discussion

Main findings of the study show that majority of respondents playing game (78%) were male and only 22% were female players of PUBG consisting age group of 21-25 years. All respondents agreed that there is no scope of income from PUBG. They also stated that they are addicted towards PUBG and many a time they miss their regular classes too for playing this game.

Source: Bhattacharya, A. (2019) *India's mobile gaming rage PUBG promises to improve after backlash.*

### Psychological impact of PUBG by respondents:



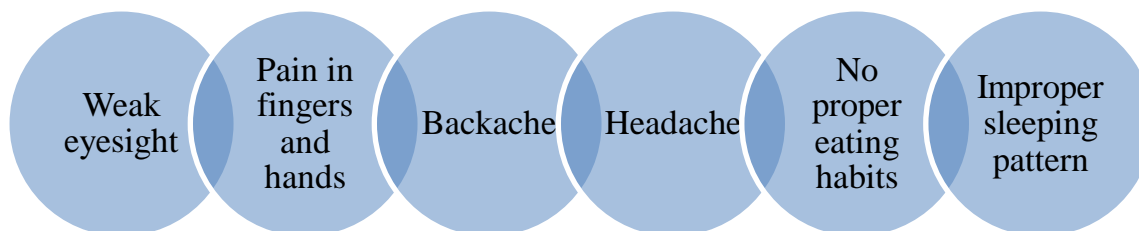
Study shows that disappointment level among youth was very high while dying early in playing PUBG. Most of the respondents were excited too much when they get a chicken dinner in this game. Most of the players didn't get support and their friends and parents were not happy for the time they waste in playing PUBG. They shared that there is no encouragement from parents for playing PUBG.

Players ignore the important calls while they are playing the game and reason respondents stated was addiction towards this game. Other major impacts of PUBG on youth are

- It affected their real life bonding with people and social interaction
- Tolerance, diversity, acceptance and equality towards other people from different caste, creed, class, religion, race, gender
- 44% respondents play this game calmly, while 29% respondents play PUBG safely and 27% play this game aggressively.
- PUBG affected growth in terms of academics and respondents performed poor in terms of academic development after getting addicted towards PUBG

### Physical impact of PUBG stated by respondents:

Findings show that pain found in the fingers and hands among youth (63%) after excessive playing PUBG. Many respondents (28%) shared that they are feeling issues in their eye sight. Whereas most of them (72%) said that they are not nor facing any issues related to eye sight.



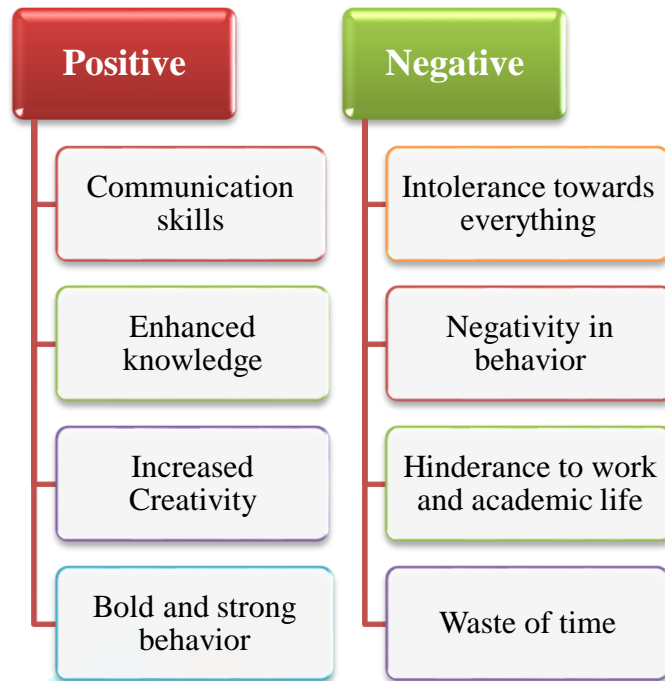
Many respondents (69%) are not prone to headache while few of them respondents (31%) are prone to headache after playing this game for more than their limit or capacity. As this game has become addictive, it disrupts the player's sleeping pattern as well. (37%) respondents have disrupted their sleeping pattern while the rest (63%) respondents have not disrupted their sleeping pattern for the game. The players usually have the same sitting posture for more than half an hour and so there are cases where the players develop a backache. (33%) respondents are having backache after excessive playing while (67%) respondents are not having backache after excessive playing.

Source: Fang, Z. (2009) *The research about the factors of the college students' online games*

### Players views on Positive and Negative effects of PUBG

Everything has its pros and cons and so does this game. Findings reveals that 32% respondents developed communication skills from this game, 5% enhanced their digital knowledge while 42% respondents shared that they have increased their creativity part and 21% respondents said that they have become bold and strong in their behavior.

Respondents think that the game is making them intolerant towards everything and it is affecting them negatively in their behavior, very few consider this game as waste of time.



Source: Griffiths, M. D. (2019) *The therapeutic and health benefits of playing videogames*.

### Suggestive Measures

Results show that players become very aggressive in nature and very moody in their behavior. PUBG is an addictive game and the players find it difficult to resist playing it. It is just a video gaming drug that attracts the players to play it frequently. The players start skipping their meals and sleep. They are prone to many physical and mental issues due to excessive gaming. Low academic performance, aggressive and violent behavior and depression are the biggest challenges today's youth are facing due to PUBG. Parents as well as the gaming development should limit the gaming hours and reduce the limit of the game play. While there should be such mechanisms in the game which make the players less violent and aggressive. The game should also have a format where in if the player has exceeded the game play limit; he/she won't be able to play the game for next 24 hours. The parents should keep a watch and control over their child's playing time and restrict them when it is over limit.

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