A STUDY ON IMPACT OF ESPORTS ON YOUTH WITH SPECIAL REFERENCE TO HYDERABAD REGION

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Abstract : A new kind of sport - esports is on the rise in India and it is not the same as online gaming. Esports is a sport, requiring competitive gameplay, a tournament or league format, and the use of skill, most often a physical skill. It has gained popularity with youth, consequently, has become an attractive option for brands. 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 esports 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 behavior) 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. 100 adults from different socioeconomic backgrounds who participate in these E-Sports in Hyderabad 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.

Keywords: eSports,Indian e-Sports, Indian youth, Psychology of e-Sports, youth lifestyle.

I. INTRODUCTION

Electronic sports or "eSports" is known as a professional sport competition using video games as platforms for competition between two or more individuals. Modern eSports have been defined as "a form of sports where the primary aspects of the activity are facilitated by electronic systems; the input of players and teams as well as the output of the eSports system are mediated by human-computer interfaces" .

In esports, the inputs of players and teams are mediated using human-computer interfaces.
A hundred million players take part in esports, which is aired live on streaming websites.
With a 453 million global audience in 2019, esports has grown into a multibillion dollar industry. 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. There has been a sharp rise in the number of spectators switching to digitally provided sports since traditional sports have been delayed.

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 esports 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 behavioral issues.

E-Sports in India

The esports industry in India is highly fragmented and undocumented, making the term open to various interpretations. As a sport, it has steadily gained popularity with youth, and consequently has become an attractive option for brands to connect with young and empowered audiences. As a game of skill accessible indoors and on the ubiquitous mobile phone, it gained much popularity during the lockdowns witnessed in 2020 and 2021. And as a mode of entertainment, it continues to serve hard core gamers as well as social gamers who wish to get competitive. Though at a nascent stage, the Indian esports industry has quickly scaled to INR3 billion in FY2021 and we expect it to reach INR 11 billion by FY2025. However, the sport has a much larger economic impact: we expect it to generate an economic value of around INR 100 billion between now and FY2025. This report tries to capture the various manifestations of esports and determine its future potential.

In a major boost for online gaming in India, the Indian government has officially recognised esports as a part of multi-sports events. India's Ministry of Youth Affairs and Sports, to act as the nodal agency for esports in the country. Esports inclusion in the multi-sports category by the Indian government also means that the recognised esports tournaments might attain the same status as other offline sporting events in the country, like national-level tournaments.

1.2 NEED OF THE STUDY

Esports is the new era of gaming across the globe. This study aims to determine the growth of esports and its impact on Indian youth. This study also focuses on the benefits and challenges encountered by these esports. It also aims at determining the preference of esports over the traditional games.

1.3 SCOPE OF THE STUDY

This study is conducted on Esports growth concerned with India youth only. The data was collected from millennial respondents of the Hyderabad region.

1.4 OBJECTIVES OF THE STUDY

To understand the esports in India.
To evaluate the growth of esports in the country.
To comprehend the impact of esports on millennials.
To ascertain the benefits and challenges of esports.
To know the gamers preference of esports over the traditional games.

1.5 RESEARCH METHODOLOGY :

The data used for analysis and interpretation is through the following
Research Design: Survey research was conducted
Sampling Technique: Convenient Sampling Method.
Sources of data :
1. Primary data
The primary data is collected through well structured questionnaire and the responses are
recorded.
2. Secondary data
The secondary data is collected from the journals, research papers and articles.
Sample Size : 100 respondents belong to the Hyderabad region.

Tools used for analysis:
Percentages
Graphs ,Pie charts & bars and;
Tabular formats
Methods used for data collection:
Survey method using questionnaire.

1.6 LIMITATIONS OF THE STUDY:

   1.This study is limited to 100 respondents only.
   2. This study is conducted in the Hyderabad region only.
   3. This study deals with the impact of esports on millennials only.

II. LITERATURE REVIEW

Weiss (2011) defined eSport as Internet gaming-competitions conducted under rules set by tournaments or leagues. Even though there are no major mistakes with such sayings, these definitions risk being too broad that so many non-eSport video games can be included. While some emphasized its unique characteristic of virtual competition, others highlighted its similarity to traditional sports.

