THE EFFECT OF PROBLEMATIC SOCIAL MEDIA AND PUBG GAME ON THE MENTAL HEALTH OF UNIVERSITY STUDENTS IN PAKISTAN.

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Keywords

Abstract

We have performed this study to observe the effects of problematic social media and PUBG gaming usage on the mental health of Students. We have used to analyze the data by using correlation and regression analysis in IBM, SPSS statistics. Developed the models to investigate the effect of both of the independent variables the problematic use of Social media and PUBG Games on dependent variables i.e. mental health of Students and correlation between the social media and PUBG games. This is a quantitative study and we have administered a questionnaire through Google form and a printed form distributed among the students to collect the data from our respondents in rural and urban areas for this purpose, we used the convenience sampling method. Data were collected from 150 respondents from the University of the Punjab Gujranwala campus. It was found that the Students mental health of the males was affected more than females due to more usage and dependence on social media and PUBG games moreover, the PUBG and social media have to correlate between them. Most of the student's mental health problems were also associated with anxiety and depression caused by excessive use of social media and high dependency on PUBG games. This study is useful for students, policymakers, and government bodies, especially for students and teachers for time management.

1. Introduction

Over the last few periods technologies have been growing great and have carried major changes in the world. Any technology that facilitates social interaction and allowed humans to communicate capability, such as the internet, and other social networking (Burke, 2000). The internet was introduced in Pakistan in 1993 in the form of International USENET. It was planned to provide telephone and email access services to the general public and to support projects related to the Internet, education, and other fields (Noor, 2021). We know that today Social networking websites have become a predictable part of everyone's life. Social media is a place where an individual's can share his message around the world with to other peoples. However, social media is not an innovative idea. It's been developing because of the sunrise of human interaction. In current times, social media has impacted many factors of human communication. According to (Edosomwan *et al*., 2011) Social media is difficult to outline and is a two-manner road that offers you the capacity to communicate. Does that imply that social media is a tool of communication, much like another social network? The first one may be the definition; social media remains a media that is in general used to transmit or percentage facts with a large audience, at the similar time as social networking is an act of engagement as human beings with no unusual place pastimes accomplice collectively and construct

relationships via the community (Shearer& Micthell., 2021) Social Media may be referred to as a strategy, while Social Networking is a device and an application for connecting with other people. Now in this day, social media become an important part of life used for education, shopping, communicating with each other's, ordering online shopping and delivery, etc. It means we can say that today social medial play a vital role in our life and without social media our life is uncompleted and we feel isolated (Evans, Bratton, and McKee, 2021). Due to social media networking, we can be connected to each other and gain knowledge by using different tools like Facebook, Twitter, WhatsApp, YouTube, Messenger, Instagram, etc.(Auxier & Anderson, 2021). On the other hand, social media provide a platform form for business organizations, and entrepreneurship can enhance its business by providing advertisements on social media and attracting more customers through social media (Shearer& Micthell., 2021). To use social media we can enhance to make new friends and connect with him and share about his business Aids, enhance more followers and customers, so social media help the entrepreneur for making a strong strategy for his business portfolio (Pullins *et al*., 2021). In the Education sector, social media help teachers and students. The teachers can give updates about an Assignment, quizzes, and exams. Teachers can convey through the mail, via used WhatsApp, or post on Facebook. Social media play a vital role

in the development of the Education sector and the student, unfortunately, fail to take the class due to any reason so, so they can discuss classwork, and assignments by using social media with each other's (Barrot. 2021). But on the other hand, social media has some negative impacts on education sectors. The students spend more time on social media via using Facebook, Twitter, Instagram, YouTube, etc. These days most youngsters used social media web for communication, and transfer video and audio among colleges, schools, and university students (Rea *et al*. 2021). In this day the media has a vital role in changing the lifestyle of people and people are able to communicate by using the social media web (Heidrich & Ryff, 2021). Today social media become an essential need for one every student and students spend more time on social media, especially in the morning time when they wake up from sleep (Kabir, Akhter, and Ferdus, 2014). Despite the unhealthy effect of social media on student mental health in life almost students used social sites, especially Facebook, Twitter, YouTube, and Instagram, and have spent the most time on these sites (Geirdal *et al*., 2021). These days during COVID-19 social media have instilled a negative impact on student's mental health, on the other hand, researchers observe that social media provide a way which developed communication way and the students can improve their social skills and knowledge beyond college wall (Husnain *et al*, 2015). On the other hand, scholars discuss video games, especially PUBG games. The history of

