



PUBG ADDICTION

Going out, getting involved in outdoor activities, interacting with peers of same age group all are good for physical and mental well-being. But nowadays most of the kids and teens tend to spend their leisure time by playing online games. Playing online games have many advantages like it improves concentration, problem solving skills, enhances memory etc., but it can lead to online gaming addiction if it is not controlled. On the other hand it is not a wise choice by parents to keep their children completely away from mobile phones and Internet as it could make them isolated and more adamant about finding ways to use mobile phones and internet.

The proliferation of the internet-based services has given rise to habits like browsing social media feeds without paying attention to what is happening around you and intermittently checking the app to latest updates and feeds. Giving your child a smart phone is like giving them a gram of cocaine. Spending time on various social media platforms is being considered to be just as addictive as drugs, so parents and school teachers need to be aware of online gaming addiction and should monitor their children's online activities.

Many popular and online games tend to make young children and teens addictive. In recent times PUBG has gained popularity.



PUBG Mobile a new online game has ported over from PC to Android and iOS devices

In PUBG, You are one among 100, who parachutes down to an island scattered with weapons and other equipment. Once you land, you scramble for weapons and then kill everyone else in an ever shrinking map to be the last man standing. The game can be played solo, with two players and with a four-member team. Essentially, PUGG Mobile is the big push mobile gaming. Games like PUBG reward you with in-game goodies the more you play. You essentially start off with a pair of boxers and the more you play, the more well-dressed you are in-game avatar looks. You can also customise other things in the game that's used by all the players to prove your dominance.

Playing games may be best way of entertainment. But it may end up being addicted.

Effects of PUBG Addiction, Look for these symptoms in your child:

The symptoms are actually quite common.

- There will be an inherent change in behavioural pattern that manifests due to a strong association to PUBG gaming
- An Increased priority to gaming can be seen over other activities, and continuation of gaming despite negative consequences.
- You eventually are drawn towards performing better and better than others.
- Change in Sleep patterns.
- Health issues like headache and eye pain
- Loss of interest in studies and loss of memory power
- Loss of interest in real world relationships



Few measures to get rid of PUBG Addiction for children

- **Stop playing and Stay focused and be strong** to face the psychological battle against temptations and the exercise of discipline. Get engaged in any physical activity or hobby of your interest.
- **Find better ways of entertainment;** think about the valuable TIME that it doesn't come again.
- **Value your health;** be involved in gaming only to the level that it doesn't harm your health.
- **Spend time with your family** members and friends; it is better than anything else.

- **Find a distraction or goal worthy of your attention.** Think about getting a good record for your studies.
- **Learn how to manage your time and prioritize your life events,** so that you give time to high priority things before you can play.
- **Stop discussing,** Avoid talking about it with your friends
- **Stay away from video suggestions of PUBG on YouTube and social media;** otherwise it will drag you back on the same track

Here are a few important tips for parents to monitor children without being hated in return:

It is impossible to keep children away from online gaming, social media and mobile phones, but we can restrict their usage to a fair quota, depending upon the child's age. Parents should reassure children that they are not being condemned. Parent should be take extra care in dealing with the issues regarding their children's gaming behaviour and should be able to address affectionately and in a calm and composed manner.



- ⦿ *Have restricted time for playing online games depending upon the child's age*
- ⦿ *Do not use mobile phones and games to keep your child occupied*

As parents try to encourage use of technology in a positive way and they also need to ensure that the online games and activities that children are involved are age-appropriate. Parents themselves need to ensure that their kids are consuming only positive content. Keep a track of the web history to check the sites he or she visits. Keep track of any change in behaviour like declining grades, social withdrawal, giving up hobbies etc. Getting involved with children and playing with them can help you to keep track of your child's interests and help steer them towards positive use of technology and internet. Parents should keep an eye on the types of games their kids are playing and discourage them from mortally harmful games.



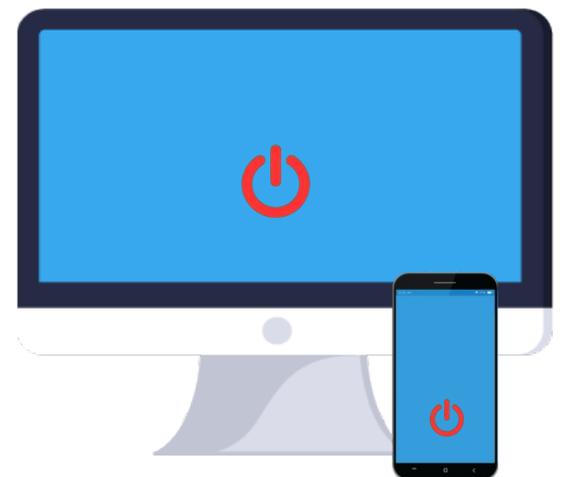
- ⦿ *Engage your children in positive and age appropriate gaming and other activities*
- ⦿ *Keep track of types of games your children are playing*
- ⦿ *Be vigilant towards any change in behaviour*

Game-based learning, which is now being taken up by many tech companies bring kids into an educational atmosphere along with the fun of gaming and divert them from harmful gaming practices. Beyond that, we also need to teach children to take responsibility by themselves. Forced methodology never work with children. It is better to choose an authoritative parenting style where as a parent; you define the norms and make them self-responsible. Also guide your child to make decisions make them understand the pros and cons of the decisions that they make and allow them to choose by themselves. All game consoles, smartphones, and tablets come with some form of parental controls. You can use these to restrict children from making purchases, limit use times and even prevent games that are not age appropriate.



- Encourage Game-based learning
- Encourage kids to be self-responsible
- Make use of Parental controls available.

Plan for 'Digital Detox Day', once in two week where on that day it will be no access to any type of digital device like smartphones, computers and this rule is equally applicable to both parents and children. Parents can plan variety of other entertaining activities such as cycling, playing cricket etc., Moreover, children tend to follow what their parents do rather than doing what their parents tell them to do. So, parents need to be good role models for their kids. If children watch their parents absorbed in their smartphones, they will also try to mimic the same behaviour. Sit with your kids introduce them the various ways of having fun. Show them how their lifestyle has changed due to gaming addiction and how they can get rid of.



- Plan a 'Digital Detox Day'
- Set the right standard as kids emulate their parents

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