

# Chapter 5

## Gaming Through the Lens of Public Health: Awareness of Esports Consequences

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### **ABSTRACT**

*Esports has grown into a global phenomenon that combines competition with professional careers. Esports, otherwise known as electronic gaming, is a multifaceted and exciting form of competitive video game. This highly organized landscape has created a global phenomenon, rapidly growing in popularity worldwide and captivating the attention of millions of players worldwide. This paper explores the health risks and positive aspects associated with the relationship between esports and physical and mental health.*

### **INTRODUCTION**

Esports is a form of competitive sports facilitated through electronic systems or otherwise known as video games. This multiplayer form of video gaming is organized in different teams, leagues, and tournaments (Ketelhut et al, 2021). Esports'

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recent popularity was ignited by the expansive growth in new games, broadcasting sources, and gaming partnerships. Gaming and esports especially gained a popularity boost from the COVID-19 pandemic lockdown when people were strictly confined to their homes and turning to esports as a source of entertainment. People at home were not the only ones battling their boredom with esports; athletes were also playing esports since their seasons were delayed due to the pandemic (Wheless, 2021). Esports has created an international community of players, and it continues to grow at an unprecedented pace. Participating in the fun and exciting realm of esports entails both a plethora of health challenges and benefits. It is crucial to find an equilibrium between the esports gaming and physical and mental health through self-care and collaborative efforts.

## **ESPORTS AND PHYSICAL HEALTH**

### **Overview**

Individuals engaging in esports for competitive video gaming can be presented with multiple physical health effects which can be both beneficial and harmful. Physical health and esports are directly related to one another and individuals can be impacted by this in either ways (Rudolf et al, 2020). This section examines the positive impact it has while also addressing the negative impacts. Nowadays, many esports athletes are prioritizing their physical fitness and engaging in healthier activities such as going to the gym, participating in workout routines, practicing mindfulness and eating healthy. They are doing this to promote physical health and incorporate healthy behaviors in daily life to improve their gaming performance (Seffah et al, 2023). In addition to that, esports require them to interact with other athletes, promoting them to gain essential qualities such as teamwork, leadership, and communication skills giving them confidence within themselves (Sanz-Matesanz et al, 2023). Even if the player is shy and reserved, engaging in esports forces them to communicate as they are often playing against one another instilling confidence and building on teamwork and quick decision making. Furthermore, competitive video gaming often requires accuracy and fast hand and eye movement which improves one's fine motor abilities. Along with that, precision, strategic thinking, and keeping focus are all essential qualities needed in this sport. These activities help one maintain a good cognitive health improving their critical thinking and brain function.

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