video games start in 1950 when the scientist developed the video game Moon lending, a 3D tic TAC videogame (Shoshani *et al.,* ,2021). It is the part of research created at (MIT stands for Massachusetts Institute of Technology) in 1960. These days we observe that electronic games have become a huge source of entertainment and nowadays it's become a large industry in the world (Yakubova& Musadjanova, 2021). Due to the advancement of the technology and assessment of the smartphone in the world helpful to lunch different games on different platforms (Mamun & Griffiths, 2019). PUBG game was developed by the Blue Hole Company which was established in South Korea in 2017 PUBG game is an online multiplayer game. PUBG game has most attractive to young people which fall between 19 to 40 years old (Gillani, 2021). During playing PUBG games youngsters forget daily work and see that they play till midnight instead of sleeping. Because this game involves purchasing different apps if our teens spend money on these apps so, in this way they wasted a lot of money (Pawar & Geddugol, 2021).

2. Literature Review

Due to the advancement of the scientific means of transaction, it will be helpful for human interaction. The Education sector has yielded mixed results in the study of the effect of ICT, in this study the researcher examined the impact of video games and social media on the secondary schools of Nigeria (Mustapha *et al*., 2020). The social media web has become an integral part of

life for everyone and they spend most of their daily time on social media sites. The main purpose of this study is to examine whether social media affected undergraduate students' academic performance or not? (Ferdus *et al*, 2014). Social media provide a way in which people can share images, audio, video, documents, and any other files with each other, and the researcher examined in this study the effect of social media on businesses, corporation firms, students, the educational sector, and jugged the impact the social media overall the social in Broadway (Siddique & Sing,2016). Due to the revaluation of technology in this world, people have too much opportunity for knowledge and entertainment. When we come about to violent games we observed that some have a positive effect and some have a negative effect on the mind and the availability of mobile phones has a wide effect on people's mental health. In this study, the researcher would like to point out how these violet games affected the daily performance of human behavior, and secondly, this article presented how the addiction to these games affected bedroom, comfort, and mental illness by the proper reference of the researcher (Ahmad, 2021). PUBG (Player Unknown Battlefield) begins with 100 players and after mapping, they lend themselves to the location and try to find guns, drinks, and anything else that is necessary for survival. The last person standing in the PUBG game is called the winner. The main purpose of this study is to examine the effect of the PUBG game on the

physiology effect the joiner students. The conceptual framework of this study is based on Irvin Rosen stock's Health Belief and Health Behavior Model (1974) and the researcher conducted this study by selecting the area of Sangli Mirage Kupwar Corporation area (Pawar, Geddugol, 2021).Today social media and PUBG game has become a great source of entertainment in human life. The PUBG beta testing version was realized in March 2017 and later on, in 2017 Dec the full version of the computer window was launched Approximately in 2018 the Blue hole company launched the full mobile version known as the PUBG game. Based on the above literature, an approach that devises to meet the key objective of the study and the main objective of this study is to find different game monetization methods while working on the case game i.e. PUBG (Player unknown battleground) and secondly, the researcher also seeks to analyze that how various factors such as area, occupation, age, gender, qualification, etc., may affect the methods of monetization (Gillani, 2021). Rapidly digitizing our lives not only provides benefits and opportunities but also increases some of the risks for us. We observe that since 1999, the researchers have had constant debates and have researched whether the use of social media is an addictive or pathological attitude toward farm and has affected people's mental health in the way of depression, stress, pressure, tension, and nervousness (Byun *et al*. 2009; Zhang *et al*., 2014; Petersen al. 2015). In the present study, we

