



# EFFECT OF E-SPORTS ON THE LIFESTYLE BEHAVIOUR OF INDIAN YOUTH

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## Abstract

These days, playing E-Sports is the most popular and tolerable form of entertainment. The gaming industry has already reached its peak among adult spectators, despite the common misconception that E-Sports are primarily for kids and are considered "childish" or "juvenile." However, there is a lot of youth participation in E-Sports today. Games are frequently blamed and accused of contributing to the rise in youth violence and aggression.. People have been curious about the specific effects that video games have on youth whether these effects are positive, negative, or absent altogether. This study looks into how playing in e-sports affects young people's lifestyle. A formal questionnaire is also used to examine their reasons for participating in E-Sports. Studies found connections between Physical activity-related links between e-sports and poor lifestyle outcomes (decreased levels of physical activity, and sedentary behaviour) poor diet, consumption of sweetened beverages) and sleep-related consequences (reduced quantity/quality, increased drowsiness/sleep deprivation, eye strain, wrist pain, neck pain). The findings show that there is growing interest in researching the connections between E-Sports and lifestyle outcomes. 300 adults from different socioeconomic backgrounds who participate in these E-Sports in New Delhi were the subject of this study. A questionnaire was prepared and distributed to the E-Sports competitors as part of the convenience sampling technique, and results and conclusions were sought according to the interpretation. The wide digital audience that e-Sports

can reach emphasises how important it is for this industry to encourage consumers and gamers to lead healthy lifestyles.

Keywords: e-Sports, urban, rural .Indian e-Sports, Psychology of e-Sports.

## Introduction

In e-sports, the inputs of players and teams are mediated using human-computer interfaces .A hundred million players take part in e-sports, which is aired live on streaming websites .With a 453 million global audience in 2019, e-sports has grown into a multibillion dollar industry. Prize money for these competitions can range from \$100 million to \$200 million, which attracts many amateur players to seek a career in it .Students fought in a space war video game in the inaugural e-sports competition, which took place in 1972 at Stanford University. e-sports ' beginnings are primarily reliant on the 1989 birth of the world wide web and the early 1990s software and hardware developments with network and multiplayer capabilities. Beginning in the early 1990s, e-sports grew in popularity during this decade the players are significantly increasing every year.

The global pandemic COVID-19 in 2020 had significant economic, educational, and social ramifications, but more importantly for our purposes, it disrupted traditional sport, which had a negative influence on the billion-dollar sports business (Goldman & Hedlund,2020). There has been a sharp rise in the number of spectators switching to digitally provided sports since traditional sports have been delayed. They believed that e-sports, in particular, could help to fill the hole left by traditional live sports (Ke & Wagner, 2020).

Video gaming and e-sports: Youth who are game addicts and e-sports competitors both play video games excessively. Professional gamers can e-sports games for up to 22 hours per week, and 30% of youth who are interested in e-sports play video games daily for longer than five hours. By raising serotonin levels, physical activity makes people happier, but playing computer games for extended periods of time can lead to depression and other social issues, such as declining academic performance and behavioural issues.

In recent years, people have increased their use of the internet, particularly video games. Caregivers have expressed concern about the effects of excessive video game use on users, including truancy from school to

play, losing academic grades at school, a decline in social activities, irritability if unable to play for an extended period of time or told to stop, an increase in aggression expression, and wrist and neck pain. It also causes careers to experience psychological anguish and to stop engaging in enjoyable activities. Any sickness affects the person with it and those around them in terms of physical, emotional, academic, cognitive, distress, and social dysfunctions. As a result, there are communication issues and feelings of helplessness among close friends and family members. This effect appears as a burden..

Parents and professionals may worry that their children who play video games excessively will become "addicted."The extent of playing (measured in hours per week; Skoric et al., 2009) video games, however, is not the only problematic and potentially addictive factor. Additionally, it covers problems like craving, losing control, and the detrimental effects of excessive gaming. Numerous studies, literature reviews, and meta-analyses have concentrated on the correlates of problematic video gaming. These correlates are typically rated on a continuum, with addiction at the top of the scale (e.g., Ferguson et al., 2011; Kuss and Griffiths, 2012). According to research, the degree of addiction to video games is associated with personality traits like low self-esteem (Ko et al., 2005), low self-efficacy (Jeong and Kim, 2011), anxiety, and aggression (Mehroof and Griffiths, 2010), as well as with clinical symptoms of depression and anxiety disorders (Wang et al., 2018). The lack of real-world friends (Kowert et al., 2014a), stress and unhealthy coping mechanisms (Milani et al., 2018), decreased psychosocial well-being and loneliness (Lemmens et al., 2011), psychosomatic issues (Müller et al., 2015; Milani et al., 2018), and lower academic achievement (Chiu et al., 2004; Gentile, 2009) have all been identified as possible. The size of the effects varies significantly between studies (Ferguson et al., 2011).