Taylor (2012) defined eSport as both a sport and a leisure phenomenon within the online or offline setting. In other studies, eSport were also regarded as intellectual competition if compared to traditional sports which usually focused on physical competition

Recher & Griffiths (2012) Considering that some professional/semi-professional gamblers also appear to display problematic behavior similar research could be carried out on professional esport players Borrowing from the perspective of problematic gambling, further esport research could focus on the fact that professional video game players can also be affected by problematic use due to the level of stress they have to face during practices and competitions.
In addition, the lifestyle of esport players can be frenetic, and with the excessive use of games, it can have a negative influence not only on their performance, but on their psychological wellbeing and daily life. In fact, some papers examining excessive professional gaming have questioned whether professional gamers that spend 10 hours or more a day practicing and competing are addicted to gaming or work

Weinstock(2013) found both professional and problematic gamblers reported similar frequency and intensity of gambling. However, pathological gamblers showed poor psychosocial functioning, while professionals' rate of psychiatric distress was within a normal range. Further research should be carried out specifically comparing the psychological characteristics of esports players and problem gamers. While the behavior may be identical (i.e., excessive gaming every single day) the motivations are likely to be very different.

Khaitan, A. (2017). Online gaming in India: Reaching a new pinnacle. The study gives an overview of online gaming in India. The overall study analyzes an Indian gamer and things revolving around him. This study helps to show the scope and growth of online gaming in India. The outcome of this research has led to the conclusion that there is growing popularity for online gaming.

Gambit. (2017). U Cypher announces details for Season 1 of its Indian Esports League. AFKGaming. The study talks about the Indian Online gamers and their excellence in the gaming industry. It also adds about the UCypher tournament that happened in India to promote e-Sports in India. It shows how many gamers participated and who came out as the winner. By the study we can conclude that Indian ESports is growing rapidly and is something that we need to watch out for.

The Cambridge Dictionary (2018) defined eSport as "activities of playing computer games against other people on the Internet, often for money, and often watched by other people using the Internet, sometimes at special organized events"

Sachitanand R. (2018). Gaming Industry is seeing a boom as firms cash in on everything. The study talks about the gaming companies that have started to invest money in the upcoming youth E-Gamers. It also talks about the opportunities for gamers of every genre. The conclusion that can be derived from this study is that the tide is turning in the gaming industry's favor.

Mallya H. (2018). 3 companies looking to make e-sports mainstream in India. The article talks about the companies that are trying to make e-Sports big in India. The article also states the popularity and growth has had the effect that esports are now functioning like other professional sports leagues. It was also found that eSports is going to be a medal event in the 2024 Olympics. Conclusion derived from this study is that the companies are spending huge amounts on the development of ESports.

2.2 THEORETICAL FRAMEWORK

Meaning

Esports, short for electronic sports, is a form of competition using video games. Esports often takes the form of organized, multiplayer video game competitions, particularly between professional players, individually or as teams.

Definition

According to Scholz & Barlow, 2019 modern eSports have been defined as "a form of sports where the primary aspects of the activity are facilitated by electronic systems; the input of players and teams as well as the output of the eSports system are mediated by human-computer interfaces". The authors define eSports (electronic sports) as "a form of sports where the primary aspects of the sport are facilitated by electronic systems; the input of players and teams as well as the output of the eSports system are mediated by human-computer interfaces." In more practical terms, eSports refer to competitive video gaming (broadcasted on the internet).

Types of Esports

Video games which are played in professional competitions usually fall into a few major genres. The majority of eSports titles are Fighting games, First-Person shooters (FPS), Real Time Strategy (RTS), or Multiplayer Online Battle Arena games (MOBA), with the MOBA genre being the most popular in terms of participation and viewership.

Fighting Games

Competitions in the genre are generally individual competitions with both players providing input to the same machine. The genre originally focused on arcade play, but has gradually moved to console play as arcades have declined.

First-Person Shooter

First person shooters focus on simulating a firefight from a first person perspective, and may be either individual or team based.

Real Time Strategy

Competitions involving traditional real time strategy games generally feature individual competitors competing on personal computers over a local area network or the internet.

Sports Games

Games related to sports are involved in this genre. Games like FIFA, NBA, Real Cricket etc fall under this genre.

Multiplayer Online Battle Arena

Multiplayer online battle arena (MOBA) games are historically a spin-off of real-time strategy games, but are different enough that they are now generally considered a separate genre. While traditional RTS games feature many units controlled by a single player, MOBAs are typically team focused, the model being five players on a team, each controlling a single "hero" unit. MOBAs are generally played on personal computers.

