



E-Sports and Sports: A Study of the Related Position of E-Sports in Sports

Ikadarny^{1AC*}, Muhammad Qasash Hasyim^{2B}, Sufitriyono^{3D}, Suparman^{4E}

¹²³⁴Faculty of Sports Science, Makassar State University, Makassar, Indonesia

*Corresponding Author: Ikadarny@unm.ac.id

Authors' contribution: A) Conception and design of the study; B) Acquisition of data; C) Analysis and interpretation of data; D) Manuscript preparation; E) Obtaining funding

ABSTRACT

Although many studies have concluded that E-Sports are sports, the question of whether they should be classified as a sport continues. This is the basis for researchers to write articles by utilising the literature review process. This strategy was chosen because there are still many assumptions that E-Sports is a profit-oriented gaming activity. Recent articles provide evidence that the definition of e-Sports is more than just playing games for money. In addition, the perception of E-Sports is also limited to video games, even though the essence of E-Sports is more than that. It is undeniable that E-Sports are directly related to the economy, but the study of E-Sports is not only seen from one side; other aspects that can make E-Sports recognised as a sport are reviewed in this article. This article concludes that E-Sports can be classified as a sport by using the values and features of the sport. Such as being competitive, having rules, doing physical activity, practising according to the coach's programme, paying attention to player nutrition, and the professionalism of players in running the game.

ARTICLE HISTORY

Received: May, 2023

Accepted: June, 2023

Publish: July, 2023

KEYWORDS

E-Sports;

Sports;

Study Literature.

How to Cite : Ikadarny, Hasyim, M. Q., Sufitriyono, & Suparman. (2023). E-Sports and Sports: A Study of the Related Position of E-Sports in Sports. *Journal RESPECS (Research Physical Education and Sport)*, 5(2), 366-373. <https://doi.org/10.31949/respecs.v5i2.5776>

INTRODUCTION

The image most people think of of an athlete is not sitting at a computer and playing a video game. Instead, the activity stereotype is often associated with someone who is not physically fit and has no athletic talent. According to Kendall (Kane et al., n.d.), people might call a gamer a nerd or equate it with nerd culture in some circumstances. Many types of people can be classified as gamers. People who play board games, collectible card games, and video games are the most common classifications (Murtiningsih, 2021). For the purposes of this article, the term gamer refers to a person who participates in competitive video games. Competitive video players began to exhibit the same athletic attributes as athletes in traditional sports as technology advanced. The concept of video games has also evolved. People are starting to play video games competitively in tournaments that mimic sports



competitions, not just for fun (Rahmantyo & others, 2023). This review article will attempt to build a theoretical framework to find out how E-Sports stands in the sports achievement branch.

One of the most controversial issues surrounding E-Sports is whether competitive video games can be classified as sports (Kurniawan, 2019). Many attempts have been made to define sports, but no uniform definition has been found. People refer to the definition of the Oxford English Dictionary (n.d.) in Djohan et al., 2020: "An activity involving physical exertion and skill in which individuals or teams compete with others or others for amusement". To ensure that E-Sports can be defined as a sport, the definition of the sport itself must be discussed in more depth (Kane et al., n.d.).

Several researchers have focused their attention on the E-Sports phenomenon, analysing its various components from various angles. Witkowski in Hallmann & Giel (2018) suggests that E-Sports players are physically involved in several ways, such as professional players who have a balanced body that does not reflect the movement of their virtual avatar and engage haptic by using the keyboard and mouse to direct their avatar. Rudolf et al. (2016) in Sitompul (2022) show that E-Sports players experience physiological stress and tension during tournaments that are comparable to those experienced by top athletes in other sports. Despite the study's limited sample size, measurements of the stress hormone cortisol and heart rate of E-Sports participants demonstrated acute stress during the contest. Furthermore, according to Rudolf (Persada & Putra, 2020), their cortisol level during the contest is comparable to that of the racers; their average heart rate during competition is more than 100 beats per minute, with a peak of up to 160 to 180 beats per minute. E-Sports players, in their own subjective opinion, do not experience chronic stress. The researchers determined that, when combined with the high motor needs of the players, E-Sports are on par with several other sports in terms of physiological stress and tension.

Apart from the ongoing disputes in the field of sports science, E-Sports have been designated as one of the sports to be contested at the 2022 Asian Games by the Olympic Council of Asia (OCA) (Brahmantyo, 2018). E-Sports is a competitive sport that has been officially added to the 2022 Asian Games in China (Wattanapisit et al., 2020). This was aided by technical advances in the sports field. After the Asian Games, which included E-Sports in the medal tally, the debate about E-Sports itself is still hotly debated. He admits that the inclusion of E-Sports in the sports category is debatable due to differences in characteristics (Gunawan et al., 2021). So, in this article, the author examines what E-Sports are, especially if they can be included in sports.

