THE DILEMMA OF TECHNOLOGY: A STUDY OF THE ADVERSE EFFECTS OF ONLINE VIDEO GAMES ON PLAYERS

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Article history:		Abstract:
Received:	22th March 2021	Video game usually involves the interaction of player with an input device like controller, keyboard or other display device to generate visual feedback on a video screen. Online video games are played on specialized electronic devices like computers or mobile devices or other display screens. In this context, the intendent study is an attempt to investigate the adverse impacts caused by online video games. The study is framed under qualitative research design following and adopting the qualitative method for data collection and analysis. It was conducted in Thana and Khanpur cities of Malakand Division in Khyber Pakhtunkhwa because of existence of issue. Interview guide is used as the tool for data collection where face to face interaction was made with the respondents and data is collected in the form black and white (pen and paper). A total of 9 interviews are conducted from respondents who were involved in online video games. The data is translated, transcribed and themes are drawn accordingly followed by discussion and further analysis. The finding derived in the study showed that online video games have negative social, psychological and religious impacts on players and also have effects on their academic performance. The study recommends that the parents and educators should aware the children, teenagers and adults about the proper use of electronic gadgets.
Accepted:	6th April 2021	
Published:	22th April 2021	

INTRODUCTION

The portrayal of the video games within the public eye has changed to a great extent. What began as a little two-colored game called pong and odyssey game in the 1970s has now changed into attractive and bustling industry with variety of video games that are so graphically advanced that it becomes difficult to differentiate between the game image and the real pictures. (Redmond, 2010). Video games are defined as interactive electronic games which aim primarily to entertain players. It enables players to access virtual environments, 2D or 3D, within specific rules and conditions that vary from game to game. (Esposito, 2005) defines video game as a game which we play on electronic devices having computing capabilities like input devices (Controllers, mouse, keyboard etc.) and the output devices (Screen, loudspeakers etc.) and the game is based on a story. Due to continuous growth and development in entertainment technology it is now indispensable in our daily lives. Smart phones, iPad and tablets, virtual reality worlds and other handheld devices are the recently developed technologies for playing video games.

The popularity of games has reached to remarkable proportions. Games have grown during recent years as a popular entertainment from a wide variety of games to a large consumer group spreading across the world. Due to the large consuming group it is now a challenge to the companies and the experts to produce new games, therefore,the videogame industry growth is accelerating. The number of games produced every year makes playing game as one of main daily activities not only to children but also to adult. Some videogames have become so realistic and can emulate the real life in such a realistic manner that attracts the users to spend their free time, and often a large part of time in general, in virtual space (Ruzic-baf, Strnak&Debeljuh, 2016.).

The video game industry is now more than 40 years old and is a part of our culture for about 20 years.The availability of new information and communication technologies to an increasingly younger population, the constant availability of the Internet and the opportunity to search information, to create new types and models of communication and choice of other well-designed applications, especially video games, in particular in the last decade, caused a real "gaming boom" among almost all age groups. Computers, Smartphones and Tablets are available to a

growing number of children and youngsters. It is almost unacceptable that a first grade going child will not have a smart phone or will not understand how to use the electronic gadgets. Not only children but also the adults are also gratified by playing videogames.

By playing video games for several hours a day either by a child or an adult its concerns are increased. Addiction to video games among the new generation of youngsters is recorded by many studies. This new types of addiction leads to change the assumptions about video games to be just for entertainment or for time-consumption. Similarly, video games have been studied by many researchers in the field of Computer science, Psychology, education and Youth studies. These studies also investigated whether the video games have an effect on the player behaviors and emotions. (Quwaider, Alabed&Duwairi, 2019.).

STATEMENT OF THE PROBLEM

Online video gaming is popular all over the world and people irrespective of their age, gender, location and race are involved in playing some kind of online games. More and more people are using internet now a days and directly face video games. Gough (2020) showed the figures that there were almost 1.5 billion gamers in Asia region, making it the largest region for video gaming worldwide. In total there were an estimated 2.7 billion gamers across the globe in 2020. Due to the large scale use of video games it is now necessary to study its impacts on humans. A huge number of online and offline video gamers are present in Pakistan. The recent ban on PUBG mobile in Pakistan showed its high number of users in Pakistan, as they started protesting in order to unban the game. Many gamers who were financially strong they filed cases against the ban and also set a trend of more the one million tweets on social networking service Twitter in order to lift ban on PUBG. Therefore, Many researchers have conducted studies on problems caused by video games. Shahbaz, khan and Rasul (2019) concluded that Video-Gamers with excessive video gaming have a higher level of aggression and lower cognitive ability and found high among males than females. Quwaider et al (2019) they conclude that the video games have impact on the player personality, like emotions, reflexes, behaviors, motivations, needs, thinking way and approach internal and external situations. Similarly, many other studies have concluded that online video games have variety of impacts on player's behavior, emotions and personality. Our study aims to identify the Socio-cultural and psychological impacts of online video games and also its impacts on academic performance.