Advantages of Esports :

Improvement in physical and mental skills:

It is proven from many studies that playing esports daily can improve visual attention. When we play esports online, we need proper concentration. This concentration will affect our visual attention and we can easily discriminate objects by their shape and color.

Leisure and entertainment:

It also worked as a stress reliever. When we play online esports, we feel relaxed. It will also help in removing boredom arising from daily activities.

Didactic use of esports gaming:

Esports can help people who are not playful in context. Therefore, playing online games and interacting with people can help in motivation for young people, minors as well as children who have a learning disability in learning.

Promotes positive values:

It promotes values such as friendship, cohesion, solidarity, and a sense of belonging among the players. Parents must take advantage of these types to improve the family relation between their children.

Develops empathy:

In esports, the player has to play in groups. Therefore to make any decision the player has to think about the consequences on the team. So it develops a sense of empathy.

Disadvantages of esports :

Addiction:

It is very common to hear about people that are addicted to esports. It not only affects mental health but also hampers the studies among the young generation.

Increase in violent and aggressive reactions among the player:

We know that esports is sometimes aggressive and violent. Some contents of esports not only affect physical aggression but also enters the ideologies of the player.

Decrease in socialization:

This negative effect is directly linked to addiction. Children who are addicted to esports are least interactive with other children resulting in non developing a sense of belonging.

Impact on the lives of the player:

With the decrease in socialization among the adults and children it will also affect the performance of the individual players in school or job. It will also generally affect the day-to-day life of the player and family.

Global scope of Esports

The eSports market is experiencing rapid growth, despite being in its formative stage. In

In 2016, worldwide revenues generated in the eSports market amounted to 492.7 million U.S. dollars. By 2020, the market is expected to generate over 1.48 billion U.S. dollars in revenues, which indicates a compound annual growth rate of 32 percent. These revenues came from betting, prize pools and tournaments, but overwhelmingly from sponsorship and advertising, which brought in almost 661 million U.S. dollars in 2016. In terms of revenue, Asia was the biggest eSports market overall, followed by North America and Europe.

From the DOTA 2 competitions offering millions of dollars to winning players, to Call of Duty extending its reach into the million-dollar prize pools, eSports is gradually becoming a worldwide profession for individuals. As of February 2017, The International 2016 was the leading tournament of all time, in terms of overall prize pool. And so, many gamers see the appeal of such rewards and partake in numerous tournaments and championships, either as individual contestants or in teams.
Among the leading players known to the industry is the U.S. player Peter Dager, who earned 2.62 million U.S. dollars throughout his recorded eSports gaming career. However, female eSports players still earn considerably less, with Sasha Hostyn, known as Scarlett, having recorded overall profits of 171 thousand U.S. dollars as of March 2017.

All in all, with the in an constantly growing eSports market, the earnings are bound to grow and attract masses of new, skilled players.In its latest eSports market report, market researcher Newzoo thinks eSports at large will make $696 million in revenue in 2017, with its total audience - be it hardcore fans or those who just watch the bigger game championships reaching 385 million. By 2020, Newzoo projects will reach $1.48 billion and 589 million, respectively. (That revenue figure doesn't include money made from eSports-related gambling, either.)That'd still fall well behind major sports leagues like the NFL and NBA, and the relative inscrutability of, say, "League of Legends" - the most popular competitive video game in the world - still makes it harder for newcomers to get into. Plus, while sports media titans like ESPN has stopped ignoring the trend, some of their forays into gaming haven't been popular.But eSports' fans are overwhelmingly young and online, media and tech giants are increasingly dipping their toes in the sport, and more and more game developers are building their titles to have eSports-friendly features. Put it all together, and these sorts of expectations may not be unreasonable.

Recent trends in Esports

Gaming and 5G:

The gamers now prefer to play with hi-speed 5G networks. They don't want to lose crucial time in waiting for tournaments with awards. The coming of 5G with low latency will also accelerate use of AR/VR, cloud gaming for esports and 3D virtual worlds.

According to Erikson Consumer and Market Insight report, by 2025, 30 percent of wireless connections will use 5G, rising to 65 percent by 2030. For the gaming sector, this means super-fast downloads and uploads, glitch-free multiplayer video games, live streaming, and real-time gaming.