## Objective

We want to learn more about the following research issues. , What are the lifestyle habits, behaviour such as eating, sleeping, and exercising, that are connected to playing e-sports games? How do e-sports affect young people's lifestyles?

**Research Methodology**

The study is based on quantitative and survey research. Quantitative because research is based on quantified facts. It is a survey research because it focuses on the primary data for collecting information from the people of New Delhi

**Sample**

To achieve the objective of the study a total of 300 people further equally divided into three groups all male subjects ranged between 18-25 were selected. Sampling is done by convenience method

**Data Collection**

**Primary Data:** Primary data was collected from people living in Delhi region with the help of well designed and structured questionnaire

**Secondary Data:** Secondary data was collected through reports, articles, official websites and newspapers  
Descriptive statistics was used to analyze the research.

**Variables Selected:** The variables were physical ,lifestyle, cognitive, mental or social aspects of e-sports player

**Administration**

Multiple choice questions is filled out by the subjects in the presence of researcher

**Analysis of data**

**Chart no.1- Skip meal, going to bed hungry because of E-Sports ?**

E-Sports	YES	NO	SOME TIME
14 hours play per-week	14	66	30
21 hours play per-week	32	22	46
28 hours play per-week	64	11	25

14%: of the population regularly skip meal and 30%: of the population skip meal some time when their playing time is 14 hours per week

32%: of the population regularly skip meal and 46%: of the population skip meal some time when their playing time is 21 hours per week

64%: of the population regularly skip meal and 25%: of the population skip meal some time when their playing time is 28 hours per week

**Chart no.2 -Money invested on E-Sports ?**

E-Sports	YES	NO
14 hours play per-week	16	84
21 hours play per-week	68	32
28 hours play per-week	87	13

16%:of the population invested money on E-Sports when their playing time is 14 hours per-week.

68%:of the population invested money on E-Sports when their playing time is 21 hours per-week.

87%:of the population invested money on E-Sports when their playing time is 28 hours per week.

**Chart no.3 –Physical Activity , Exercise per day ?**

E-Sports	1-2 Hour exercise	2-3 Hour exercise	2-3 Hour exercise
14 hours play per-week	28	48	24
21 hours play per-week	54	25	8
28 hours play per-week	28	11	0

Only 28%: of the population exercise for 1-2 hours when their playing time is 28 hours per week and 11%: for 2-3 hours and none for 3-4 hours

54%: of the population exercise for 1-2 hours when their playing time is 21 hours per week and 25%: for 2-3 hours and 8%: for 3-4 hours

28% of the population exercise for 1-2 hours when their playing time is 14 hours per week and 48% for 2-3 hours and 24% for 3-4 hours

**Chart no.4 -Late night sleep, less hour sleep because of E-Sports ?**

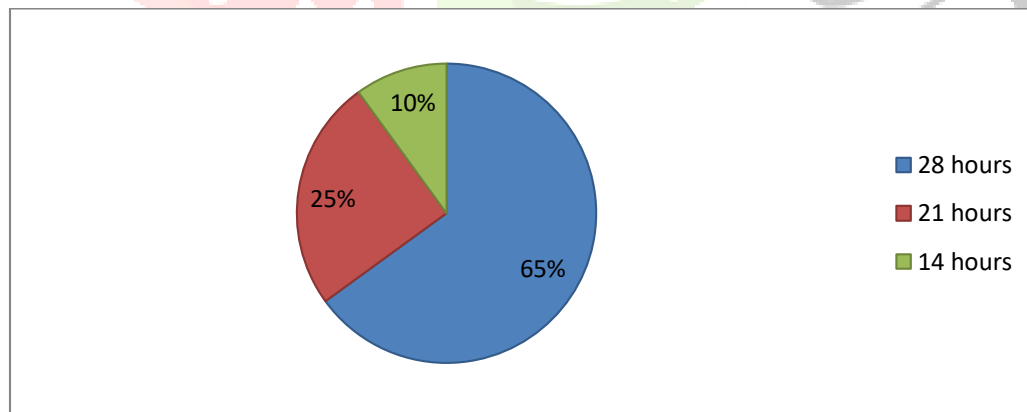
E-Sports	YES	NO	SOME TIME
14 hours play per-week	21	39	40
21 hours play per-week	46	6	48
28 hours play per-week	71	15	14