The decision to include E-Sports in the 2022 Asian Games medal tally has drawn controversy. However, appreciation for E-Sports can also be explained by study, so the dispute continues to this day. Seeing controversies in other sports, including E-Sports, this has become a topic of conversation in Indonesia. E-Sports are popular among the general public in Indonesia, especially among young people. Because the E-Sports strategy is based on video games that may be played on mobile devices, consoles, or PCs (Putranata, 2020), As a result, it is quite easy for teenagers to do it. This is a problem that researchers are not aware of. The emergence of E-Sports in Indonesia has had an impact on the legalisation of video games (Adiputra, 2018). It is homework for all authorities, who must establish a clear distinction between the two perceptions. Because E-Sports in Indonesia was first known for playing video games, when people think of E-Sports, they only think about games.

Literature study is an activity that produces and finds quality previous research by making a summary and description of a research area from previous research done in depth. Traditional reviews, systematic mapping studies, systematic literature reviews, and tertiary research are all part of the literature review (ERMA, 2021). Based on the issues raised above,

this article investigates whether E-Sports will be recognised as a sport in Indonesia. This is used as learning material because it is very important to harmonise the impression that playing video games is E-Sports. This article will review research findings and published papers both nationally and globally.

MATERIALS AND METHODS

The literature review method was used to write this paper. The technique used is a literature search using the Google Scholar database and other research article databases (Syafuddin et al., 2022). As a result, the article is used as study material to overcome this problem. Article searches were carried out using the keywords e-Sports and achievements. The literature review was carried out because the studies provided evidence, although there is still disagreement. So this article is expected to clarify and explain the problems being faced.

RESULTS AND DISCUSSION

Exercise is a movement that nourishes the body and has an impact on the body as a whole by encouraging muscles to function to increase blood circulation and oxygen intake (Pribadi, 2015). Sport has also been defined as "all forms of physical activity through participatory and organised activities with the aim of increasing physical fitness" (Pranata, 2022). Rodgers (1977) defines sport as "activities that involve physical activity that can be done for recreational purposes and to improve physically by involving elements of competition and having institutions or organisations" (Yuliawan & Bekti, 2021). Sport is a type of movement activity that is carried out by humans on purpose, with its own approach to shaping the body based on intensity, duration, and purpose (Bafirman & Wahyuri, 2019). According to the view stated above, a sports activity includes all coordinated body movements that use ways to improve body building depending on the intensity, length, and goals set.

Physical activity as a basic component of sport is directly related to the definition of sport. Because the training aspects are minor, characteristics such as these provoke substantial discussion in recognised sports such as chess and bridge. Like E-sports, which claims to be a sport even though the conflict continues. Physical activity can be defined as body movements produced by skeletal muscles that require the conversion of calories into energy (World Health Organisation, 2017), as evidenced by the dimensions of frequency, intensity, duration, and type of activity. Technology has the potential to change the application of sports into a new game, namely E-Sports (Rizky, 2022). Professional video game activity is a new culture in the world of sports. E-Sports stands for electronic sport, which refers to video game-based competitions between individuals or teams to win tournaments or competitions (Alfayet & others, 2023). E-Sports can be used as an alternative sport, especially through the use of video games (Kafitan, 2023). E-Sports can be defined as a structured and competitive approach to playing computer games (Putri, 2020). The term e-Sports can also refer to electronic sports, cyber sports, competitive computer games, and any virtual sports (Ananda et al., 2022). Another point of view is that e-Sports is an abbreviation of electronic sports, which indicates that sports use electronic media to compete in games (Nugraha & Subagio, 2021). The competitive nature of E-Sports lends itself to the features of the sport. So, in competitive implementation, E-Sports has something in common with sports (Setiaji & others, 2020).