RESEARCH METHODOLOGY

Qualitative research is a type of social science research that collects in-depth perceptions and descriptions and works with non-numerical data, that seeks to explain and interpret meaning from these data that help understand social life through the study of targeted populations (Crossman, 2020). Hence, the nature of this study was also Qualtitative, where the data has been analysed in the form of data transcription. The study was carried out in Thana and Khanpur cities of Malakand Division, Khyber Pakhtunkhwa, Pakistan. The samples/respondents were selected through convenient sampling technique. Such technique gives us the freedom and opportunity to select the relevant samples out of many. In this context, those respondents were selected who were frequently involved in online video games. The data was collected through interview guide, where the basic themes were taken to the respondents and were thoroughly discussed after building a rapport with them and all were interviewed in a face to face interaction.

RESULTS AND FINDINGS

All the collected data is based on the interviews and observations. Extensively, it will concentrate on describing as well as discussing social, psychological and religious impacts caused by online video games and also its effects on the academic performance. Findings and analysis are presented under different titles in order to avoid any confusion.

GENERAL INFORMATION/KNOWLEDGE:

Q 1: Why do you play video games?

"I play video games for entertainment (Z22-PUBG)"

"I play video games for enjoyment (J24-PUBG)"

"I play video games just for entertainment (Y21-GTA)"

"I play video games for mind refreshment and to get skills in the game (K23-SS)"

"I play video games for entertainment (U23-NFS)"

"I play video games for fun (S22-PUBG)"

"I play video games for entertainment (W20-PUBG)"

"I play video games because it enhances my skills of observation, it develops complex problem solving skills and the ability to deal with the unexpected situations (H23-PUBG)"

"When I have free time then I just play video games (S24-PUBG)"

Majority of the respondents said that they play video games just for entertainment and enjoyment. A respondent also argued that he plays video games because it helps in developing complex problem solving skills and also enhance the skills of the game. From the feedback of the respondents we can conclude that majority of the youngsters play video games for entertainment and avoid other productive activities of entertainment such as sports etc.

A person playing online video games all the time leads to addiction and affect their behavior negatively. Excessive playing games also have effects on the physique of the players.

Q 2: What is your all-time favorite video game? Why is it favorite to you?

"My favorite game is "Players unknown battle grounds Mobile" (PUBG). It is my favorite because it is more realistic and multi-player game (Z22-PUBG)"

"My all-time favorite games are Grand Theft Auto (GTA) and PUBG Mobile. I like these games because of the good graphics (J24-PUBG)"

"GTA V is my favorite games because it is full of suspense and action game (Y21-GTA)"

"My favorite video game is Subway surfer and 8 Ball Pool. It is my favorite because there is a continuous struggle and to achieve game points (Coins & Gold) in harsh conditions (K23-SS)

"My favorite game is "Need for speed most wanted". It is my favorite because it relates to criminal activities (U23-NFS)"

"My favorite online video game is PUBG mobile, it is my favorite because I can interact with my friends within the game (S22-PUBG)"

"PUBG mobile is my favorite because it is more realistic multi-player online video game (W20-PUBG)"

"My favorite video game is 8 Ball pool and PUBG. These are my favorite because I can play these games with friends and it make me feel relaxed (H23-PUBG)"

"Players unknown battle ground (PUBG) is my favorite video Game, it is my favorite because of its graphics and music (S24-PUBG)"

Majority of the respondents play Players Unknown Battle Grounds (PUBG) mobile version. PUBG is their favorite because it gives them more realistic experience. A respondent said that it is a multiplayer online video game where we play with our friends and interact with them within the game. A respondent viewed about his favorite game GTA that it contains criminal activities which he likes the most.

Players Unknown Battle Ground lies in the category of massively multi player online video game. A single session of this game or the completion of this game takes 30 minutes. It contains fire arms, like assault rifles, grenades and other violent weapons which the players use to kill their opponents in order to win the game. As we have conducted our study in the Pakhtun society of Pakistan so it is not only the graphics and realness of the PUBG but also the due to the Pakhtun's traits, values and their culture. Pashtuns are known for bravery, defending their land and honor and due to the availability of the firearms in Pashtun culture, therefore most of the youngsters are attracted towards this game as we can see the majority of the respondents are playing Players Unknown Battle Ground (PUBG).

Q 3: what game-playing devices do you currently own?