21% of the population regularly did not sleep properly and 40% of the population did not sleep properly sometime when their playing time is 14 hours per week

46% of the population regularly did not sleep properly and 48% of the population did not sleep properly sometime when their playing time is 21 hours per week

71% of the population regularly did not sleep properly and 14% of the population did not sleep properly sometime when their playing time is 28 hours per week

**Chart no.5 – Habit of smoking when playing E-Sports?**

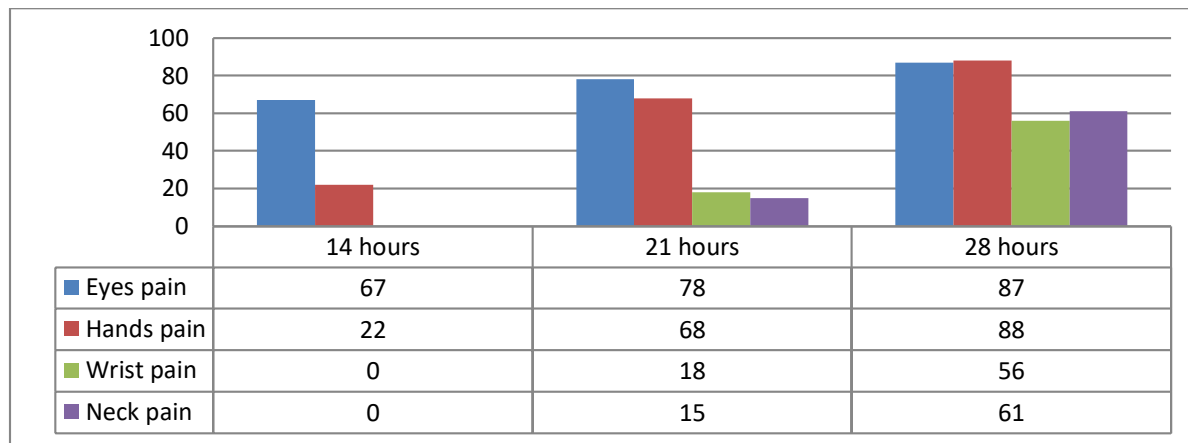


10% of the population smoking when their playing time 14 hours per week

25% of the population smoking when their playing time 21 hours per week

65% of the population smoking when their playing time 28 hours per week

**Chart no.6-Problems faced by E-Sports player**

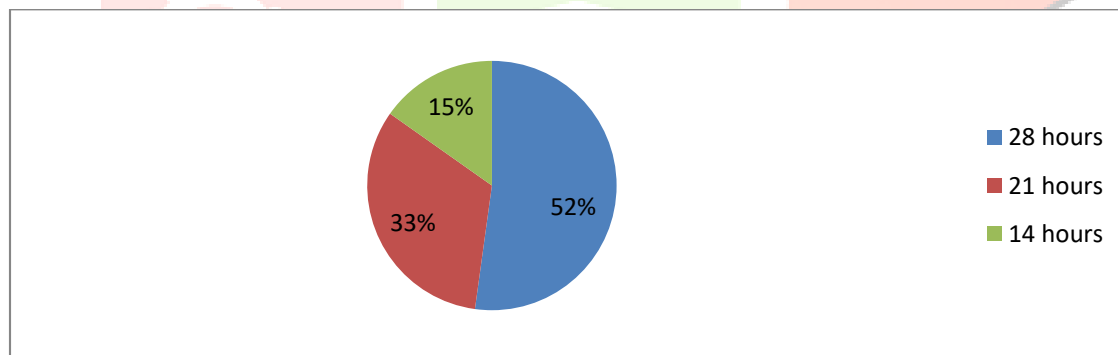


67% of the population suffer from eyes pain by playing e-sports, 22% from hand pain, 0% from wrist pain, 0% from neck pain when playing time is 14 hours per week

78% of the population suffer from eyes pain by playing e-sports, 68% from hand pain, 18% from wrist pain, 15% from neck pain when playing time is 21 hours per week