The problem of E-Sports conflict in sports continues throughout the world. Campaigns regarding E-Sports in other countries are still driven by socio-economic factors. As in Germany, E-Sports are promoted by providing subsidies and tax breaks at E-Sports events (Breuer, C., Wicker, & Von Hanau, 2012; Breuer et al., 2019). Other European countries,

including Austria, Denmark, France, the Netherlands, and Belgium, offer tax breaks and sports status from their governments (Miles, 2017; Kane et al., n.d.). This explanation shows that the prospect of E-Sports is not only in the field of sports but also has significant economic benefits if E-Sports are officially integrated into sports (Safii, 2020). In addition, E-Sports is growing from an industry standpoint, as evidenced by events with high audiences (ESL, 2016) and Block et al. (2018), which can provide financial benefits by attracting many sponsors. Not only in terms of match events but also in terms of prizes that players receive. The winner of the 2016 DOTA 2 Tournament International Class E-Sports event in Seattle received a prize of \$20 million (Carter et al., 2017). As a result, with economic incentives, E-Sports have a place among young people (Sjöblom & Hamari, 2017) (Macey et al., 2022). As a result of this argument, E-Sports can be shown to be an activity favoured by teenagers and young people because of its economic benefits, which can stimulate the development of interest in the practise of E-Sports.

E-Sports is a type of sport made possible by electronic technology (Cranmer et al., 2021). E-Sports is nothing new, but research on it in Indonesia is still small, so the debate about whether it should be included in sports continues because E-Sports is associated with electronic games. Opinions regarding E-Sports that are not sports have indeed been around for quite a while. According to Rodgers (1977), E-Sports are not sports because their implementation excludes some physical activities (Uslu, 2022). Contrary to popular belief, many governments have recognised E-Sports as a sport (Chung et al., 2019) and acknowledged that physical exercise does not play an important role in sports activities. Based on the legitimacy of chess as a sport, the E-Sports component can be considered a sport as well. One of them happened in Germany with the Deutscher Olympischer Sportbund (DOSB). DOSB is the German sports organisation that influences sports decision-making. In general, sport includes features such as the organisational or institutional structure of protected games in conveying ethical ideals such as protected fair play. Furthermore, the acceptance of E-Sports as a sport is limited because E-Sports currently only exist as an economic opportunity and have very limited potential to become a sport (Hallmann & Giel, 2018). E-Sports are being developed on a significant scale in Ukraine, although the commercial side with financial benefits is prioritised (Lokhman et al., 2018) in Santoso et al., n.d.

Even though some people don't think of E-Sports as a sport, they have become a part of everyday life. The Indonesian government has also approved the legality of funding the E-Sports group. E-Sports requires the execution of motor skills, athletic body readiness, and various kinds of movement skills (Hilvoorde & Pot, 2016). The current state of affairs in E-Sports is that video games are competitive. With the definition of e-Sports, the characteristics of E-Sports that can be claimed as sports include pragmatic thinking. Though the contents include organisation, competition, and talent, Research and studies have also contributed to the acceptance of E-Sports as a sport. E-Sports can be said to be a sport because it has a competitive aspect, players must be mentally and physically prepared, abilities must be constantly honed, and E-Sports includes laws that must be obeyed by all participants (Darmawan, 2022). E-Sports has the potential to create its own ecosystem through technological advances as an alternative source of income. As a result, to become professionals, players had to have a subtle flair. In addition, the advantages of E-Sports in a social environment can foster social and emotional interaction through inclusive teamwork (Hayday & Collison, 2022). Seeing the benefits of E-Sports, the government formed IeSPA (Indonesia E-Sports Association) under the auspices of FORMI (Indonesian Community Recreational Sports Federation). Now, with the help of the government and a forum to show its existence, E-Sports in Indonesia can be embraced by the community. The confrontation

that occurs in E-Sports is fundamental in the sense of sport. The general public believes that sports are realised only through explosive and extreme movements. However, in the study of old French, the word sport itself means to please yourself (Aryadi, 2019). So, based on the definition of the term "sport", playing video games can be classified as a sport.

Connecting E-Sports to sports is more than just an excuse; considering the quality of E-Sports, they should be included in sports. Because electronic sports are competitive (Parry, 2019) and have characteristics such as (1) requiring motor skills, (2) having a pulse comparable to marathon athletes, (3) requiring training for body position, (4) having good nutritional and nutrition control, and (5) having an age limit (DiFrancisco-Donoghue et al., 2021). This explanation is necessary to understand that E-Sports can be considered a separate sport. As a result of Literacy studies, E-Sports provide a bright spot in sports where they exist. In addition, being an E-Sports player or athlete requires more than just playing games for a long time; You also have to train 8 hours a day, have a coach and nutrition staff, and even earn money as a professional player (Merwin et al., 2018; Santoso et al., n.d.). As a result, it is evident that E-Sports can be classified as a sport. E-Sports are technical advancements used in sports. Socially acceptable developments to open up opportunities in sport. The physical activity performed by the players is in stark contrast. However, as stated earlier, the features of sport are not limited to physical activity; there are rules that require talent and even player professionalism to be the keys to carrying out sporting activities. This article does not question whether E-Sports are a sport or not, but instead covers literacy-based studies that show that E-Sports can be accepted as a sport.