will be focused on two elements that are often discussed on disorder social media. Yet despite growing public interest and the contribution of researchers to the current debate and previous studies form of media used is still categorized by several limitations.so, the researcher in this study addressed the three main shortcomings of the previous investigational study. First of all, a common related to the collecting the sample is usually drafted for a study on (PSU & PGU) as a definite literature review (Andreassen 2015; Kuss and Griffiths 2012a; Kuss and Griffiths 2017; Mihara and Higuchi 2017). Secondly, some screening tools were used to identification by Annoying social media users and annoying game users who are not fully identified in the previous year. Third, the study focused on a specific type of issue, whether the use of social media and games is interconnected and whether they are characteristic of the relationship and the data collected by German Internet users (Quandt *et al*, 2021).The fundamental objective of this current examined the problematic impact of social media and PUBG games on the mental health of undergraduate students in Pakistan and secondly investigate the correlation between the use of problematic social media (PSU) and the use of problematic PUBG games (PPU) between users. In an Existing study, the researcher found that younger users have generally had a higher risk of social media in developing countries and anything else men are more likely to use social media and games with anxiety as compared to girls (Pallesen *et al*. 2016) and in this study

analyzes the relationship between demographic variables and in use of social media and PUBG games particularly men at high risk.. Learn about the gender differences and impact in the use of social media and PUBG games. Research how they relate the Impact of PSU and PPU on Students mental health and the broader of Society. The aim of this research paper is to investigate the differential effects observed on Problematic Social Media Use (PSU) and Problematic PUBG Game Use (PPU) concerning mental health outcomes. Specifically, PPU demonstrates a stronger association with symptoms of depression, anxiety, and acridness. Additionally, this study explores the heightened correlation between PSU and PPU, examining how demographic variables influence mental health among students. The findings are expected to illuminate broader societal impacts resulting from excessive engagement with social media and PUBG games.

3. Methodology

The basic purpose of this current study is to evaluate the effect of social media and PUBG games on undergraduate students' mental health. Secondly, it aims to investigate the correlation between the use of problematic social media (PSU) and the use of problematic PUBG games (PPU) among users. In the methodology portion, we will discuss the research objective, Sampling design, Questionnaire design, Statistic technique and methodology limitations.

3.1 Research Objective

The fundamental objective of this current

examined the problematic impact of social media and PUBG games on the mental health of undergraduate students in Pakistan and secondly investigate the correlation between the use of problematic social media (PSU) and the use of problematic PUBG games (PPU) between users. Learn about the gender differences in the use of social media and PUBG games and research how they relate to PSU and PPU and this is an important part of this study. Differential effects investigated on PSU and PPU score were on mental health and anxiety. Additionally, investigation while PPU is more strongly associated with depression and anxiety. Finally, in this study, we explore the higher coordination between PSU (Problematic Social media Use) and PPU (Problematic PUBG Game Use) and jugged the strong relationship detected between the two variables. In this study, the researcher highlighted the different ways of monetizing social media and PUBG (player unknown fields) and analyzed the technique of monetizing social media and PUBG games.

3.2 Research Design

In research design, there are two ways through which we performed the research and analyzed the data, figures, and facts. We used descriptive analysis to understand which indicator is showing negative impact on student's mental health. So, by having analysis in this way we can easily judge that whether a particular Social indicator was affected on the Students mental health or not and if anyone is affected than how severely it affected.

Secondly, we analyzed the relationship between the Social media and PUBG games during a particular use of Social media and the key economic indicators by using correlation and regression analysis tests.

3.3 Sample Design

The sample simply defines a subset or a part of a piece from a University students. This is a quantitative study and sample collected from people who play or have played PUBG games and who have used social media. The aim of this study is to collect data from all genders, undergraduate Students. Due to overpopulation, it is impossible to get a complete framework. However, in this study, only those groups specifically designed for PUBG users and social media users were sampled and ensured that sampling represented the entire Students in Universities. In this study we used non-probability voluntary respondent sampling due to the large population and lack of funds and the shortage of time. On the other hand, we observed that involuntary non-probability sampling the respondent near to the subject and have a flexible opinion on the subject of the questionnaire. We spent two weeks in the data collection. The researchers designed a Questionnaire and have distributed this in the class room among the respondent for receiving respond our questionnaire.