87% of the population suffer from eyes pain by playing e-sport, 88% from hand pain, 56% from wrist pain, 61% from neck pain when playing time is 28 hours per week

**Chart no.7-Addiction of fast food, soft drinks when playing e-sports**

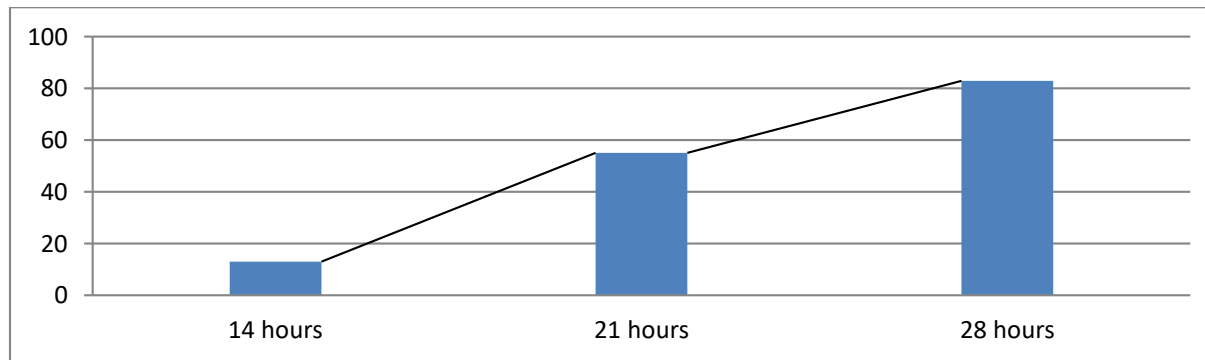


15% of the population have addicted to fast food, packaged food and soft drinks when their playing time is 14 hours per-week

33% of the population have addicted to fast food, packaged food and soft drinks when their playing time is 21 hours per-week

52% of the population have addicted to fast food, packaged food and soft drinks when their playing time is 28 hours per-week

**Chart no 8. Betting/ Gambling when playing e-sports**

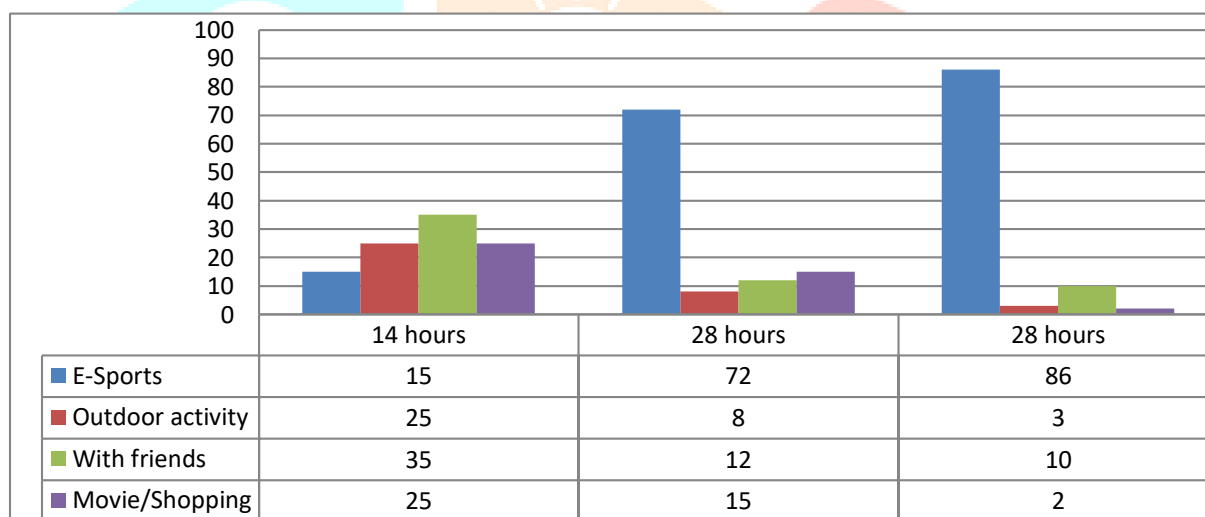


13% of the population take participating in gambling / betting when their playing time is 14 hours per week

52% of the population take participating in gambling / betting when their playing time is 21 hours per week

83% of the population take participating in gambling / betting when their playing time is 28 hours per week