CONCLUSION

After discussing the variable aspects that are considered problems, the writer can draw conclusions based on relevant literacy. This article concludes that E-Sports can be classified as a sport by using the values and features of the sport. Such as being competitive, having rules, doing physical activity, practising according to the coach's programme, paying attention to player nutrition, and the professionalism of players in running the game. This is not the same as teenagers and young people who enjoy video games. This is because playing video games does not have a measurable goal. Promoting E-Sports to the general public must start with education and community involvement. This is because the games used in E-Sports can be freely accessed by the general public via devices, PCs, and consoles. The government should focus more on the packaging and procedures for implementing E-Sports.

CONFLICT OF INTEREST

There is no conflict interest in the article.

REFERENCES

- Adiputra, W. M. (2018). *Jurnalisme Game dan Membedakannya Karakter Konten Media*.
- Alfayet, H., & others. (2023). *Peranan Komite Olahraga Nasional Indonesia (KONI) Dalam Memajukan Elektronik Sport (E-Sport) di Wilayah Kota Jambi*. Universitas Batanghari Jambi.
- Ananda, B. F., Achmad, Z. A., Alamiyah, S. S., Wibowo, A. A., & Fauzan, L. A. (2022). Variasi Komunikasi Virtual pada Kelompok Pemain Game Mobile Legends. *Jurnal Ilmu Komunikasi*, 12(1), 18–34.

- Aryadi, D. (2019). Perbandingan Sistem Penjas dan Olahraga" Sistem Pendidikan Jasmani di Perancis". *Indonesian Education, Management and Sports Anthology*.
- Bafirman, B., & Wahyuri, A. S. (2019). *Pembentukan kondisi fisik*.
- Block, F., Hodge, V., Hobson, S., Sephton, N., Devlin, S., Ursu, M. F., Drachen, A., & Cowling, P. I. (2018). Narrative bytes: Data-driven content production in esports. *Proceedings of the 2018 ACM International Conference on Interactive Experiences for TV and Online Video*, 29–41.
- Brahmantyo, J. A. (2018). *Upaya Asosiasi dan MNC Dalam Menjadikan E-Sports Sebagai Olahraga Olimpiade*.
- Breuer, C., Swierzy, P., & Feiler, S. (2019). Sport clubs in Europe: Organization. *The SAGE Handbook of Sports Economics*, 82.
- Carter, M., Fordyce, R., Gibbs, M., & Witkowski, E. (2017). eSports Futures in Australia. *Proceedings of DiGRAA 2017*.
- Chung, T., Sum, S., Chan, M., Lai, E., & Cheng, N. (2019). Will esports result in a higher prevalence of problematic gaming? A review of the global situation. *Journal of Behavioral Addictions*, 8(3), 384–394.
- Cranmer, E. E., Han, D.-I. D., van Gisbergen, M., & Jung, T. (2021). Esports matrix: Structuring the esports research agenda. *Computers in Human Behavior*, 117, 106671.
- Darmawan, M. D. (2022). *E-sports Training and Tournament Design in Surabaya*. Universitas 17 Agustus 1945 Surabaya.
- DiFrancisco-Donoghue, J., Jenny, S. E., Douris, P. C., Ahmad, S., Yuen, K., Hassan, T., Gan, H., Abraham, K., & Sousa, A. (2021). Breaking up prolonged sitting with a 6 min walk improves executive function in women and men esports players: a randomised trial. *BMJ Open Sport | & Exercise Medicine*, 7(3), e001118.
- Djohan, M. I., Purwanto, R. E., & Fitriansyah, Y. D. (2020). Analisis Pengelolaan Water Sport Event sebagai Destinasi Wisata Olahraga di Danau Ranau Kab. Oku Selatan Prov. Sumatera Selatan. *Pusaka: Journal of Tourism, Hospitality, Travel and Business Event*, 2(2), 84–97.
- ERMA, W. (2021). *Studi literatur: Etnosains dalam pembelajaran sains*. UIN Raden Intan Lampung.
- Gunawan, A., Hidayatullah, A., & Hidayat, A. (2021). Pengembangan E-Sport dan Industri Gaming Menggunakan Analisis SWOT. *Jurnal Syntax Transformation*, 2(04), 409–421.
- Hallmann, K., & Giel, T. (2018). eSports – Competitive sports or recreational activity? *Sport Management Review*, 21(1), 14–20. <https://doi.org/10.1016/j.smr.2017.07.011>
- Hayday, E., & Collison, H. (2022). Understanding the potential for esports to support social inclusion agendas. In *Social Issues in Esports* (pp. 131–147). Routledge.
- Hilvoorde, I. van, & Pot, N. (2016). Embodiment and fundamental motor skills in eSports. *Sport, Ethics and Philosophy*, 10(1), 14–27.
- Kafitan, A. D. S. (2023). *Analisis Pola Komunikasi Tim E-Sports yang Tergambarkan dalam Konten Mic Check pada Game Mobile Legends di Indonesia*.
- Kane, A. D., Spradley, B. D., & Kane, D. (n.d.). *thesportjournal.org-RecognizingESportsasaSport*. 1–9.

