

# Is e-sport part of sports?

*By Resti Molina Fizi*

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### Abstract

The purpose of this study is to describe the e-sports view of an athlete, the athlete in question is someone who is engaged in sports involving physical activity and movement with national scale achievements. The method in this research is observational with a quantitative descriptive design. The sample in this study amounted to 158 National athletes of Riau Province. The sampling technique represents all sports in Riau Province which are selected based on being in the appropriate situation, time, and place, with the purposive sampling technique. In this study, using a questionnaire instrument with a Likert scale, there were four category assessments, namely strongly agree, agree, disagree, strongly disagree. The data analysis used is a survey method carried out with a questionnaire and the scores obtained and an analysis of the e-sport category using the SPSS 25 application. The results reveal that sportsmen view e-sport as a sport even though there is no strenuous physical activity but there is light physical activity in it, especially in motor movement. The percentage acquisition of 14.6% is good. Then in the sufficient category, the percentage is 25.9%. While the moderate category of the presentation was 30.4%. For the category less the percentage is 20.9%. For the last category is bad 8.2%. The results reveal that sportsmen agree that e-sport is a sport. The results of the study are expected to be able to solve perceptions about e-sport in which there is no physical activity in it, which is a sport

**Keywords:** *E-sport, Sport, Sportsman*

### INTRODUCTION

Currently, we are entering the 4.0 era where every activity, whatever work is done in it, must involve technology. In all sectors involving the use of technology, including sports. Technology in the sports sector is considered a breakthrough in the use of science and technology in its implementation. In line with this, [Effendi & Prihanto, \(2014\)](#) revealed that the use of science and technology, namely information technology that can be accessed properly, can have a positive impact on physical sports activities. [Omoregie, \(2016\)](#) revealed that today's technology helps sports performance. This is because the use of technology in the world of sports can improve the performance of an athlete through training programs or more modern tools, even though it takes experience and training in using sports equipment that has used technology to have maximum results. The use of technology in sports coaching can maximize the existing skills of athletes, the use of technology is also able to provide an overview of the

skills of an athlete from an early age so that it can determine the athlete's ability (Syakur, Badruzaman, & Paramitha, 2017).

In connection with technological advances in the world of sports, it has a positive impact on the progress and success of the world of sports. Today there is a popular sport that deals with the use of technology. This sport is commonly known as an e-sport. E-sport is a sport that uses technology. It is further explained if e-sports in it involves a game, activity, or competition, where the game is carried out following the rules as work and/or pleasure that requires ability and energy (Kurniawan, 2019). Dewi, (2019) revealed that if e-sport is part of an online game, then the machine used by the player is connected to one network so that it can be accessed by many players. generally, the network used is the internet. Rachman et al., (2020) stated that e-sports is a sport that is competed in major international sports events such as the Olympics. It is further revealed that someone who is involved in sports, is an expert in sports and is involved in sports, and is seriously involved in various activities in e-sports is called an athlete.

A phenomenon that is of concern to the wider community regarding e-sports is the giving of prizes in every competition that is held. In line with this statement, (Julius et al., 2016) stated that in 2012 the holding of an e-sports category competition with the MOBA (Mobile Online Battle Arena) type "The International" was the most amazing year that broke this record. for a nominal price of 239 billion. Rupiah. Liang & Hidatatur, (2017) revealed that the "Indonesia Games Championship" is one of the tournaments in Indonesia. This tournament is an e-sports competition with the participation of around 10,000 participants who fielded their best team in Southeast Asia by winning a total prize of 500,000,000. The big prizes that athletes get based on competition are sometimes bigger than other sports.

E-sports, which is the newest sports category, has several obstacles. There are problems with the way other sportsmen view e-sports. Concerns and problems that are often discussed are regarding e-sports which are based on activities that do not involve physical activity and strenuous

movements that are different from other sports activities. So that there are still many who appreciate that e-sports can be called sports. This contrasts with the literal definition of exercise, which involves physical activity and movement of a certain intensity. The view of how e-sport can be called sports, the view of an athlete is very important because an athlete is a person who does a physical activity with a certain intensity in doing sports.

