

## PUBG Addiction- A Socio-psychological Analysis

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### Abstract

The youth have made online video gaming one of the most popular leisure activities in the globe. Consistently, research has demonstrated that gaming can offer a variety of positive benefits, including therapeutic, medical, cognitive, health, and educational benefits. However, gaming can be problematic and potentially addictive for a small percentage of the population. At the time of writing, Player Unknown's Battlegrounds (PUBG), a "winner-takes-all" team game inspired by the Japanese film Battle Royale, is among the most popular titles. One hundred players are dropped onto a virtual island, where four-person teams fight to the death until only one team remains. It was published officially in December 2017 and is playable on both gaming consoles and smartphones (Quartz India, 2018). It has been downloaded over 100 million times from the Google Play Store (Google Play, 2019) (Mamun & Griffiths, 2021). Addiction is a disorder or disease of the brain that causes recurrent involvement with a substance or any activity, which can have detrimental effects on daily life. Examples of addictions include gambling addiction, sexual addiction, internet addiction, purchasing addiction, video game addiction, food addiction, exercise addiction, and work addiction, among others. The present paper deals with addiction related to the video game that is PUBG addiction based on secondary sources of data collection.

**Keywords:** Brain Disorder, Addiction, Video Game Addiction, Substance, Activity

### Introduction

There are a lot of people all around the world who play video games, and the majority of them do it for fun. While playing these games, however, only a small percentage of people exhibit behaviours that are associated with addictive behaviour. Player Unknown's Battlegrounds, also known simply as PUBG, is a multiplayer online battle game. A subsidiary of the South Korean video game firm Bluehole, PUBG Corporation is responsible for the development and distribution of the game. The game is based on modules that Brendan "PlayerUnknown" Greene had previously developed for other games. These mods were then adapted by the 2000 Japanese into a separate game under Green's creative leadership. Up to one hundred players start the game by parachuting onto an island, where they search for weapons to kill other players while attempting to protect themselves from being killed themselves. After a certain amount of time, the size of the easily accessible safe region of the game's guide begins to decrease. This forces players who wish to continue playing into more tightly packed places in order to participate in increasingly powerful encounters. The

winner of the round is the last player or group still in play. The initial version of Battlegrounds was made available for Microsoft Windows in March 2017 as part of Steam's early access beta program; the game's final version was made available in December 2017. Additional copies of the game were sent by Microsoft Studios for the Xbox One as part of the Xbox Game Preview Program, which was made available to the public in September of 2018. Despite the fact that a port was released for the PlayStation 4, a free-to-play mobile version for Android and iOS was released in 2018. The Battleground stands out among the best-selling and most played computer games of all time. As of June 2018, the game had already sold more than fifty million copies throughout the globe, and its mobile edition boasts a total of more than four hundred million players. Distraction with the internet, spending longer proportions of time online, withdrawal when decreasing internet use, the problem of time management, mood modification through playing a game, etc. are pre-requisite of PUBG addiction.

### Literature Review

(Shoab, 2020)-The purpose of this study was to investigate whether or not addiction to the PUBG video game is associated with narcissistic

characteristics and an increased sense of social isolation in gamers. The information needed for this correlation survey-based research was easily gathered from PUBG gamers (N = 101), whose ages ranged from 13 to 30 years, using an online response approach. In order to evaluate the hypothesis, many measures were utilized. These instruments consisted of the Online Game Addiction Scale (Kim, Namkoong, Ku, & Kim, 2008), the Narcissistic Personality Inventory, and Measures of Social Isolation. According to the findings that were obtained, it was determined that these methods had an extremely high reliability. In addition, the findings demonstrated that an inverse relationship exists between addiction to online games, social isolation, and narcissistic traits among PUBG game users ( $p < .05$ ). It was determined that playing online games has the potential to improve players' social skills and the quality of their interactions with other players, while also assisting players in displaying behaviors and feelings that are inconsistent with narcissistic inclinations. The findings of this study may be helpful for families, friends, instructors, and therapists who work with online gamers. These individuals can use the findings to gain a better understanding of the positive elements of participating in online gaming.