3.4 Questionnaire Design

A survey is also good as it question is asked. A Questionnaire design plays an important role in the research process. Although grammar

comprehension and good grammar play an important role in the design of the questionnaire. The researcher developed a questionnaire to gather data and opinions from respondents on social media users and PUBG game users and evaluate the monetization model used by the questionnaire. The question is designed in a questionnaire in such a way that not only gathers the data about the Students of respondents but is also aware of the different monetization models. The target respondent in this study for collect data in Pakistani Students and the University of the Punjab Gujranwala campus, secondly data gather both in urban and rural areas of Pakistan and used nonprobability voluntary respondent sampling technique to collect the data from undergraduate students at the University of the Punjab Gujranwala campus. The data will be gathered on an internet survey and distribute physically on several features like the use of social media and PUBG games. We cooperated with our panel YOU-GOV Pakistan for an online survey. The researcher implemented classification methods for collecting the large response and sample designed a target population age, gender, undergraduate students of PUGC, and urban and rural areas students in Pakistan. The first few questions in the questionnaire relate to some of the respondents' general information such as age, qualifications, gender, residency (urban or rural), occupation, etc. This information provides a tool on how demographics affect user feedback on monetization methods. In this study, the researcher followed the international standard, and research was recognized according to the institutional standards. In this study, all procedures were adopted that were described by the ICC/ ESOMAR Code for collecting the primary data. In this study receiving the response from respondents should inform respondents about the general purpose of this questionnaire and give them to right to up-out any time when they wish. The researcher develops the Google form after designing the questionnaire. Two main reasons for developing the questionnaire in the Google form.

1. Google form is very cheapest and the source of gathering the data in a fast mode.

2. To collect the data from the different regions (urban and rural areas).

The original questionnaire that we have distributed can be reviewed in the Appendix section.

3.5 Statistic Technique

In this study, the researcher analyzes the direct effect of the independent variable [Problematic Use of social media (PSU) and Problematic PUBG Game (PPU)] on a dependent variable the mental health of university students in Pakistan.. In this study, we used IBM SPSS software for statistical tools. SPSS IBM software was used for public research, Government researcher, Health search, and Social Science. After collecting the data through questionnaires from 1st Jan 2022 to 1st Feb 2020 we used descriptive, correlation, regression analyses and formulate a spread sheet and arrange our data on that sheet. The software

we used for analysis is SPSS. We put our records in SPSS and then run above mentioned statistical tests to investigate whether there is more effected in the Students mental health..The SPSS software was used for the analysis of the statistical tools discuss above in this study and to formulate the correlation between PSU and PPU, secondly investigate the effect of the Use of Problematic Social media and Problematic use of PUBG games on student's mental health in Pakistan. After answering the questions through Google form or particularly distributing the questionnaire to Students in University we needed to analyze the data in SPSS IBM software.
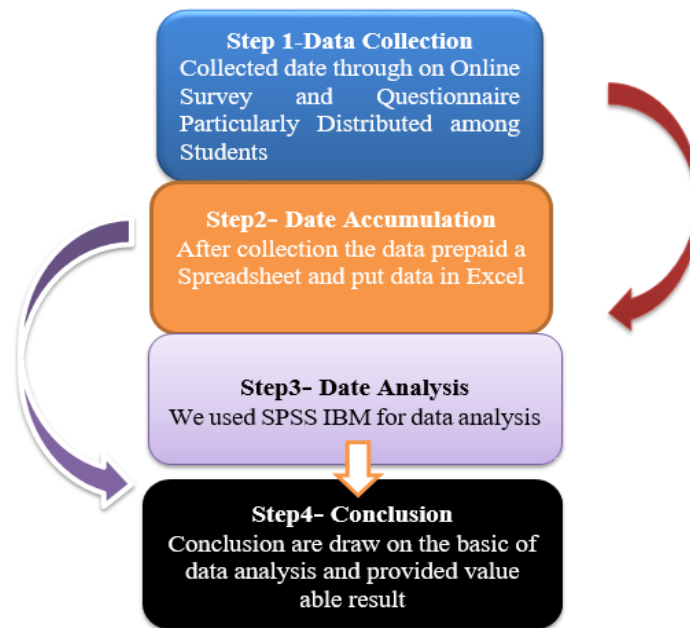

Figure 1: Framework of Research Methodology

3.6 Theoretical Framework

In this study, we collected data from Punjab University to analyze the effect of PSU & PGU on the mental health of university students in Pakistan. Secondly, we collected data from urban and rural areas of Pakistan to judge which location the students are more affected by Social media. In this research, Social media and PUBG games are our Independent variables, and Students' Education and mental health is our dependent variable. Secondly, we evaluate the correlation between Social media and PUBG game users in this research. The regression model was formulated as;