AR gaming:

Thanks to augmented reality (AR), which mixes real-world components with game images and audio features, players can interact with the graphics in real-time.

This is set to gain more popularity in the coming period. Unlike virtual reality (VR) games, which may require specialized VR equipment and a fixed location, augmented reality (AR) games can be played anywhere on smartphones or other portable gaming devices.

Cloud-based gaming:

Cloud gaming, which is regarded as a revolution in the gaming industry, is anticipated to eliminate current platform and cost restrictions. Additionally, it is anticipated to work well with 5G. The availability of a variety of top-notch games without the need for pricey hardware is one of the many advantages that cloud gaming platforms are projected to offer players.Gaming on the cloud has several advantages for players, developers and publishers. The upfront costs of buying and maintaining a powerful gaming console or gaming PC get eliminated with cloud gaming.

More female participation:

According to a new report by Dentsu titled "Gaming Report India 2022 – For the Game", women constitute 46% of gamers in India. In order to increase the representation of women in esports, a number of initiatives have already been put in place. These include the F1 Esports Series Women's Wildcard10, the introduction of the VCT Game Changers program11, which is only open to female players in North America and the EMEA region, as well as campaigns and organizations like Female Legends12 and AnyKey13. The coming year will witness a rise in female participation who will take the gaming ecosystem to new heights.

III. ESPORTS INDUSTRY

This industry includes not only traditional sports-related games like NBA2K and FIFA, but also and more notably games such as League of Legends, Counter-Strike, and Dota. As we'll discuss later, individual players can either stream themselves playing to earn money or join larger organizations to compete for large cash prizes. The players can engage with their fans in a variety of ways including social media, live-streaming platforms, and in-person at tournaments. On the other side, fans can watch and follow their favorite teams compete in regional and global tournaments. Many technology platforms, services, events, analytics platforms, and substantial investor capital surround this ecosystem as it continues to grow.

Esports in India is gaining momentum as an organized, competitive video gaming sector. With a large youth population and quick adoption of mainstream gaming, Esports in India has become the latest frontier for gamers and players alike to prove their mettle in organized tournaments on global platforms. The eSports industry in India is experiencing rapid growth, with numerous players competing in local, regional and international tournaments.

The Government of India has officially recognised 'E-Sports' (Electronic Sports) as a part of Multi-sports events. E-Sports will be taken care of by the Department of Sports under the Ministry of Youth Affairs and Sports.

Though at a nascent stage, the esports market size in India has quickly scaled to INR3 billion in FY2021 and we expect it to reach INR 11 billion by FY2025. However, the sport has a much larger economic impact: we expect it to generate an economic value of around INR 100 billion between now and FY 2025.

1.5 million players, 85 million viewers, 20+ broadcasters and several brands, organizers and publishers will collectively define the esports market in India by FY2025. Presently, about 4% of mobile games on the Play Store are from Indian publishers.

1V. DATA ANALYSIS AND INTERPRETATION

The following shows the analysis and interpretation of the responses collected through the primary data.

1 Age Group :

Age group	No.of respondents	% of respondents
10-15	21	21%
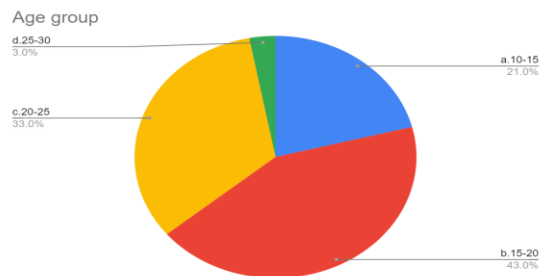
Age group

15-20	43	43%
20-25	33	33%
25-30	3	3%
30 above	0	0%
Total	**100**	**100%**

Table no.1 Age Group of the Respondents

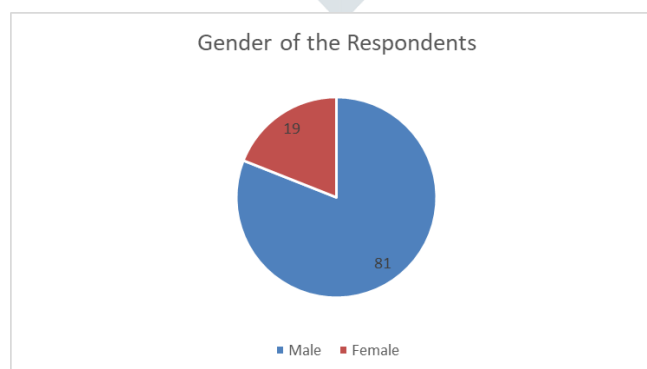**Figure no.1 Age Group of the Respondents**

Interpretation:
From the above figure it is observed that 43% of respondents belong to the age group of 15-20, 33% belong to 20-25, 21% belong to 10-15 and 3% belong to 25-30 age groups respectively.