"I used to play on computer but after PUBG mobile I bought IPhone 8plus mobile phone (Z22-PUBG)"

"I play on Mobile phone and also on Personal computer (J24-PUBG)"

"I currently own PlayStation worth of 72000 rupees(Y21-GTA)"

"I play on my Android Phone (K23-SS)"

"I used to play on PC, now I use Mobile phone for gaming (U23-NFS)"

"I play video games with my phone (S22-PUBG)"

"I play on IPhone 8 mobile phone (W20-PUBG)"

"Currently I have mobile phone and personal computer PC for games (H23-PUBG)"

"I play on my mobile phone (S24-PUBG)"

Most of the respondents play on smart phones and a few play video games on personal computer. Due to the cheap rates of the smart phones and easy access more and more people are getting addicted to online video games. Almost every teenager and adult holds a good Smart Phone and everyone have easy access to the internet hence they directly face video games.

Q 4: How often do you play video games and for how long do you play in a single session? "Mostly I play it night. In a single session I play for 4 to 5 hours and sometimes more than 5 (Z22-PUBG)"

"I play whenever I am free. A single session of playing games are 3 to 4 hours(J24-PUBG)"

"Mostly I play games at night time. Mostly I play for 3 hours for the completion of session(Y21 GTA)"

"When I get bored from studies then I play video games. I do not have any specific time I just play randomly (K23-SS)"

"Mostly I play at day time for three or four times/sessions and in a single session I take 40 minutes(U23-NFS)"

"I often play 3 to 4 times a day which takes 3 to 4 hours (S22-PUBG)"

"I do not have any specific time to play I just play when I am free. The total playing hours exceeds from 4 to 5 hours (W20-PUBG)"

"I play games mostly 4 to 5 hours daily and in one session I spend up to 1 hour but that is not the exact time sometimes I play for more than one hour in a single session (H23-PUBG)"

"I spend 2 3 hours on games per day. A single session is up to 1 hour (S24-PUBG)"

The majority of the respondents spend more than 4 hours on video games and even some spend more than 4 hours. PUBG is one of the leading game on which youngsters spend most of their time.

The American academy of pediatrics suggests 2 hours for playing video games, exceeding from 2 hours may lead to serious problems. Here the players are spending most of their time on playing games which ultimately is time killing and waste of time. Here in our study most of the respondent spend 3 to 4 hours even some of them play whole night so we can conclude that these players are addicted and also experience sleeping disorders and the long term addiction leads to obesity and weaknesses.

PSYCHOLOGICAL IMPACTS OF ONLINE VIDEO GAMES:

Q 5: How does playing games tend to make you feel?

"I really enjoy playing PUBG mobile. I feel happy and excited because I really love this game, I face new challenges and learn new skills, it simply makes me happy(Z22-PUBG)"

"I feel happy while playing video games. It gives me mental satisfaction (J24-PUBG)"

"I feel happy and relaxed while playing, it gives me mental satisfaction (Y21-GTA)"

"I feel better while gaming unlike involved in other activities (K23-SS)"

"I feel happy (U23-NFS)"

"It often makes me aggressive (S22-PUBG)"

"I feel happy and enjoy playing game (W20-PUBG)

"I feel very excited when I play game (H23-PUBG)"

"When play PUBG and win a game I just feel very happy I cannot explain that happiness in words (S24-PUBG)"

The respondents stated that they feel happy, relax and enjoy playing video games. One of respondent argued that he feels better to play video games unlike involved in other activities. It is a kind of source of entertainment on which they spend majority of their time.

Here the players consider playing games as a source of entertainment and spend most their time on playing games which again is the consumption of time and wasting of time. These players neglect the real sources of entertainment like sports and other physical activities which keeps a person mentally and physically sound. While playing video games leads to addiction and other psychological problems like aggression, anxiety, depression and mental stress. Here the players think that they feel good and enjoy playing games but when they are not playing games then they experience many mental issues.

Q 6: How do you feel and react when someone interrupts you while playing video game?

"I become very angry when someone interrupts me, interruption is something which I hate the most while playing games (Z22-PUBG)"

"I react with anger and shout so much (J24-PUBG)"

"I feel angry and frustrated when someone interrupts me during playing game(Y21-GTA)"

"Not at all but sometimes I feel not to response well (K23-SS)"

"when I play games and someone disturbs me it makes me aggressive (U23-NFS)"

"It makes me angry (S22-PUBG)"

"It makes me very angry, I express my feelings by shouting (W20-PUBG)"

"When I am playing PUBG and someone disturbs me sometimes I feel like I need to kill that person really (H23-PUBG)"

"I just go so wild when someone disturbs me, it is just a horrible feeling (S24-PUBG)"

Regarding the interruption while playing games almost all the respondents said that they become very angry. They said that the only thing that they hate is when someone disturbs them while they are playing games. One of the respondent said that he feels to kill that person who interrupts him while playing game. It clearly shows that video games boost the level of aggression of the players. Playing for a long time affects the behavior of the players negatively. Further we can conclude that the video games have impact on the player personality, like emotions, reflexes, behaviors, needs, thinking way and approach to internal and external situations.