Mental health of Students = α + ΣβiXɛit

Where

α = shows the intercept of the model

βi = presents the coefficients

Xit = exhibits the independent variables

The GLS regression model after using

various independent variables is:

Mental Health of Students = *α + β1 PUBG*
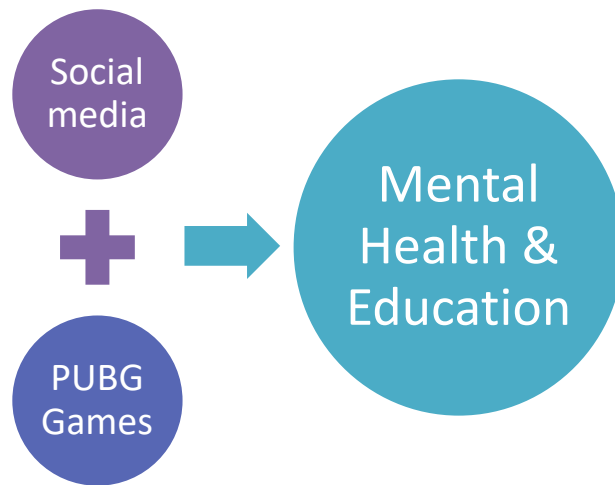
Playing + β2 Use of Social + ɛit

Figure 2: Social media & PUBG Game

4. Finding

4. 1. Descriptive Analysis

Turn raw data into forms that are easy to understand and interpret, and process information into the information provided (Geach *et al*, 2019). Descriptive analysis is help to summarize data in a constructive way. It helps to check the performance and its objective is to learn the pros and traits of the data set. This analysis provides helps the researcher to manage the data easily by summarizing data in terms of minimum value, maximum value, mean and standard deviation. In the below-mentioned table, the maximum and minimum values is illustrating the range of 5 Likert scales used in this research.

Table 1: Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Respondent Gender	150	2.00	1.00	1.2600	1.05044
Rural/ urbun	100	1.00	2.00	1.7900	.40936
Age	100	1.00	1.00	1.0000	.00000
Education Level	100	2.00	5.00	2.6200	.78855
Marriage / Un marriage	100	2.00	2.00	2.0000	.00000
Valid N (listwise)	100				

This table is presented descriptive statistics. Here the value of N has importance because it helps out a researcher to find missing and non-missing values. N is consisting 150 values in this study, which mean 150 respondents participate in Questionnaire Survey. The minimum values are the smallest value of data which is 2.00 and the maximum is the largest value of data which is 1.00. So, all the data is according to the normal ranges. The next column is of mean is the average or mean value of data. In this study, the mean value is 1.2600 which means near 1 and

now we can say that most respondents are male. The column of standard deviation is showing dispersion in data and in this study Gender Std. The deviation is 1.05044. If the value is lower it can be said that there is lower dispersion between data. The gender has maximum values of 1 and 2 as the minimum values. The average value of gender is 1.2600 and the standard deviation is 1.05044. On the other hand rural/urban, the maximum value is 2 and the minimum value is 1, which shows that most respondents belong to an urban area in this Survey and the average value is 1.7900 which is near 2 and the standard deviation is .40936. The maximum value of age is found to be 1 and the minimum is 1, the mean value of age is 1.0000 and has a standard deviation of .00000. This means this shows that most respondents belong to 18 to 25 years. Next is the educational level which has 5 maximum and 2 minimum values. The average and mean value of education level is 2.6200 which is higher than other variables. The standard deviation of the same variable is .78855. The maximum and minimum value of marriage or UN marriage is 2 and 2 respectively. The average value is 2.0000 and the standard deviation is .00000 which show that all respondent are UN marriage.

4.2 Reliability

The below-mentioned table presented the item and Cronbach alpha of the variables. Items are the total questions of particular variables included in the questionnaire. Every variable has a different number of items. In this study, 26 items are used. The threshold value of Cronbach alpha is more than 0.7. This table and result show the value of Cronbach alpha higher than a threshold value. It has .887 Cronbach's alpha. It seems that all values of Cronbach alpha are higher than rang so there is no reliability issue.

Table 2: Case Processing Summary

		N	%
Cases	Valid	150	150.5
	Excluded	7	6.5
	Total	157	157.0

a. List wise deletion based on all variables in the procedure.