(Yasir & Agus, 2021)- Gaming addiction, game loyalty, and player motivation effect online mobile in-game feature purchases in PUBG Mobile. Surveying 298 Indonesian PUBG Mobile gamers on addiction, social motivation, hedonic motivation, loyalty, and intention to buy in-game features. This study used PLS-SEM to find that (1) addiction to online mobile games had a significant positive relationship with loyalty, (2) addiction and social motivation had a significant positive relationship with intention to purchase in-game features, and (3) hedonic motivation and loyalty had no significant effect. This study provides academic data for video game producers, specifically PUBG Mobile, on online purchase intention marketing elements.

(D'Souza, n.d.)-The study develops and validates a questionnaire to assess PUBG addiction in young adolescents and middle-aged people. Due to easy access and inexpensive internet and unlimited smartphone use, pathological technology use has increased and many growing young minds suffer

from psycho-physiological symptoms. 55 statements were framed and 494 people from various fields and ages were randomly sampled. After face validation, the questionnaire was given to 494 people. After filtering for completeness and unpredictable answers, only 455 responses were used to build PAT. The data were subjected to Factor Analysis, which yielded 7 components: disengagement, lack of control, excessive usage, fixation, distress, escapism, and over excitement & impulsive use. 54.94% of this inventory's variance was explained. Cronbach's reliability test was performed to determine dependability. The entire inventory's alpha value was 0.912, while component alpha values ranged from .501 to .822. The PAT's reliability and validity were confirmed using Pearson's product moment correlation coefficients for item-to-total score correlations. Correlation coefficients between components were highly significant.

(Kulkarni, et al.) (*EBSCOhost* | 152154179 | *Study of Neuroticism, Openness to Experience and Agreeableness between PUBG Addicts and Non PUBG Addicts: A Comparative Analysis.*, n.d.)- This study compares PUBG addicts and non-addicts on neuroticism, openness to experience, and agreeableness. This study compares personality traits in PUBG addicts and non-addicts. This study assumes between-group model. Purposive sampling selected 15–30-year-olds from Nashik, Maharashtra. This study included diverse academic and vocational backgrounds. Pairwise t tests analysed the figures. PUBG addicts and non-addicts have similar neuroticism and openness. PUBG addicts are also less amiable.

(Pawar & Geddugol, 2021)-PUBG attracts kids because it's based on violence, aggression, terror, and more. Descriptive survey research was used for this study. Sangli Miraj Kupwad Corporation Area was selected as study area. 61 of 150 students who played PUBG six months prior were classified as prone or defiantly addicted. Non-random snowball sampling was used to choose survey participants. Thus, the study recommends that nurses, particularly psychiatric nurses, must raise awareness and encourage young people to play healthy outdoor and indoor games.

### *Harmful Effects of PUBG*

- **Violence:** Unlike other video games, PUBG is blamed for being a fierce game by numerous people. Due to this reason, the Chinese government has prohibited this game in their nation. In the same way, in India also, PUBG is banned in many regions of the nation, but unable to ban completely. Unreasonable savagery can trigger forceful feelings, considerations and conduct in the player and this will at least make him a less sympathetic and cause harmful effect on the health of the player.
- **Video game addiction:** Playing too much PUBG reliably keeps you involved, which means the player does nothing useful during this time. Dependence or addiction to video games is not the latest phenomenon. In many countries including India excessive reliance on video games has become a cause of divorces and failure in achieving anything in life.
- **Low level of societal interaction:** As it is already known that most players wasting their whole day playing PUBG which leads to a low level of interaction and cause for less socially active.
- **Harmful effect on physical health:** Simply sitting in one spot and playing PUBG for long hours may harm physical wellbeing. It leads to an adverse effect on eyesight, headache, and other health disorders.
- **Harmful effect on mental health:** The individuals who are dependent on playing PUBG can get mental health problems, such as anxiety issue, loneliness, and less social interaction.
- **Sleeping disorder:** Playing PUBG for long hours can disrupt the sleeping pattern of the players. It makes hard for them to sleep even if they finally decide to go to bed.
- **Adverse impact on routine:** Addiction to PUBG may not permit to do routine responsibilities of the players which may harm their both professional and social life.

