

---

# **A CORRELATIONAL STUDY TO ASSESS PUBG ADDICTION AND LONELINESS AMONG STUDENTS OF SELECTED COLLEGES OF AMRITSAR, PUNJAB.**

**Sukhjit Kaur<sup>1</sup> Dr. Monika Dogra<sup>2</sup>**

<sup>1</sup>Tutor at College of Nursing, Govt. Medical College, Amritsar.

<sup>2</sup> Professor Mental Health (Psychiatric) Nursing, Khalsa College of Nursing, Amritsar .

Date of Submission:

Corresponding Author: Sukhjit Kaur; Email: [Kanwarpalsinghgoraya@gmail.com](mailto:Kanwarpalsinghgoraya@gmail.com)

Subject: Mental Health(Psychiatric) Nursing

## **ABSTRACT**

Player Unknown's Battlegrounds, popularly known as PUBG is one of the most addictive game around the world. The time they should spend most with their family and friends is taken away by addiction to this game which can lead to loneliness. Furthermore, loneliness is not only the consequence of gaming addiction but also the cause; there is a possible reciprocal relationship.

The aim of present study was to assess PUBG addiction and loneliness among 220 college students of Khalsa College, Amritsar, Punjab and CKD Institute of Management and Technology, Amritsar, Punjab. The non-experimental correlational research design and Purposive sampling technique was used to select sample. The tool included socio-demographic profile, PUBG Addiction Test and UCLA Loneliness Scale. Analysis of the data was done by using descriptive and inferential statistics. The findings of study revealed that little less than one tenth (7.3%) of college students were definitely addict and one tenth (10.5%) of college students had severe loneliness and there was a very weak but negative correlation ( $r = - 0.045$ ) between PUBG addiction and loneliness. Occupation of mother showed highly significant association with PUBG addiction ( $\chi^2=26.8$ ,  $p < 0.001$ ).

Key words: *PUBG addiction, loneliness, college students.*

## **INTRODUCTION**

In recent years, it has been recognized that addictions are not limited to behavior generated by the uncontrolled use of substances. In certain circumstances, there are seemingly harmless behavioral habits that can become addictive and seriously interfere with the daily lives of those affected individuals. Likewise gaming disorder has recently been included in the beta version of the International Classification of Diseases of the World Health Organization.<sup>1</sup>Gaming disorder is

simply defined as a pattern of persistent or recurrent gaming behavior manifested by impaired control over the onset, frequency, intensity, duration, termination and context etc.<sup>2</sup>

Today's adolescents are spending too much time in playing game certainly cause problems in other daily life activities and results in negative outcomes.<sup>3</sup> This has raised concerns among policy makers, scholars and the general public. Recently, many researchers concentrate on the more negative aspects such as excessive play and addiction of adolescents' computer game playing.

However, the loneliness, which is one of the important subcategories of internet addiction and a predictor of pathological internet use, has been found to be one of the essential predictor of game addiction.<sup>4</sup> Loneliness is a multifaceted phenomenon, often characterized by an unpleasant, painful, anxious yearning for another person or persons. This experience has become an increasingly common problem for millions of people.<sup>5</sup> Loneliness is not only the cause of online gaming but also the consequence; there is possible a reciprocal relationship. Instead the substitution for interpersonal interaction in real life may exacerbate the deterioration of existing relationship, thereby increasing loneliness.<sup>6</sup>

## **NEED OF THE STUDY**

Despite the popularity of online gaming in India, there have been no dedicated studies on the negative psychosocial impact of excessive gaming. Many studies have reported problematic internet use or internet addiction but with little or no information on Indian gaming except to say that gaming comprised one of the applications used among those experiencing problematic internet uses. While there are a few case studies that accounts of problematic gaming, there have never been any published cases in the health sciences literature involving Indian gamers. Therefore researcher decided to conduct a study on the relationship between PUBG addiction and loneliness.

## **PROBLEM STATEMENT**

A correlational study to assess PUBG addiction and loneliness among students of selected colleges of Amritsar, Punjab.

## **GENERAL OBJECTIVE**

To assess PUBG addiction and loneliness among college students.

## **SPECIFIC OBJECTIVES**

1. To assess the level of PUBG addiction among college students.
2. To assess level of loneliness among college students
3. To correlate the PUBG addiction and loneliness among college students

4. To determine the association of PUBG addiction with selected socio demographic Variables.
5. To determine the association of loneliness with selected socio-demographic variables .
6. To develop and distribute informational guidelines on prevention and management of PUBG addiction.