Q 7: How do you feel when you lose the game?

"Winning and losing is part of the game, I really do not mind when I lose, as I am the leader of my squad. I try to correct the mistakes of myself and my teammates (Z22-PUBG)"

"I feel very angry and frustrated (J24-PUBG)"

"I feel nothing I just think that next time I will win (Y21-GTA)"

"Every game develops sportsmanship so if I lose a game it develops tolerance in my mind (K23-SS)"

"I am very aggressive (U23-NFS)"

"I feel disappointed (S22-PUBG)"

"I just feel angry but I try to control my anger and play next game (W20-PUBG)"

"In game there will be a loser and a winner but sometimes it is frustrating when I lose the game (H23-PUBG)"

"I feel very sad because I think I have good skills in the game and I think I have to win the game always (S24-PUBG)"

Most of the respondents said they feel angry and disappointed which again shows that video games promote the higher level of aggression   while a few think that winning and losing is part of the game and it develops sportsmanship in them. Hence we conclude that that video games provoke the aggressive behavior in the players and sometimes it may lead them to violence.

Q 8: Video gamers mostly play at night and are sleepless, what sleeping problems do you experience?

"Mostly I play at night, almost all night I play PUBG and sleep at day time. I have not faced any sleeping issue (Z22-PUBG)"

"I cannot Wake up early in the morning and sometimes when I lose network or have any other
Issue then I remain sleepless (J24-PUBG)"

"I manage my time and sleep early (Y21-GTA)"

"Yes I feel sleepless and lazy(K23-SS)"

"I feel tired (U23-NFS)"

"I also play at night and sleep late (S22-PUBG)"

"I play in both day and night (W20-PUBG)"

"That is absolutely correct I also play at night time around 11 pm to 3 to 4 am. In the morning I have headache and feel like I am drunk (H23-PUBG)"

"Yes I have faced sleeping problems, sometimes I am awake whole night (S24-PUBG)"

Almost all the respondents said that they mostly play at night and they have faced sleeping issues and are sleeping at day time due to which they miss attending the classes and many other things.

A respondent said that he experiences headache in the morning.

Hence it shows that mostly video gamers are sleepless. When there is a situation when they do not have to play games then they are unable to sleep at night.

Q 9: Since you do not play any physical sport and are involved in internet-gaming, what physical changes do you feel in you?

"I do not feel any physical changes in me (Z22-PUBG)"

"I play cricket in afternoon time so I consider myself physically and mentally fit (J24-PUBG)"

"Sometimes I feel tired and stressful(Y21-GTA)"

"I gained a lot of weight (K23-SS)"

"Yes online games have affected my exercise and it is very dangerous (U23-NFS)"

"I feel tired, lazy and I am getting chubby (S22-PUBG)"

"I used to play cricket before but now I give very less time to cricket and spend a lot of time in playing online video games (W20-PUBG)"

"I play sports like cricket and Football with my friends daily for two hours and that is why I am physically fit (H23-PUBG)"

"I do not see in changes in my physique but yes I would say that I feel tensed sometimes (S24-PUBG)"

Most of the respondents shared that they are no longer attached to playing sports due to online video games. Majority of the respondents said that they feel tired and lazy. A few feel that they have become chubby have got weight.

It shows that mostly the video gamers stay at home and play games and are not involved in physical activities which directly affects their physique and also promotes psychological issues.

Q 10: What changes have occurred in your diet since you have started playing video games?

"My diet is same like before; no change has occurred in my diet (Z22-PUBG)"

"My daily routine regarding meals has disturbed a little bit (J24-PUBG)"

"My diet is same like before (Y21-GTA)"

"Sometimes it disturbs my eating routine (K23-SS)"

"Yes my diet plan has affected (U23-NFS)"

"When I play games then I do not focus on meals I just play games (S22-PUBG)"

"My eating pattern is disturbed due to PUBG, mostly I just bring junk foods with me and eat them while playing games (W20-PUBG)"

"Video games have brought a lot of changes in my diet. I cannot eat on time because it is my meal time and my friends starts texting and calling me to enter to the game (H23-PUBG)"

"Yes I cannot take food regularly because I am playing games all the time (S24-PUBG)"

The diet plan of the majority of players is affected. They do not take meals on time and just focus on playing video games. Also, some of them are forced by their friends to enter to the lobby and avoid meals.