2 Gender :

Gender	No. of respondents	% of respondents
Male	81	81 %
Female	19	19%
Total	**100**	**100%**

Table no.2 Gender of the Respondents

Interpretation:
From the above figure it is observed that 81%of the respondents are male and 19% of the respondents are female.

3 Education:

	No. of respondents	% of respondents
High school	21	21%
Intermediate	32	32%
Bachelor's degree	40	40%
Masters degree	7	7%
Total	100	100%

Table no.3 Education of the Respondents
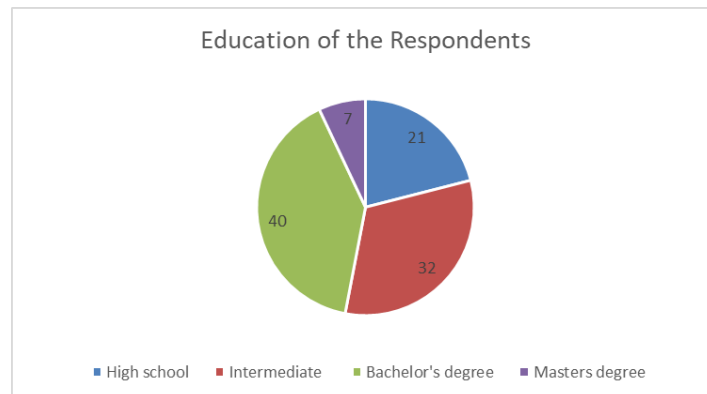
Figure no.3 Education of the Respondents
Interpretation:
From the above figure it is observed that 40% of the respondents are doing their Bachelor's degree, 32% of the respondents are doing their Intermediate, 21% of the respondents are doing their High school, 7% of the respondents are doing their Masters degree.

4 Occupation of the Respondents :

	No.of respondents	%of respondents
Public sector employee	0	0%
Private Sector employee	3	3%
Business	2	2%
Unemployed	7	7%
Student	88	88%
Total	**100**	**100%**

Table no.4 Occupation of the Respondents
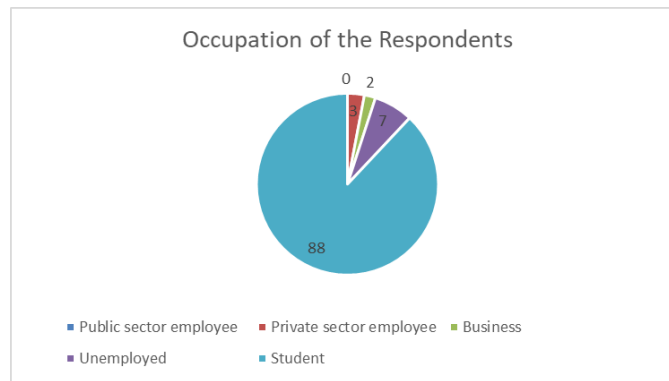
Figure no.4, Occupation of the Respondents
Interpretation:
From the above figure it is observed that 88% of the respondents are Students, 7% of the respondents are Unemployed, 3% of the respondents work in the Private sector, 2% of the respondents run their Business, 0% of the respondents work in the Public sector .

5.Are you aware of eSports?