### **OPERATIONAL DEFINITIONS**

**PUBG ADDICTION:** It is a condition of obsessive, compulsive and excessive use of PUBG causing distress, health and interpersonal problems. It was measured by using PUBG Addiction Test.

**LONELINESS:** Loneliness is a subjective feeling of being alone and absence or perceived absence of satisfying social relationships. It was measured by using UCLA Loneliness Scale.

### **DELIMITATIONS:**

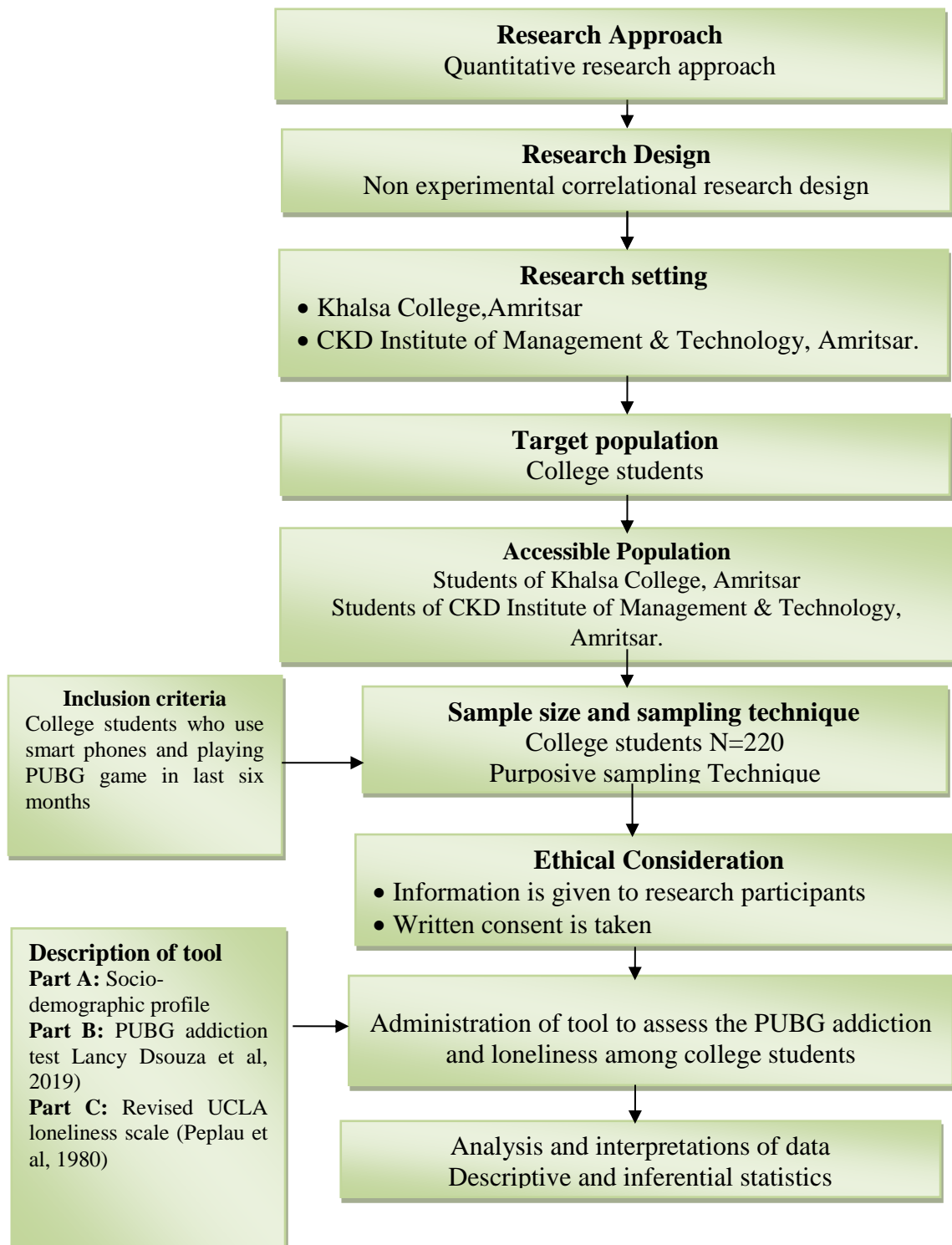
The study was delimited to those students:

- Who were using smart phones and have installed PUBG game.
- Studying in selected colleges of Amritsar.