We can conclude that the diet plan and taking of meals of the players has affected due to the excessive playing of games. They often take unhealthy diet like fast and junk foods while playing video games which directly affects their health as the fast food contains a lot of unhealthy fats.

SOCIAL IMPACTS OF ONLINE VIDEO GAMES:

Q 11: How gaming can interfere in the normal daily activities? What daily activities do you usually miss while playing games?

"As I mentioned earlier that I play at night so I sleep in day time up to 12 or 1 o'clock and I am not involved in any daily activity (Z22-PUBG)"

"I miss many daily activities like interaction with family and other activities (J24-PUBG)"

"Mostly I miss family interaction and my social circle (Y21-GTA)"

"Usually I miss physical games and outing with friends (K23-SS)"

"Yes gaming interferes in my daily activities, it keeps me far from friends and family (U23-NFS)"

"I miss gathering with friends and family (S22-PUBG)"

"I involve myself very less in the daily chores I just try to ignore the daily home related works (W20-PUBG)"

"Gaming interferes in my daily life such as I miss university work and the homework. Mostly I miss what my parents assign me to do and then I just make lame excuses (H23-PUBG)"

"I badly miss study related work and other home works. I misbehave with others for these video games (S24-PUBG)"

Most of the respondents have missed their daily activities. Most of them do not give time to the parents and family members. A respondent also said that gaming keeps me away from the responsibilities and whenever my parents or someone assign me some task I just ignore them due to playing games and later make excuses to them.

Multiplayer games have multiple tasks to complete and require large number of players come together to accomplish these goals which make them engage in game world and feel themselves in the games and are unaware of the happenings of the real world. Our study clearly shows that the players are so much indulged in the game that they miss many other indoor and outdoor activities. Hence we can conclude that multiplayer online video gamers are anti-social or can be labeled as anti-social; and influence the daily life activities of the players. The players mostly miss the daily home chores and interaction with family.

Q 12: How is the relationship between you and your family? What changes has occurred in relationship with parents and siblings since you started spending hours on playing video games?

"My parents are not really happy regarding my time spent on video games but they do not get angry on me, I give time to them and also involve myself in other chores (Z22-PUBG)"

"Before PUBG I used to spend most of the time with my family but when PUBG Mobile came out

I started spending hours on it and I usually miss interaction with my family (J24-PUBG)"

"My family interaction and relation with siblings is affected because I indulge in game in such a way that I miss my social interaction and relationships (Y21-GTA)"

"Yes I miss spending time with my family (K23-SS)"

"I ignore my parents when they ask me to do any work, due to this behavior they are aggressive sometimes(U23-NFS)"

"I give very less time to them (S22-PUBG)"

"I have a very good relationship with my parents, I spend a lot of time with them because I mostly stay at home (W20-PUBG)"

"Before PUBG mobile I used to spend to most of the time with friends and family and now I am wasting that time in video games. That is a big difference I can see (H23-PUBG)" "Sometimes good and sometimes bad with parents and siblings but I am very soft and cool hearted person (S24-PUBG)"

Most of the respondents lacks the interaction with their parents and family they often feel aggressive when their parents ask them to do something for them. Only a few said that they have a very good relationship with their parents.

It has been proved that people with motives for playing online games are at greater risk of developing gaming addiction and avoid the social interaction. Further it has been proved that the players prefer to spend their most of the time in game rather than socializing in real life with family and real friends. They often ignore their parents and do not fulfill the jobs which their parents assign them to do. The players are only limited to interact with other players in the virtual world and develop in-game relationship.

Q 13: How was your social network with friends before you started online video games? what do they think when you spend so much hours on playing games?

"My personality is kind of introverted I rarely go outside to see my friends. Mostly I interact with them online or within the game (Z22-PUBG)"

"I used to give time to my friends before online video games and was involved in other physical sports but after now spend more time on PUBG and interact less with my friends (J24-PUBG)" "My friends always complain to me that you are always playing games and do not give us time and do not personally meet with us (Y21-GTA)"

"Nothing has changed for me I am still the same for my friends. I meet them constantly (K23-SS)

"Sometimes I play in friend's gathering also for which they also complain that they are here for you and you are busy in your phone. They feel uncomfortable (U23-NFS)"

"I talk to them through game and do not attend gatherings (S22-PUBG)"

"I spend time with them in the evening (W20-PUBG)"

"Before video games my relationship with friends was very good we used to spend time together and play sports but now even when we meet we just play video games on our smart phones (H23-PUBG)"

"I meet my friends daily (S24-PUBG)"

Most of the respondents said that they have become introverted due to games and have little interest in going outside to meet friends. Mostly they just interact online through messages and calls. Face to face interaction with friends has reduced, even when they meet they just play games are talk about them.