In table 2 the total number of questionnaires was 157 of which 7 were excluded due to wrong and unintentionally putting data in the questionnaire. So in this research, the researcher used 150 questionnaires. The Cronbach Alpha value of .887 shows that our data is reliable in this study.

Table 3: Reliability Statistics

Cronbach's Alpha	N of Items
.887	26

4.3 Regression

Deteriorate is a statistical approach used in business investment and other fields of recognizing the strength and category of a connection between dependent and independent. The Regression analysis is used to evaluate the connection between dependent and Independent variables that make analyze how much independent variables can influence dependent variables. It's a good way to find out why there is an answer to curiosity. A series of events gives you an accurate picture of what is most important, what is overlooked, what end, and

how it interacts. Therefore the investigator used panel regression analyses to determine the relationships between dependent and independent variables. On the other way, we can say that in regression analysis we predict how much variance is accounted for in a single response (Dependent variables) by a set of independent variables.

Table 4: Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.084[a]	.227	-.003	.25683

a. Predictors: (Constant), How many hours and/or minutes do they normally spend on social media use/PUBG games per day?

In model summary, R recognizes the correlation between the Independent variables on the dependent variable to evaluate the positive or negative relationship between the two variables. R square determines the influence of the Independent variable on the dependent variable. In this study, our R value is .084 which recognized the correlation between two variables and the Next one is the R Square value is 0.227. It means 1 percent change in the Independent variable is also influenced by .227 on dependent variables.

Table 5 :ANOVA[a]

	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	.046	1	.046	.694	.007[b]
	Residual	6.464	98	.066		
	Total	6.510	99			

a. Independent Variable: Have you used social media and played or currently playing PUBG?
b. Predictors: (Constant), how many hours and/or minutes do they normally spend on social media use/PUBG games per day?

According to the above regression results, a p-value of below 0.05 is significant which means when the over-variable value is below 0.05 means results are significant. So there is a positive and significant relationship between variables. The P value of .007 indicates that our model is statistically significant. So, now we can say that our independent variables can influence our dependent variables.

Table 6: Coefficients

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	2.009	.077		26.036	.000

How many hours and/or minutes do they normally spend on social media use/PUBG games per day?	.225	.030	.084	.833	.007

a. Independent Variable: Have you used social media and played or currently playing PUBG?

The Value of beta shows that if a 1 percent change occurred in Independent variables then a .225 change will occur in dependent variables. The p < 0.007 is predict that the Independent variables play a significant role on dependent variable (B = .225, P< 0.007).

4.4 Correlations

If we talk about correlation, the correlation is an arithmetical tool where we observed the relationship between two variables also determine the strength of that relationship. The correlation test is used to evaluate the strangeness and direction of the investigated variables' connection. The correlation matrix also revealed the individual link between the research variables because a strong connection suggests that at least two elements have a stable interaction with each other, whereas it reveals feed able connectivity among unrelated factors. The following table presents the significance and relation of dependent or independent variables and explains how various factors are correlated with each other.

Table 7: Correlations

		Respondent Gender	Rural/ urbun	Age	Education Level	Marriage / Un marriage
Respondent Gender	Pearson Correlation	1	-.043	.ᵃ	.316**	.ᵃ
	Sig. (2-tailed)		.672	.	.001	.
	N	100	100	100	100	100
Rural/ Urban	Pearson Correlation	-.043	1	.ᵃ	-.312**	.ᵃ
	Sig. (2-tailed)	.672		.	.002	.
	N	100	100	100	100	100
Age	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.	.	.	.
	N	100	100	100	100	100
Education Level	Pearson Correlation	.316**	-.312**	.ᵃ	1	.ᵃ
	Sig. (2-tailed)	.001	.002	.		.
	N	100	100	100	100	100
Marriage / Un marriage	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.	.	.	.
	N	100	100	100	100	100

**. Correlation is significant at the 0.01 level (2-tailed).
a. Cannot be computed because at least one of the variables is constant.