### **ASSUMPTIONS**

- Students with PUBG addiction are more likely to suffer loneliness.

### CONCEPTUAL FRAMEWORK



**Figure 1: Schematic Diagram of Research Methodology**

---

## REVIEW OF LITERATURE

A comparative study was conducted to assess the extent of PUBG addiction among 162 Indian and 210 Tibetan students by using purposive sampling techniques. The data was collected using PUBG Addiction Test (PAT). It measured addiction in seven factors-disengagement, lack of control, excessive use, obsession, distress, escapism and over-enthusiasm and impulsive use. The results revealed that 7% of the total sample selected was definitely addicted to PUBG, 36.8% of them were addict prone, 46.5% were average addict, 8.5% of them were low end users and remaining 0.4% of them were minimal users of PUBG. Tibetan students were more addicted to PUBG than Indian students and female students had higher addiction than male students. In most of the components and total PUBG scores, Tibetan students had higher scores than Indian students. The study concluded that nearly two fifth of students were having higher level of addiction.<sup>7</sup>

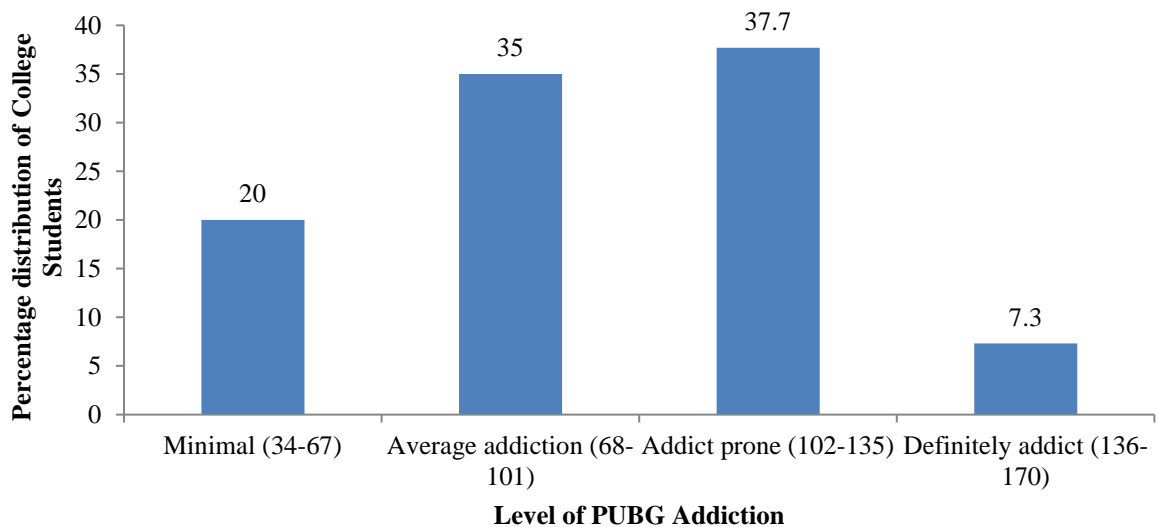
An exploratory study was conducted to find the addiction of PUBG and its health issues among 158 youth of Erode city, Tamil Nadu using random sampling technique. The data was collected using Google online questionnaire and interview method. The findings indicate that 75.9% respondents were males, 65.2% were using android mobile, 39.2% of respondents were used to play for 4-7 hours, 49.4% of respondents are in enjoyment mood while playing and 44.9% of respondents said that PUBG game moderately affected their health. In questioning about the impact of PUBG game on health, getting frustrated on not being able to finish PUBG game was rank 1(28.40%) statement, while about the rate of impact of PUBG game on individual life, losing my interaction with family members was rank 1 statement (28.35%).The study concluded that respondents were playing PUBG for entertainment but on the other hand, were getting some health issues when playing excessively.<sup>8</sup>