To sum up, the gamers significantly spend more hours on playing multi players online video games and made social connections with in a game environment which leads them to problems in forming relations in the real

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environment. It is further concluded that the players move towards introversion and avoid face to face interactions and relationship while half of the gamers told that the prefer meeting their friends in real life.

Q 14: Of the time you spend playing video games, how much you have played alone versus playing with other people like with friends, siblings or others? Who do you prefer the most to play with?

"I prefer to play with friends because I am more frank with as compared to my brothers and other family members (Z22-PUBG)"

"I play with my friends because they have the same skills like me, we play together as a team (J24-PUBG)"

"Mostly I play alone; I do not play with siblings or friends (Y21-GTA)"

"I enjoy playing alone (K23-SS)"

"When I play with friends then it is more enjoyable (U23-NFS)"

"I play with friends and family and very little with friends (S22-PUBG)"

"I play alone and with my friends mostly (W20-PUBG)"

"Mostly I play with my cousins and friends and sometimes alone (H23-PUBG)"

"I play with brothers and friends, I play with them because we all have skills in this game and we know how to handle the tensed situation in game (S24-PUBG)"

Majority of the respondents said that play with their friends because they are more frank and open with them and also because they have the same game skills that is why they just spend time online with friends.

It has been concluded that most of the players interact online with friends and prefer to play with friends. This relationship is virtual only, it means that they meet very less and socialize in real life. Most of the time players just play with strangers which appears in their lobby automatically. The video gamers do not enjoy the real essence of happiness and joy with friends which the non-gamers experience. Also many gamers tend to play alone and do not like to make friendships, they like to play alone. This addiction of playing games is a kind of predictor of loneliness and aggression in players.

IMPACTS ON ACADEMIC PERFORMANCE:

Q 15: How do you manage studies while being indulged in video games?

"I have not given so much importance to studies due to which I already have wasted one year. The main reason behind is that I used to stay awake at night for PUBG and was unable to wake up early and attend the classes (Z22-PUBG)"

"I am not fully concentrated towards studies. I would say that PUBG mobile is attractive that it always diverts my mind (J24-PUBG)"

"I have set my time table for both video games and studies (Y21-GTA)"

"In order to complete the gaming session sometimes I lose my study time (K23-SS)"

"I play only in free time I give full time to my studies(U23-NFS)"

"I study only one night before exam (S22-PUBG)"

"I have very little interest in studies (W20-PUBG)"

"I study after playing game, I give mostly one hour daily in which I read blogs and watch videos on YouTube regarding my study (H23-PUBG)"

"When I study I just get bored I give very less time to study (S24-PUBG)"

Majority of the respondents have lost interest in studies. They get bored when they study and enjoy playing games. A respondent also said that he has lost one year of his graduation due to online video games, he further said that I used to play games at night till morning and missed classes in the morning. One of the respondent said that he just plays when he is free and give full time to study.

The feedback of the respondent clearly shows how much PUBG mobile is addictive in nature as they avoid their studies and feel happy while playing video games where as the non-gamers have different learning behaviors and levels of motivation.

Q 16: How do you prioritize your time when you feel that you need to study and play games?

"I give priority to playing games because I want to go in competitive games and become a professional gamer (Z22_PUBG)"

"Honestly saying I give time to video games (J24-PUBG)"

"I prefer playing game it gives me satisfaction (Y21-GTA)"

"I focus on studies (K23-SS)"

"I go for study (U23-NFS)"

"I prefer playing game (S22-PUBG)"

"I play games even on the night before exam (W20-PUBG)"

"I give priority to study because I can play games any time (H23-PUBG)"

"I give priority to video games because I get bored when I try to study (S24-PUBG)"

Majority of the respondents said that they give priority to video games and avoid studies.

It clearly shows that how much video games are addictive. Mostly teenagers and adolescents avoid studies due to the attraction of the video games. Almost every college and university going student have a good smart phone. Due to this easy access to mobile phones and internet they are involved in multiple online activities like Social media

networks and video games in which PUBG is the most prominent. Due to the graphics and realness of PUBG mobile almost every student plays it and hence it leads them to addiction and other gaming disorders. This increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests like studies and other daily activities, and its further continuation leads to serious negative consequences.

Q 17: How are your Grades or GPA going while being engaged in online video games? Share if you feel any changes or your grades are suffered due to video games?

