

A Study to Assess the Psychological Effects of Battlegrounds India (PUBG) Addiction among Adolescents in Selected School of District Kangra, Himachal Pradesh

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Abstract: *Background of the Study:* Every addiction has its own pain and suffering. PUBG addiction is the problematic, uncontrolled, compulsive playing of PUBG game that results in significant impairment to an individual's ability to function in various life domains over a prolonged period of time. PUBG addiction is the problematic, uncontrolled, compulsive playing of PUBG games that results in significant impairment to an individual's ability to function in various life domains over a prolonged period of time. Violent games like PUBG can trigger aggressive thoughts, emotions, and behaviors, affecting the mental well-being of the players. These can create long-term impressions on the minds of young children. People who game for long hours end up becoming less socially active. Being isolated, even if there is a direct voice connection with friends in the game, is dangerous for our physical and mental health. *Problem Statement:* "A Study to Assess the Psychological Effects of Battlegrounds India (PUBG) Addiction Among Adolescents in Selected School of District Kangra, Himachal Pradesh". *Methodology:* A quantitative research approach and descriptive research design was adopted to conduct the study. The non-probability convenient sampling technique was used to select 100 adolescents of Government Senior Secondary School of Sakoh, Dharamshala. Standardized PUBG Addiction Test (PAT) was used to assess the psychological effects of Battlegrounds India (PUBG) addiction. Analysis of data collection was done in accordance with the objectives of the study and analyzed by using descriptive and inferential statistics. *Result:* Results revealed that 47% of total adolescents had moderate psychological effects, 46% had mild psychological effects, 4% had severe psychological effects and 3% had no psychological effect. In accordance with the socio-demographic variables, the Chi square values showed no significant association between the demographic variables like age, gender, religion, type of family, place of residence, educational status, education of father, and family monthly income, and there was significant association between education of mother ($\chi^2=31.087$) and time duration of playing PUBG per day ($\chi^2=38.256$). *Recommendations:* 1) A similar study can be conducted with a large sample size for better generalization of the findings. 2) A quasi-experimental study can be conducted to assess the effectiveness of video-assisted teaching on the psychological effects of PUBG on the daily lives of the students. 3) A comparative study can be conducted in urban and rural settings. *Conclusion:* The study concludes that most adolescents had moderate to mild psychological effects from Battlegrounds India (PUBG) addiction.

Keywords: Psychological effects: Battlegrounds India (PUBG) addiction