An exploratory study was conducted to assess association of Internet Gaming Disorder symptoms and life satisfaction among 2345 adolescents (12- 20 years) school students and 43 patients with Internet Gaming disorder in adolescents mental care centre in Paris, France by using purposive sampling technique. The data was collected using life satisfaction scale and Game Addiction Scale for adolescents (GAS), Adolescent Depressive Rating Scale and The Liebowitz Social Anxiety Scale. The findings indicated that 516 school adolescents were having internet gaming disorder symptoms which were significantly related with decreased quality of life ( $r = 0.405$  at  $p < 0.05$ ). Hence the study concluded that gaming disorder continuously on rise, which led students to excessive use, preoccupation, compulsive use, reduced functioning in social relationships and ultimately loneliness.<sup>9</sup>

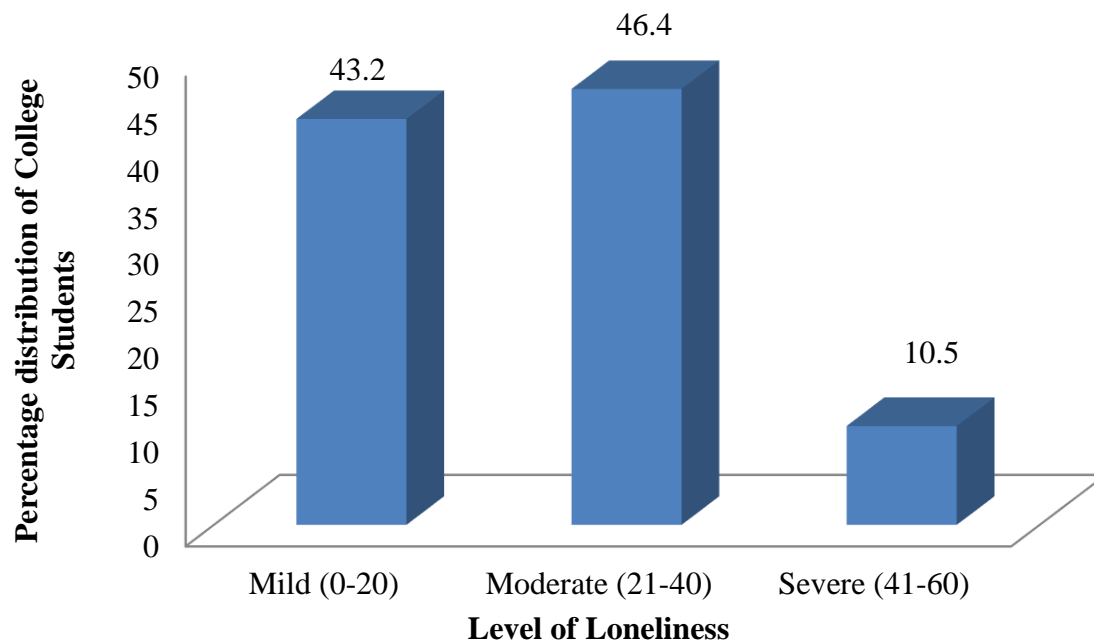
## ANALYSIS AND INTERPRETATION

### MAJOR FINDINGS

It shows that little less than one tenth (7.3%) of college students were definitely addict.