"I would say that my grades are suffered and I am no longer interested in studies (Z22_PUBG)"

"I do not feel any change in my grades, I am doing good in my academic performances (J24-PUBG)"

"No video games have not affected my GPA (Y21-GTA)"

"I have not suffered in studies due to video games (K23-SS)"

"No it does not affect my grades because I play only in free time (U23-NFS)"

"My grades are suffered due to PUBG mobile. I had 3.4 CGPA and now it has decreased to 3.1 (S22-PUBG)"

"I have failed papers in previous semesters due to playing games (W20-PUBG)"

"My grades are same as before I just study during examinations and get good grades (H23-PUBG)"

"Yes my GPA has suffered a little bit (S24-PUBG)"

Majority of the respondents said that they have suffered their GPA and grades. A respondent also lost one year of his studies and is no longer interested in studies. A few said that they have not felt any change in their GPA and are going normal in studies.

Regarding the impacts which online video games on academic performance it has been concluded that the video game players tend to have lower GPAs than the non-gamers. This suffering of the grades is due to giving preference to playing video games. It clearly shows that excessive video games reduce the cognitive ability of the players.

RELIGIOUS IMPACTS:

Q 18: How do video games affect you spiritually?

"I think there is nothing wrong in PUBG mobile which is against my religion and I do not feel any change regarding spirituality (Z22-PUBG)"

"Sometimes I am engaged in video games which lead me to missing prayers (J24-PUBG)"

"I do not suffer spiritually due to video games because I am mentally strong. On other hand I would like to say that the video game Grand Theft Auto (GTA) itself contains such content which is against Islam such as violence, Firearms, killings and nudity (Y21-GTA)"

"I am bound towards religion up to a good extant but in some rare conditions I feel that I am going away from religious activities due to video games (K23-SS)"

"No, video games do not affect my spirituality (U23-NFS)"

"It often affect me spiritually because of giving the most time to playing games (S22-PUBG)"

"Yes, video games have affected me spiritually I used to spend time with religious scholars and also spend time with Tableeghijamat but now I so not give them time (W20-PUBG)"

"I do not feel any change spiritually (H23-pubg)

"There is no change in me spiritually but psychologically I feel change, I feel like it has damaging my brain even I feel like a psycho sometimes (S24-PUBG)"

The respondents shared that they have experienced a little bit change in them spiritually because they used to give time to religious practices like attending the congregation prayers and recitation of the Holy Quran and have missed the time they had spent with the religious scholars.

Q 19: What religious practices have you missed while playing video games?

"Mostly I have missed "Namaz". Fajar is the most common prayer which I miss (Z22-PUBG)" "I miss prayers mostly (J24-PUBG)"

"I do not miss any religious practices because I have a proper time-table for playing online video games (Y21-GTA)"

"Due to video games I miss my time which I used to spend with Scholars (K23-SS)"

"I have not missed any religious practices because I play only in free time (U23-NFS)"

"I often miss my prayers and recitation of Holy Quran (S22-PUBG)"

"I miss prayers mostly (W20-PUBG)"

"I do not miss any religious activity because my mindset give priority to Namaz and then to play in free time (H23-PUBG)"

"I miss reciting holy Quran and offering Namaz for which I feel very bad and trying hard to get my good hobby back (S24-PUBG)"

Almost all the respondents said that they have missed offering Salah, only one of them said that his mindset regarding religious practices is clear and gives priority to Namaz and other religious practices.

Regarding the spiritual and religious issues of online video games it is revealed that excessive playing of video games has a negative impact on the player's spirituality.

CONCLUSION

Video game usually involves the interaction of player with an input device like controller, keyboard or other display device to generate visual feedback on a video screen. Online video games are played on specialized electronic devices like computers or mobile devices or other display screens. Since the video games have become one of the favorite activities of youngsters nowadays, many problems and issues have also emerged due to its excessive use. It has also been concluded from the data analysis and accumulated literature that playing online games is a matter of concern. The genuine goal of this study was to investigate the adverse social, psychological and religious impacts on players and along-with effects on their academic performance produced by excessive use of online video games.