Table 8: Correlations

		Have you used social media and played or currently playing PUBG?	Education Level
Have you used social media and played or currently playing PUBG?	Pearson Correlation	1	-.117
	Sig. (2-tailed)		.247
	N	100	100
Education Level	Pearson Correlation	-.117	1
	Sig. (2-tailed)	.247	
	N	100	100

There is a positive and significant correction of gender with the value of 1. The rural/urban and gender have a negative and insignificant relationship with the value of -.043 and p are .672 and so on. The value of Education level -.117 shows that there is a negative relationship between Social media & PUBG games on Student mental health and Education.

Table 9: Correlation

		Respondent Gender	Rural/ urbun	Age	Education Level	Marriage / Un marriage
Respondent Gender	Pearson Correlation	1	-.043	.ᵃ	.316**	.ᵃ
	Sig. (2-tailed)		.672	.	.001	.
	N	100	100	100	100	100
Rural/ urbun	Pearson Correlation	-.043	1	.ᵃ	-.312**	.ᵃ
	Sig. (2-tailed)	.672		.	.002	.
	N	100	100	100	100	100
Age	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.		.	.
	N	100	100	100	100	100
Education Level	Pearson Correlation	.316**	-.312**	.ᵃ	1	.ᵃ
	Sig. (2-tailed)	.001	.002	.		.
	N	100	100	100	100	100
Marriage / Un marriage	Pearson Correlation	.ᵃ	.ᵃ	.ᵃ	.ᵃ	.ᵃ
	Sig. (2-tailed)	.	.	.	.	.
	N	100	100	100	100	100

**. Correlation is significant at the 0.01 level (2-tailed).
a. Cannot be computed because at least one of the variables is constant.

The correlation test is used to evaluate the strangeness and direction of the investigated variables' connection. The correlation matrix also revealed the individual link between the research variables because a strong connection suggests that at least two elements have a stable interaction with each other, whereas it reveals feed able connectivity among unrelated factors. The following table presents the significance and relation of dependent or independent variables and explains how various factors are correlated with each other.

Table 10: Social Media and Pearson Correlation

		Have you used social media and played or currently playing PUBG?	Education Level
Have you used social media and played or currently playing PUBG?	Pearson Correlation	1	-.117
	Sig. (2-tailed)		.247
	N	100	100
Education Level	Pearson Correlation	-.117	1
	Sig. (2-tailed)	.247	
	N	100	100

5. Conclusion

This study focus on the impact of social media and PUBG games on Student mental health of university students. Due to the progression in technology, social media become an integral part of the life of every student on the other hand due to enhancements in mobile technology and in the IT department university students also suffer from diseases that to playing PUBG games on mobile phones. We have evaluated in this research the relationship between two demographic variables and also the impact of the independent variables on the dependent variable. We have found that the relationship between two demographic variables is positive and the impact of independent variables on dependent variables is negative. Due play PUBG games and the use of social media both have a negative impact on the student's mental health and academic performance. The other thing which we have found in this study is that a male has indicated a high risk due to the use of Social media and PUBG games as compared to females. The important task for future studies is to evaluate the Gender difference related to the use of Social media and PUBG and also inspect how these differences are related to using of Social media and PUBG games. The use of PUBG is strongly associated with depression and anxiety and Social media is related to illness, wasted time, loneliness, and impact on phycology mental health, in further study, is needed to analyze the impact of PSU AND PUBG used on males and Female Students in Pakistan.

6. Limitations

Despite the valuable theoretical and practical implications of this study, several limitations need to be acknowledged. Firstly, the sample size of data analyzed in this study was not sufficiently large to comprehensively assess the mental health status of university students. The findings primarily reveal the impact of the pandemic, social media, and PUBG games on students' mental health, while neglecting to explore the effects of other potential influencing factors. Consequently, this limitation hinders our

ability to predict the broader impact on students' mental health and academic performance in Pakistan solely based on the pandemic, social media, and PUBG games.

7. Future Animation

For future research directions, it is recommended to expand the scope beyond just PUBG games to encompass the overall impact of social media on students' mental health. This broader approach will allow for a more comprehensive analysis of how different social media platforms and internet usage patterns affect students. Additionally, it is crucial to investigate other factors associated with students' mental health, such as academic pressure, peer influence, and lifestyle habits. Exploring the broader societal implications of social media usage can provide valuable insights into how these platforms contribute to both positive and negative mental health outcomes among students. This holistic approach will enhance the understanding of the multifaceted effects of social media and provide a robust foundation for developing targeted interventions.

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