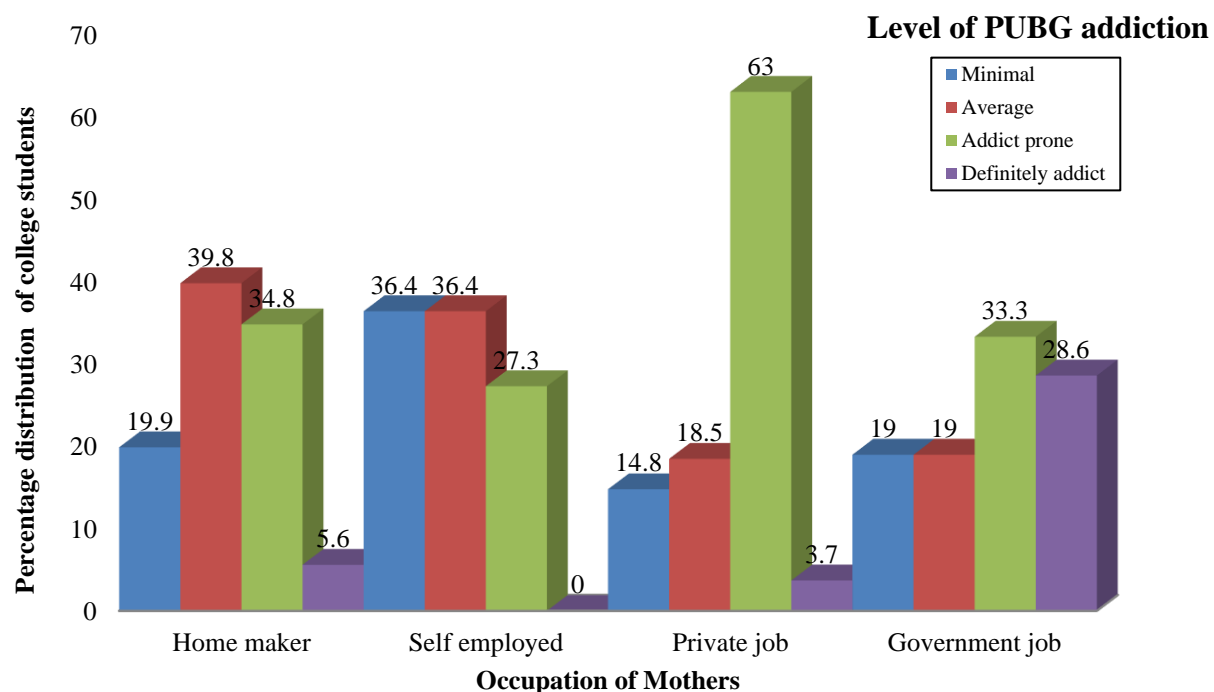


**Figure 2: Percentage distribution of college students according to level of PUBG addiction.**



**Figure 3: Percentage distribution of college students according to level of UCLA loneliness scale.**

It shows that one tenth (10.5%) of college students had severe loneliness. The coefficient of correlation of PUBG addiction and loneliness was calculated using Karl Pearson correlation coefficient formula and very weak but negative correlation ( $r = -0.045$ ) between PUBG addiction and loneliness was found. The level of PUBG addiction and occupation of mother were found to be statistically highly significant associated. ( $\chi^2 = 26.86^{***}$ ,  $p < 0.001$ ). Hence, it is concluded that there is association of PUBG addiction among college students with Occupation of mother.



**Figure 4: Percentage distribution of college students in terms of level of PUBG addiction according to Occupation of Mothers of College Students.**

## DISCUSSION

**Objective 1. To assess the level of PUBG addiction among college students.**

The present study reveals that nearly one tenth (7.3%) of college students were definitely addict and more than one third (37.7%) were addict prone. Among rest, 35% were having average addiction. This finding was supported by the results of a study to assess the extent of PUBG addiction among 162 Indian and 210 Tibetan students in India. The results revealed that 7.7% of the total sample selected was definitely addicted to PUBG, 36.8% of them were addict prone and

46.5% were average addict.

**Objective 2: To assess the level of UCLA Level of loneliness among college students.**

According to results of present study one tenth (10.5%) of college students had severe loneliness. This finding was supported by a cross-sectional survey research to assess factors influencing feelings of loneliness among 481 higher education students in Netherlands. The results revealed that 22.5% of participants felt severe and very severe loneliness, participants who were dissatisfied with social network were 7.6% lonely and the male who had more negative self -image had 1.125 times more odds on loneliness than females with more positive self image.<sup>10</sup>

**Objective 3: To correlate the PUBG addiction and loneliness among college students.**

The present study reveals a very weak but negative correlation ( $r = -0.045$ ) between PUBG addiction and loneliness was found. The findings of present study were contraindicated by an exploratory study conducted to explore relation between computer game addiction and gamers' psychological functioning among 2734 individuals (mean age =23.06 years; SD= 5.91) in Germany using purposive sampling. The results indicated a weak positive and significant relationship ( $r = 0.16$ ) was found between loneliness and computer game addiction.<sup>11</sup>

**Objective 4: To determine the association of PUBG addiction with selected sociodemographic variables.**

In order to explore the association of PUBG addiction with selected sociodemographic variables of college students, chi -square was computed and findings depicted non-significant association except the level of PUBG addiction and occupation of mother ,where findings determined statistically highly significant association ( $\chi^2 = 26.86^{***}$ ,  $p < 0.001$ ). Similar findings were given by a correlational study that was done to propose a structural model of relationships between parenting styles, mother's occupation status and addiction to computer games, self -control and educational progress of secondary school students . The study revealed that mother's employment has a significant positive ( $r = 0.39$ ,  $p < 0.01$ ) relationship with addiction to computer game addiction.<sup>12</sup>

**Objective 5: To determine the association of Loneliness with selected socio demographic variables.**

In order to explore the association of Loneliness with selected socio-demographic variables of college students, chi-square was computed and findings depicted non significant association to all variables.