On the report of the analyzed data received from the respondents, we can conclude that playing online video games for a long period of time leads to some worst psychological problems. Majority of the youngsters only play online video games for entertainment and avoid other productive means of entertainment such as sports and other physical activities. Individuals who are not having any physical activity proved to be more aggressive having lower cognitive ability because of less physical activity. It has been concluded that most of the adolescents and youngsters play Players Unknown Battle Grounds (PUBG) on smart phones and spend more than 4 to 5 hours per day which the players further analyzed that it is a source of entertainment for them, which basically shows the addiction of players towards the game. PUBG - mobile is one of the favorite video games of players, which is a violent massively-multiplayer-online (MMO) game. The players further added that they feel really happy and enjoy playing this game unlike involved in other activities. Playing games has obsessed the players to such an extent that when they are no longer playing games they just think about it and experience other mental issues. Moreover, the study concludes that video games boost the level of aggression of the players. The multi-player games like PUBG mobile has a multiple task to do and require a large number of players to complete or to win the game, in order to accomplish this winning goal, the players are engaged so much in the game environment that they feel that they are in the game and are unaware of the real world. In one of the findings it has shown that when the parents or siblings of the players interrupt them while they are playing game, they react with anger and disappointment. They show their anger and aggression by shouting at them and sometimes it leads them to breaking domestic objects. Hence, it is concluded that video games have impact on player's behavior, emotions, mood, personality and way of thinking and approach to internal and external situations. In addition, mostly video games cause insomnia (sleeplessness) among the players as they most often play in night time till morning; which in turn, distracts their sleep and daily routine. They are most often found dizzy and not-responding in many situations because of extra load on their minds. The players also reported that their capacity to learn and memorize the things is heavily affected where their daily routine activities are intensively mismanaged and disorganized.

It is also revealed that online video games have severe social impacts on the lives of the players. Online video games need the continuous involvement of the players in the game hence the players spend and waste a lot of time. The players consider themselves to be part of the game and avoid the external world. Hence it is concluded that multiplayer online video gamers are anti-social or can be labeled as anti-social; and influence the daily life activities of the players. The players mostly miss taking of meals on time and other the domestic chores and interaction with family. It has also been proved that people with motives for playing online games are at greater risk of developing gaming addiction and avoid the social interaction. The players prefer to spend most of the time in game rather than socializing in real life with family and real friends. They often ignore their parents and do not fulfill the jobs which their parents assign them to do. The players are only limited to interact with other players in the virtual world and develop in-game relationship. It is also concluded that the players extensively involved in online video games leads them toward introversion and then they favor to be isolated and avoid face to face interaction. These players tend to play alone and do not like to make friendship.

Keeping the academic performance of the online video game players it has been concluded that mostly teenagers and adolescents avoid studies due to the attraction of the video games. Almost every college and university going student have a good smart phone. Due to this easy access to mobile phones and internet they are involved in multiple online activities like Social media networks and video games in which PUBG is the most prominent. Due to the graphics and realness of PUBG mobile almost every student plays it and hence it leads them to addiction and other gaming disorders. This increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests like studies and other daily activities, and its further continuation leads to serious negative consequences. Moreover, it is concluded that PUBG mobile is so much addictive in nature that they avoid their studies and feel happy while playing this game where as the non-gamers have different learning behaviors and levels of motivation. Furthermore, the video game players tend to have lower GPAs than the non-gamers. This suffering of the grades is due to giving preference to playing video games. It clearly shows that excessive video games reduce the cognitive ability of the players.

Regarding the spirituality of the online video gamers it has been revealed that spending more hours on playing online video games influence the spiritual and religious beliefs of the players. In one of the findings it has been shown that many games are against the teachings of Islam in which Grand Theft Auto (GTA) and Players Unknown Battle Ground are the main games played in our society. GTA contains violence and nudity where is PUBG mobile also have different firearms like assault rifles, grenades and other violent weapons. It has been concluded that due to this attractiveness of these games more and more players are involved and spend majority of their time in

virtual world which leads them to missing different religious practices like offering Salah and the recitation of the Holy Quran. To sum up the data it revealed that excessive playing of video games has negative impacts on the spiritual life players.

RECOMMENDATIONS

- The role of the parents is very important in order to stop video game addiction among children. They should take several productive steps to help their children to avoid becoming video games addicts. They should talk about the risks of online video games and should also know that their children are playing video games. They should also take care of the time which the children spend on playing games and should monitor all computer related activities. Such games should be played in appropriate time and under the full supervision of the elders, which will help not only to control aggression but would also improve the cognitive ability of video-gamers.

- Technological progress cannot be stopped or changed however, there are risks which need to be first understood by all and by those who are working in educational institutions. We have to also aware that technology is an instrument that can be used in a variety of productive ways.
  Teachers and educators should do their best and teach the proper use of electronic gadgets. An efficient education is one of the necessary preconditions for a healthy growth in emanating new information alongside the communication technology.

- Media can also play a very effective role in order to reduce the negative impacts of the excessive online video games. It should highlight the negative effects of the online video games.

- Last but not the least the role of the government is very important; there is a need for enacting of Entertainment Software Rating Board in Pakistan. Federal government should need to take action against video games in terms of its use and online availability of the violent video games on commercial basis. Pakistan Telecommunication Authority should take care to also check the time consuming and should ban those games which are violent and against the religious teachings of Islam.

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