In line with the statement that discusses how e-sports is about sports, the research of [\(Saleh, Nsaif, Rasheed, Saad Nsaif, & Rashied, 2018\)](#) explains that the discussion about esports as a sport becomes a hot topic because when there is a physical activity like other sports. [Widowati & Decheline, \(2020\)](#) reveal that there are differences in sports that use electronics and other sports. It was further revealed that electronic sports do not involve physical and physical activity in their pleasant. However, some research results also reveal that if e-sports is included in the sports category, the results of research by [Kane & Spradley, \(2017\)](#) that playing video games or commonly called e-sports includes physical activity with very low intensity. this happens when someone does this by standing and shaking the controller or while playing a video game. [Viscione & Elia, \(2019\)](#) revealed that e-sport is the development of traditional sports which include motion sports activities in the field of motor science in the world of sports

Based on the explanation and problems revealed about how e-sports views as a sport in the eyes of other sportsmen. The athlete in question is a person who is involved in sports other than e-sports. The debate regarding this view is because in its implementation e-sports does not involve strenuous physical activities that are usually carried out by sportsmen in other sports. Based on the problems raised, the writer wants to do research. The author wants to do research on the views of sportsmen about e-sport which is said to be a sport with the use of the latest technology. This research is deemed necessary because there are still few results that reveal the views of sportsmen towards e-sports, especially in Riau Province. This research is expected to be able to provide a broad picture to the public about

what and why e-sport can be called a sport even though there is no physical activity and strenuous movement in it.

## **METHOD**

This type of research is observational research with a quantitative descriptive design. The sample in this study amounted to 158 national athletes from Riau Province consisting of men and women. The sample selection technique is purposive sampling with the criteria taken by the author. The sampling technique represents all sports in Riau Province selected based on comfort, being in the right situation, time, and place (Prasetyo & Jannah, 2010). In this research, we will describe the views or perspectives of sportsmen or other athletes who are not part of e-sports regarding the views of e-sports. Measurements were made using a Likert scale questionnaire. There were four assessment categories, namely strongly agree, agree, disagree, strongly disagree. The values obtained from each question are 4, 3, 2, and 1. The value of validity and reliability is 0.897. The research was conducted by distributing questionnaires via a google form. The research was conducted on 1-10 January 2021. The data analysis in this study used a survey method using a questionnaire and the scores obtained and using the e-sports category analysis with the help of the SPSS 25 application.

## **RESULTS**

The results of the analysis obtained in the study will be illustrated through the results of the survey method with data collection techniques using a questionnaire and the scores obtained using quantitative descriptive analysis and e-sports category analysis. The overall answer from each respondent will be calculated for each gradation. For questionnaire items with very agreeable answers, there are 1102 with a presentation value of 24.91% of 158 people who voted on each question item. Then for the questionnaire with agreed answers, there were 2108 percentage values obtained by 47.65% from 158 people on each question item. Furthermore, the questionnaire does not agree with the percentage value of 1073 which

is 24.25% from 158 people on each question item. and for answers strongly disagree 141 with a percentage value of 3.19% from 158 people on each question item presented in table 1 below:

**Table 1** Results of Respondents Achievement for Each Questionnaire Item

No	Indicator	Number of Items	Criteria Statement								Average Score	TCR	Information
			SS		S		TS		STS				
			F	%	F	%	F	%	F	%			
1	E-Sport in the eyes of sportsmen	28	11	24.9	210	47.6	107	24.2	141	3.19	2.73	68.18	Good
			02	1	8	5	3	5					

Calculation of data using a questionnaire and the score obtained was carried out to determine the number of gradations for each question item that had the answers to strongly agree, agree, disagree, and strongly disagree. To make it easier to see the percentage of acquisition of each answer to the questionnaire questions, categorize **strongly agree, agree, disagree, and strongly disagree** can be seen in Figure 1 below:



**Figure 1.** Bar Chart of Respondents' Outcomes

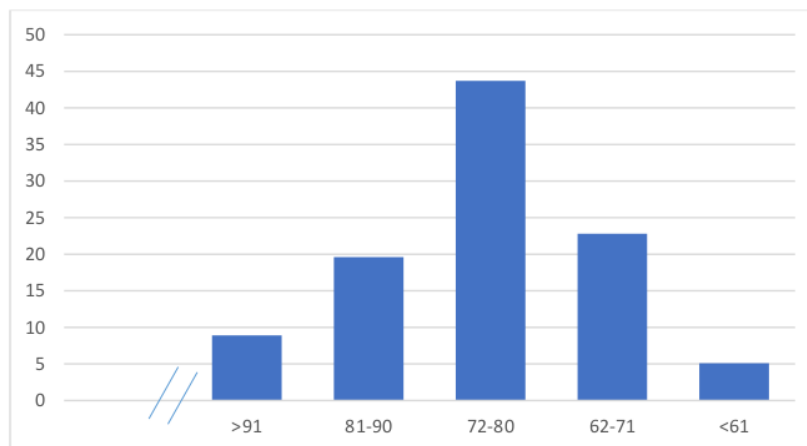
Then after knowing the questionnaire data and the scores obtained from each gradation of the answers from each respondent to the questionnaire. Furthermore, the calculation of the respondent's answer category will be carried out based on reference to norms, making it easier to read the research results presented in table 2 below :

**Table 2.** Results of the E-sport Category Analysis

No.	Category	Frequency	Valid Percent
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1	Very good	14	8.9%
2	Good	31	19.6%
3	Moderate	69	43.7%
4	Less	36	22.8%
5	Very less	8	5.1%
<b>Total</b>		<b>158</b>	<b>100%</b>

The category calculation based on norms is carried out to determine the category of respondents regarding their views on e-sports. The results of the category analysis will describe the results of research on how each sportsman views e-sport as a sport as seen from the overall questionnaire score. Of the 158 research samples, 14 of them viewed e-sport as a sport with again percentage of 8.9% in the value range > 91 in the very good category. Then in the good category, there are 31 sportsmen with a percentage of 19.6% with a value range of 81-90. Whereas in the medium category, 69 sportsmen view e-sports as a sport and the percentage of profits. is 43.7% with a norm value range of 72-80. For the less category, there are 36 people, meaning they see e-sports with a value range of 62-71 and a percentage of 22.8%. And the last category is very less seen from e-sports, namely 5.1% with a sample size of 8 people in the norm value range <61. To make it easier to see the percentage of acquisition for each category, namely very good, good, medium, bad, very bad, it can be seen in Figure 2:



**Figure 2. E-Sport Category Bar Chart**

## **DISCUSSION**

Based on the results of the study, it was revealed that athletes consider e-sports as part of a sport even though there is no physical activity and strong movement in it. E-sport is a sport in which there is a match and will determine the champion in the match. Of these 158 people, the percentage of the acquisition was 14.6% good. Then in the sufficient category, the percentage is 25.9%. Meanwhile, the medium presentation category was 30.4%. For the less category, the percentage is 20.9%. For the last category was bad 8.2%. The results showed that sportsmen agree that e-sport is a sport. The results of this study, when linked with previous literature studies, have similarities about agreeing to view e-sport as a sport.

[Thiel & John, \(2018\)](#) explains that e-sport can be said to be a sport because there is a competition arrangement where teams compete or players fight for victory, determined through a certain point system. Especially when doing activities at e-sports, it requires speed and good fine motor skills. E-sport is a game or competition that uses electronic computing devices and online video games to balance the skills and intelligence of people who play which require physical and mental strength and strength in competing ([Southern, 2017](#)).

[Ma, Wu, & Wu, \(2013\)](#) revealed that online games that are not contested on a large scale are not e-sports. It was further disclosed that if in e-sport there is a match with a predetermined system of rules, the winners and prizes will be given in each match. Furthermore, e-sport is part of sports even though there is no high-intensity physical activity in it, but in its handling, e-sport is related to motor activities which are part of sports. [Tjønndal, \(2020\)](#) states that technological developments that affect sports give an expression of e-sport as a sport because it can have a large economic impact even though there is no physical activity in it.

