

Not Be Allowed to Play PUBG

◆ **The Adverse Impact of PUBG on Students**

PlayerUnknown's Battlegrounds (PUBG) has gained immense popularity among students. However, its addictive nature and negative effects on academic performance, mental health, and social behavior raise concerns. Given these issues, students should not be allowed to play PUBG, as it hampers their overall development.

◆ **Declining Academic Performance**

PUBG can significantly affect students' academic achievements. The game demands continuous engagement, leading to excessive screen time and reduced study hours. Many students prioritize gaming over homework, assignments, and revision, resulting in lower grades and poor classroom performance. Additionally, sleep deprivation due to late-night gaming sessions affects concentration and memory, making it difficult to grasp academic concepts.

◆ **Negative Psychological Effects**

Excessive gaming, particularly violent games like PUBG, can lead to psychological issues such as stress, anxiety, and aggression. Students who play for long hours often show signs of irritability and impulsive behavior. Furthermore, exposure to violent content may desensitize young minds to aggression, leading to behavioral problems. Addiction to PUBG also contributes to social withdrawal, where students prefer gaming over interacting with family and peers. A study by psychologists highlights that excessive gaming can rewire the brain's reward system, making students more prone to compulsive gaming behavior. Including specific statistics or studies would enhance credibility.

◆ **Impact on Physical Health**

Playing PUBG for extended periods leads to a sedentary lifestyle, which can result in obesity, poor posture, and weakened eyesight. Lack

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of physical activity increases health risks such as heart problems and weakened muscles. Moreover, continuous screen exposure can cause digital eye strain, headaches, and disrupted sleep patterns, all of which negatively affect students' well-being. Health professionals have warned that prolonged screen time can contribute to chronic fatigue and increased risk of metabolic disorders in children and teenagers. Additional expert insights could further validate these claims.

◆ **Promotion of Violence and Lack of Discipline**

PUBG revolves around survival in a violent virtual environment, where players engage in combat and killings. Prolonged exposure to such content can lead to aggression and a lack of discipline. Students may struggle to differentiate between virtual and real-world ethics, leading to inappropriate behavior. Moreover, excessive gaming can diminish patience and tolerance, crucial qualities for academic and personal success.

◆ **Financial and Social Consequences**

The game includes in-app purchases that encourage students to spend money on skins, weapons, and other virtual assets. Many students, driven by peer pressure, end up misusing their pocket money or even resorting to dishonest means to make purchases. Furthermore, PUBG fosters unhealthy competition, where students may become obsessed with rankings and achievements, overshadowing real-life responsibilities and relationships. Financial irresponsibility at an early age can lead to long-term issues with money management.

◆ **Decreased Focus and Productivity**

Students who spend excessive time playing PUBG often struggle with reduced focus and productivity. Their ability to concentrate on academic tasks diminishes, leading to incomplete assignments and missed deadlines. Additionally, frequent gaming sessions can reduce attention

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spans, making it difficult for students to engage in meaningful learning activities.

◆ Counterarguments and Rebuttal

Some may argue that PUBG enhances strategic thinking, teamwork, and stress relief. However, while moderate gaming may offer such benefits, students often struggle with self-regulation, leading to addiction.

◆ Parental Concerns and Educational Policies

Parental guidance and institutional efforts are necessary to prevent students from falling into gaming addiction and to promote healthier lifestyle choices. Government regulations in some countries have even led to restrictions on gaming hours for minors, reinforcing the urgency of addressing this issue.

◆ Encouraging Alternative Activities

Schools and parents should promote extracurricular activities that enhance skills, teamwork, and overall personality development. Introducing gaming-free hours at home and school can help students regain focus on academic and personal growth.

◆ Conclusion

Considering the numerous negative effects of PUBG, it is evident that students should not be allowed to play the game. It hampers academic performance, affects mental and physical health, promotes violence, and leads to financial issues. Schools, parents, and policymakers must take strict measures to limit access to such games and encourage healthier alternatives for entertainment. Prioritizing education, discipline, and overall well-being is essential for students to achieve long-term success.