**Chart no.9 –Interested in which activities when free time is there**



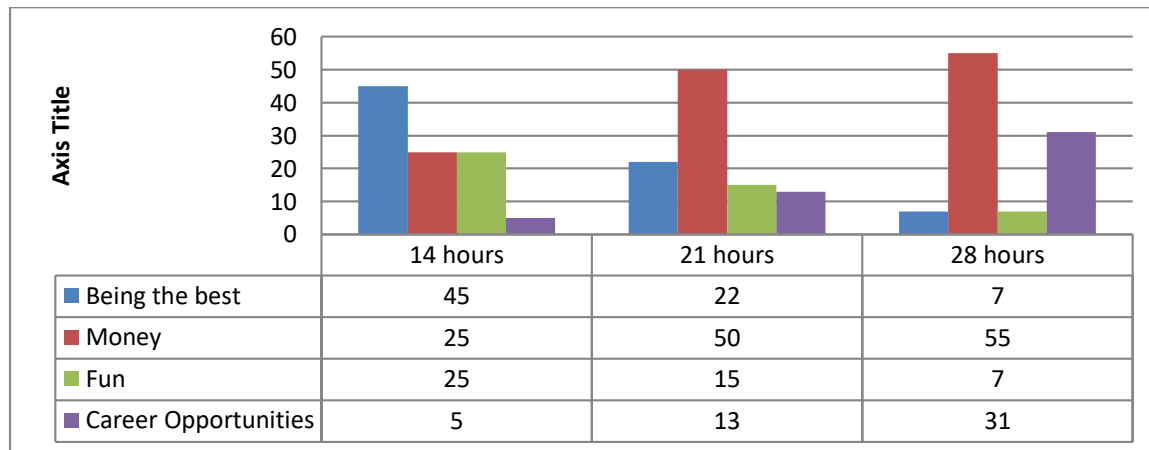
15% of the population prefer e-sports when free time is there , 25 % prefer outdoor activity , 35 % prefer friends company, 25 % prefer movie/ shopping when playing time is 14 hours per week

72% of the population prefer e-sports when free time is there , 8 % prefer outdoor activity , 12% prefer friends company, 15 % prefer movie/ shopping when playing time is 21 hours per week

86% of the population prefer e-sports when free time is there , 3 % prefer outdoor activity , 10 % prefer friends company, 2 % prefer movie/ shopping when playing time is 28 hours per week



**Chart no.10 – Motivation for playing e-sports ?**



55% of the population play e-sports for money , 31 % for career opportunities , 7 % for fun, 7% for being the best their when playing time is 28 hours per week

50% of the population play e-sports for money , 13 % for career opportunities , 15 % for fun,, 22 % for being the best their when playing time is 21 hours per week

25% of the population play e-sports for money , 5 % for career opportunities , 25 % for fun,, 45 % for being the best their when playing time is 14 hours per week

**Findings**

65% of the population smoking when they are playing and when their playing time is 4 hours per day and more

Only 39% of the population do exercise when they played 4 hours per day

More than 80% of the population take e-sports as professionally who played for money and career opportunities by the player whose played for 4 hours or more per day

86% of the population who played for 4 hours or more have less interest in other activities

89%:Skip meal, going to bed hungry because of E-Sports when they played for more than 4 hours per day

83% of the population take participating in gambling / betting when their playing time is 28 hours per week

52% of the population have addicted to fast food, packaged food and soft drinks when their playing time is 28 hours per-week

87% of the population suffer from eyes pain by playing e-sports , 88 % from hand pain , 56 % from wrist pain, 61 % from neck pain when playing time is 28 hours per week

## Conclusion

From the survey, it is evident that E-Sports have negative effects on Youth who participate in e-sports for more than two hours per day may experience negative lifestyle effects. It is important to understand both E-Sports' positive and negative aspects. If not played for longer than two hours each day, playing games with other kids as part of a healthy lifestyle generally has positive effects. Conversely, engaging in violent games has a number of negative consequences. The risks of extreme gaming must be understood by educators and students. Academic, societal, and transcendental health effects (physical, lifestyle, cognitive, mental, or social) may result from it. When playing games, students have been observed to become completely detached from their friends and the environment. Youth spend a significant amount of time playing E-Sports, as evidenced by the statistics that were previously presented. E-Sports are not an exception to the need to emphasize balance as a crucial component of a healthy lifestyle if played for more than 2 hours daily.

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