**PUBG - An Addiction**

PUBG (Player unknown battle ground) is a war game.

Lot of our friends would rather play PUBG than have a conversation with us. If somebody played some game, just for fun a little while, that’s not an issue. Most people are spending for a minimum of 4 hours and maximum of 8-9 hours on PUBG. Just playing PUBG for fun is different.

About 50 million people play PUBG in India. According to the YoutubersBio website, India is in the top since 2019 and 2020 for highest PUBG players.

For example, if we tell them to uninstall PUBG, they uninstall it and after sometime, if we check their mobile, PUBG is already again installed in it. The point is Addiction.

What is Addiction?

Addiction is an inability to stop doing something. We want to stop playing PUBG, but we are unable to stop because it gives us pleasure.

What is Pleasure? Is it happiness?

For example, if we play PUBG every day, we get pleasure daily. But, if we stop playing the same for some time or any of our family members takes our mobile in between of the game.

Do we get pleasure or do we get happiness? No, you will feel little uncomfortable with slight pain. But, when we successfully overcome or defeat our PUBG addiction, we feel real happiness. We get a deep satisfaction.

In another way, the happiness or pleasure, we are getting from playing PUBG are the sensations coming and going constantly. In short, PUBG is a trap in which we are suffering.

We always try to run from that game. PUBG is not a problem; our mind is the problem where this chemical reaction is happening. When we try to learn our mind and defeat it, then the actual problem of PUBG addiction disappears.

If you think, this is very hard and we can’t stop playing PUBG, it’s right because if we don’t think and understand our mind, it is very difficult. But, if we use our mind, then it is damn very easy to control our mind.

Ask below questions to check whether you are addicted to PUBG.

1. Are you constantly opening the PUBG game when you take mobile in your hand?
2. Do you feel sad, irritated if you are not able to play PUBG due to any reason?
3. Do any family members or your friends point out that you spend your whole time with PUBG?
4. Do you feel like playing for a longer time?

If yes, the PUBG game is making you addicted to it and you are spending lots of time on it.

Keep calm and stop playing PUBG.