- Kurniawan, F. (2019). E-sport dalam fenomena olahraga kekinian. *JORPRES (Jurnal Olahraga Prestasi)*, 15(2), 61–66.
- Macey, J., Tyrväinen, V., Pirkkalainen, H., & Hamari, J. (2022). Does esports spectating influence game consumption? *Behaviour & Information Technology*, 41(1), 181–197.
- Murtiningsih, S. (2021). *Filsafat Pendidikan Video Games: Kajian Tentang Struktur Realitas dan Hiperealitas Permainan Digital*. UGM PRESS.
- Nugraha, W. H. A., & Subagio, I. (2021). Minat Masyarakat terhadap Esports sebagai Olahraga Prestasi di Jawa Timur. *Jurnal Prestasi Olahraga*, 4(12), 44–52.
- Parry, J. (2019). E-sports are not sports. *Sport, Ethics and Philosophy*, 13(1), 3–18.
- Persada, Y. B., & Putra, R. B. A. (2020). Kajian E-Sport Dalam Ranah Olahraga. *Indonesian Journal for Physical Education and Sport*, 1(2), 588–596.
- Pranata, D. (2022). Pengaruh Olahraga Dan Model Latihan Fisik Terhadap Kebugaran Jasmani Remaja: Literature Review. *Jurnal Kesehatan Olahraga*, 10(02), 107–116.
- Pribadi, A. (2015). Pelatihan Aerobik untuk kebugaran paru jantung bagi lansia. *Jorpres (Jurnal Olahraga Prestasi)*, 11(2).
- Putranata, M. H. (2020). *E-Sports Training Center di Bandung dengan Pendekatan Psikologi Arsitektur*. Universitas Atma Jaya Yogyakarta.
- Putri, F. R. (2020). *Kebijakan Pemerintah Dalam Pengenaan Pajak Penghasilan Pelaku Usaha Asing Game Online*. UNIVERSITAS AIRLANGGA.
- Rahmantlyo, L. E., & others. (2023). Exploring E-Sports: Studi kasus game Pro Evolution Soccer di Indonesia. *Satwika: Kajian Ilmu Budaya Dan Perubahan Sosial*, 7(1), 223–236.
- Rizky, M. E. (2022). *Tinjauan Pelaksanaan Kontrak Kerjasama Antara Pemain Dengan Team VOXA E-sports*. Universitas Islam Riau.
- Safii, A. (2020). *Analisis Dampak Perkembangan Ekonomi Melalui Indonesian Sport Event Di Kota Palembang*. UMSU.
- Santoso, W. D., Anwar, M. H., Nasrulloh, A., Arianto, A. C., Hartanto, A., & Ayudi, A. R. (n.d.). *Study of Esports in Sports Epistemology Perspective*.
- Setiaji, H., & others. (2020). *Perancangan Antarmuka Portal E-Sports dengan Pendekatan User-Centered Design pada Aplikasi Arenasia*.
- SITOMPUL, S. R. (2022). *Pengembangan model latihan fisik atlet e-sport*. Universitas Negeri Jakarta.
- Syafruddin, M. A., Jahrir, A. S., Yusuf, A., Makassar, U. N., & Makassar, U. N. (2022). The Role Of Physical Education And Sports In Forming. *Jurnal Ilmiah STOK Bina Guna Medan*. 10.
- Uslu, T. (2022). Digitalization of recreation and sports in the COVID-19 pandemic period and social identity of exergamers and ePlayers: electronic sports as autochthonous worlds in metaverse. In *Sport management, innovation and the COVID-19 crisis* (pp. 100–132). Routledge.
- Wattanapisit, A., Wattanapisit, S., & Wongsiri, S. (2020). Public health perspectives on eSports. *Public Health Reports*, 135(3), 295–298.

Yuliawan, D., & Bekti, R. (2021). Legitimasi Esports s dalam Kecabangan Olahraga: Studi Literature Review. *Jurnal Literasi Olahraga*, 2(April), 90–95.