## IMPLICATIONS

Teaching learning activities should include health education on negative effects of PUBG

addiction. Nursing students should be motivated to go for more research in the area of PUBG addiction and loneliness and how does PUBG addiction effect loneliness and different strategies to tackle PUBG addiction among youth. A nurse counsellor / nurse specialist needs to work for guidance and directing the students for proper use of mobile phone and avoid PUBG addiction.

## LIMITATIONS

The limitation of the present study was lesser availability of students due to optional offline classes as per government guidelines due to COVID-19.

## REFERENCES

1. Vega Gonzalez Bueso & et al .Internet Gaming Disorder in Adolescents: Personality, Psychopathology and Evaluation of a Psychological Intervention Combined with Parent Psycho education. *Front Psychol* [serial online].2018 [Cited 2020 Feb 13]; 9(787). doi: 10.3389/fpsyg.2018.00787. Available from: <http://www.resereachgate.net>
2. World Health Organization. Addictive behaviours: Gaming disorder [document on internet]. Zenva [updated 2018 Sept 14; cited 2021 Jan 19]. Available from: <http://www.who.int/news-room/q-a-detail/addictivebehaviours-gaming-disorder>.
3. Wikipedia. Video game [document on internet]. [Cited 2020 Dec 24]. Available from: [https://en.wikipedia.org/wiki/Video\\_game](https://en.wikipedia.org/wiki/Video_game)
4. Hiilya KOK EREN, Ozlem Orsal .Computer Game Addiction and Loneliness in children .*Iranian Journal of Public Health* [Serial online]2018.[ Cited on16Jan 2020];47[10]:1504-1510.Available from [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov).
5. James J.Ponzetti Jr. Loneliness among college students. *Family Relations*.[serial online].1990[cited on 22 Jan 2020]; 336.Availablefrom: <http://www.ncbi.nlm.nih.gov.com>
6. Jin -Liang Wang, Jia -Rong Sheng and Hai-Zhen Wang. The Association between Mobile Game Addiction and Depression, Social Anxiety and Loneliness. *Front Public Health* [serial online].2019[cited 2020 April 2020]; 7(247). Available from: <http://www.frontiers.in.org>.
7. Lancy D'Souza, Penpa Dolma. Extent of PUBG Addiction among Indian and Tibetan students :A Comparative study .*The International Journal of Indian Psychology*[serial online].2019[cited 30 Jan 2020];10(5):35-47.Available from :<http://www.ijip.in>.
8. Aggarwal Akhil, Rohiwal Ashita, Sharma Himanshu, Khandelwal Priyanshi, Sharma Dhaneshwar, Trehan Devika. Study of PUBG's Addictive gaming habit among Indian youth. *IJBMI* [serial online]. 2020[cited 2021.Feb 2];9(5):27-35. Available from

<http://www.ijbm.org>.

9. Phan Olivier, Prieur Constance, Celine Bonnaire, Obradovic Ivana. Internet gaming disorder: Exploring its impact on satisfaction in life in PELLLEAS adolescent sample. IJERPH [serial online].2019[cited 2021 Feb 22]; 17(3). Available from <http://researchgate.com>
10. Pipers Joyce. Loneliness among students in higher education: Influencing factors.VU University [serial online].2017[Cited 2020 Mar 20]. Available from : <http://www.huisartsenamsterdam.nl>
11. Heiden Juliane M. von der, Braun Beate, Muller Kai W, Egloff Boris. The association between video gaming and psychological functioning. Front. Psychol [serial online]. 2019[cited 2021 Feb 12]; 10(1731). Available from <http://www.frontiersin.org>
12. Yasamin Abedini, Eshrat Zamani, Rajabizadeh Ghadratollah. Impact of mothers' occupation status and parenting styles on levels of self-control, addiction to computer games and educational progress of adolescents. Addict Health [serial online].2012[cited 2021 Jan 22]; 4(3-4): 102-110. Available from <http://www.ncbi.nlm.nih.gov>