### *PUBG Addiction- a Socio-psychological Analysis*

The gaming addiction that is an addiction to PUBG will be examined through its impact on the

social and economic wellbeing of society. A large number of youngsters mostly males in any society spending their huge time playing PUBG that may create a barrier for them in gaining the abilities and capacities that are essential in getting employment in the modern societies. This may in turn cause for the main reason for the problem of unemployment and under-employment in the nation. In the present economic situation, this would undoubtedly be a reason of concern to parents, guardians, teachers, academicians, politicians, and policy-makers. PUBG addiction has not the only effect on economic condition but also on social prosperity of the nation which can be illustrated through the following cases.

- **Case-1:** 20-year-old boy from Jagitial, Telangana passed on while playing PUBG. As per the report, the boy was continually playing the game throughout the last 45 days and suffered genuine neck pain. The boy was taken to a hospital in Hyderabad where he passed on while treatment. Reports recommend that he played the game at a long time because of which the nerves in his neck were harmed.
- **Case-2:** A boy has failed in his I PUC exam after he explained exceptionally 'on the techniques to play PUBG' in the Economics exam answer sheet. Prior the boy had secured highest marks in his 10th exams last year but got dependent on the PUBG he lost the trade. "I was studious, but got attracted towards the game and soon got addicted to it. Sometimes I even bunked classes to play the game and sat in the nearby garden" the revealed to The New Indian Express.
- **Case-3:** A man from Chhindwara in Madhya Pradesh consumed acid confusing it with water, while engaged in the PUBG. As indicated by the report, the boy was so involved in the game that he got the container of acid instead of the water bottle and drank it. He was rushed to the hospital. Now he is out of danger.
- **Case-4:** Two people engaged in playing PUBG were knocked down by a train in Hingoli district in Maharashtra, police said. The incident occurred at Khatkali Bypass in Hingoli, over 570 Kms from Mumbai an

authority said. Nagesh Gore (24) and Swapnil Annapurna (22) were playing PUBG close to railway tracks. They were run over by the Hyderabad-Ajmer train. Their bodies were found late during the night by people living in the locale.

- **Case-5:** The fitness trainer purportedly got addicted to PUBG over a range of ten days prior and in the wake of finishing one of the round, he began hitting himself with blows and was harmed, which brought about him being admitted to the hospital. The patient lost his mental balance said the doctors. The doctor further included that even though he was recognizing people; his mind was extremely, cognizant and still affected by the PUBG game.
- **Case-6:** A 16-yr-old boy, Furkhan Qureshi from Madhya Pradesh killed because of cardiac arrest after spent six hours continuously playing PUBG.
- **Case-7:** A 15-year-old boy from Bhiwandi in Thane district of Maharashtra supposedly murdered his elder brother for scolding him overplaying PUBG on his mobile phone, police said.
- **Case-8:** A 19-year-old married woman needs a divorce from her husband, not on account of any domestic quarrel or dispose of, but because of her massive extravagance in PUBG.

**Conclusion**

It is abundantly obvious that PUBG usage is increasing alarmingly, particularly among younger generations, which may lead to psychological issues, a decrease in sleep quality, a decrease in interpersonal interactions, a decrease in academic performance, etc. Consequently, the bio-psychosocial spheres of these PUBG-addicted individuals are affected, as is their very normal development. Psychologists, educators, and policymakers must carefully plan strategies to combat PUBG addiction in order to improve the futures of those who are severely affected by the problem. Role of family, peer group, teachers are very pivotal to cope with or even prevent video game addiction that is PUBG addiction. Increasing awareness about the adverse

effect of PUBG addiction, build addiction therapy centres, pressure game designer to self-direct and monitor potential addicts on the web, legislation to rudely control the gaming business, smart taxes, and refund policies, etc. are very important suggestions in overcoming the problem of PUBG addiction.

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