E-sport is part of sports even though it does not contain vigorous physical activity. Furthermore, sports that do not use strenuous physical activity include chess, card games but maximize thinking associated with



gross and fine motor physical activity, [Tomecka, \(2017\)](#). [Heere, \(2018\)](#) explains that the study of e-sport as a new sport must be considered, especially regarding the sports component, namely seeing, regulating, or regulating non-sports activities in such a way that they resemble sports and allow for a fair, fun, and enjoyable environment. safe for individuals to compete and cooperate. Although e-sports is included in sports with low physical activity and movement, it will affect fat in e-sports athletes. In line with this, [Bayrakdar, Yıldız, & Bayraktar, \(2020\)](#) that e-sports athletes who rarely do mobile activities result in the formation of large groups of fat so that their body composition is not good.

[Hallmann & Giel, \(2018\)](#) revealed that e-sport is a sport that includes light physical activity, in addition to involving light physical activity, e-sports involves thinking activities or heavy brain functions such as sports such as chess, darts, poker, snooker. Further explained, an activity is said to be a sport if it includes, involves physical activity, is carried out for recreational purposes, involves an element of competition and has an organizational institutional framework. E-sport is a sports development that utilizes technological advances so that it becomes a sport that is different from other sports in the implementation, competition, and coaching that is carried out ([Summerley, 2020](#)).

[Pizzo et al., \(2018\)](#) revealed that e-sport is part of the latest sports with video game technology media. It was further explained that if the interest and audience of e-sports matches are not as exciting as other sports, then high management, marketing, and professionalism are needed for e-sports to be similar or the same as other sports. [Pereira, Brito, Figueiredo, & Verhagen, \(2019\)](#) if the e-sport branch emerged due to rapid technological developments. Furthermore, e-sport can be said to be a sport because it contains matches and determines the winner in the match. [Idhohuddin & Wahyudi, \(2020\)](#) explained that the current phenomenon regarding e-sport as a sport has an impact on the high interest of school students towards video games. He continued because the impact of increasing interest in

video games in schools can facilitate them well so that they can make achievements in the field of sports.

Although some research results reveal the same thing as the previous literature review regarding the view and concept of e-sports as a sport, several other studies have not validated e-sports as part of the sport. In line with this, [Filchenko, \(2018\)](#) reveals that there is a difference between traditional sports or sports that already exist in society and e-sports. In e-sports, there is no physical activity which results in some athletes just sitting and not paying attention to their body composition so that it is stated that e-sports is indeed part of a sport but not entirely based on the actual interpretation of that interpretation. Sport lack of physical activity and movement performed by people who play e-sports results in decreased health of e-sports players. Apart from spectators athletes in e-sports competitions, there is still a lack of physical activity that affects their health, so the need for physical training for e-sports athletes is to provide a good example in matchmaking spectators ([Wattanapisit, Wattanapisit, & Wongsiri, 2020](#)).

Talking about several literature studies that do not agree that e-sport is part of sports because there is no physical activity and strong movement in it. Several other studies have revealed the effects of physical activity on e-sports athletes. [Lutfiwati, \(2018\)](#) explains that addiction to online games that is not balanced with other activities such as movement activities will affect cognitive abilities. He explained, playing online games excessively will weaken cognition and provide slow reflexes in his daily life, this can happen because the game is not supported by good physical abilities with moderate or high intensity. If allowed to continue, it will affect the nervous system of the brain which can affect daily life.

[Amelia & Santoso, \(2019\)](#) revealed that in e-sports, a good building design is needed for the competition arena, this is because when competing the athlete will sit for a long time so comfort is needed. Furthermore, this is also related to the health of e-sports athletes in the competition arena. Research by [bahrilli, Yüce, & Çakir, \(2020\)](#) reveals that the weight of some

e-sports athletes is not balanced between fat and existing activities. Furthermore, it was also stated that the average e-sports athlete experiences lower back pain problems due to the sitting position he does.

### **CONCLUSION**

Based on the results of the research that has been done, it can be concluded that sportsmen view e-sport as a sport even though in its implementation it does not involve too much physical activity and vigorous movement. These results are expected to be able to provide insight into how e-sport as a sport has recently been phenomenal. Furthermore, it is hoped that the community can support athletes and e-sports activities. Although it describes positive research results on e-sports, in this study, there are limitations, namely the not too wide sample of athletes represented only by athletes in Riau Province, for further research it is hoped that it can broaden horizons. various displays in e-sports and add other variables.

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