	No. of respondents	% of respondents
Yes	99	99%
No	1	1%
Total	**100**	**100%**
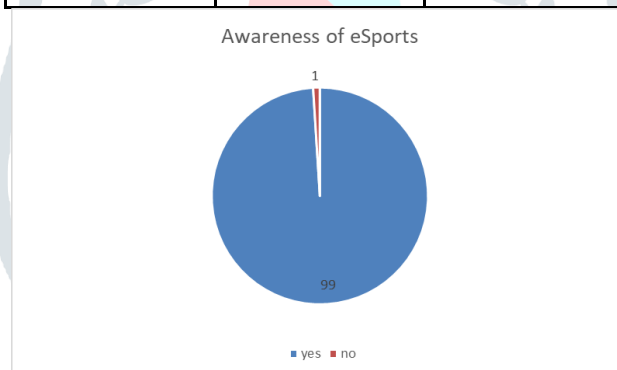
Figure no.5 Awareness of eSports

Interpretation:
From the above figure it is observed that 99% of the respondents are aware of eSports whereas only 1% of the respondent is not aware of eSports.

6. **Which of the following do you prefer in your pass time ?**

	No. of respondents	% of respondents
Reading	7	7%
Writing	3	3%
Physical games	12	12%
Esports	73	73%
None of the above	5	5%
Total	100	100%

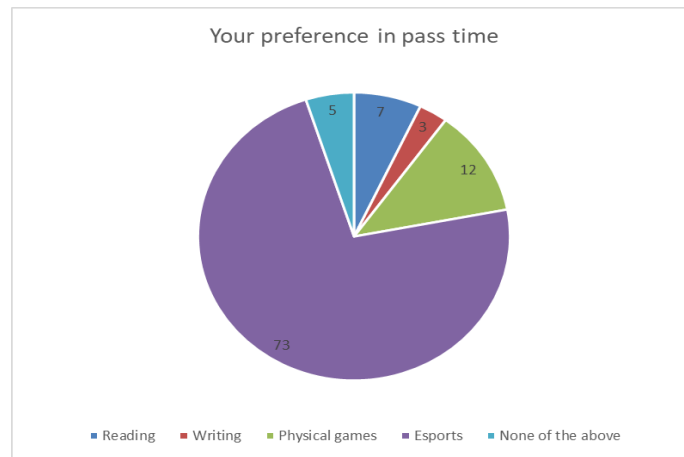**Table no.6 Your preference in pass time**

Figure no.6 Your preference in pass time
Interpretation:
From the above figure it is observed that 73% of the respondents prefer eSports in their pass time, 12% of the respondents prefer Physical games in their pass time, 7% of the respondents prefer Reading in their pass time, 5% of the respondents prefer to do none of the above in their pass time, 3% of the respondents prefer Writing in their pass time.

7. How often do you play esports ?

	No. of respondents	% of respondents
Everyday	27	27%
Many times a day	42	42%
Once or twice a week	16	16%
Many times a week	4	4%
Once or twice a month	11	11%
Total	100	100%

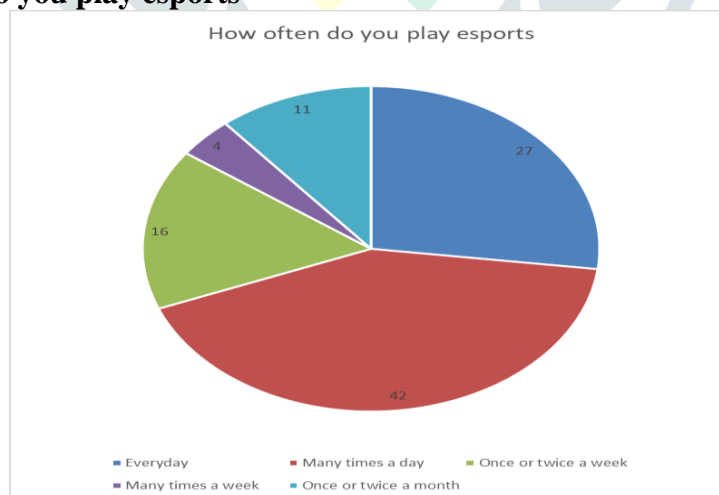**Table no.7 How often do you play esports**

Figure no.7 How often do you play esports
Interpretation:
From the above figure it is observed that 42% of the respondents like to play many times a day, 27% of the respondents like to play eSports Everyday, 16% of the respondents like to play once or twice a week, 11% of the respondents like to play once or twice a month, 4% of the respondents like to play many times a week.

8. How many hours do you spend on esports ?

	No. of respondents	% of respondents
Less than 1 hour	14	14%
From 1 to 3 hours	43	43%
From 4 to 6 hours	40	40%
7 hours	2	2%
More than 7 hours	1	1%
Total	100	100%

Table no.8 No.of hours spent on esports
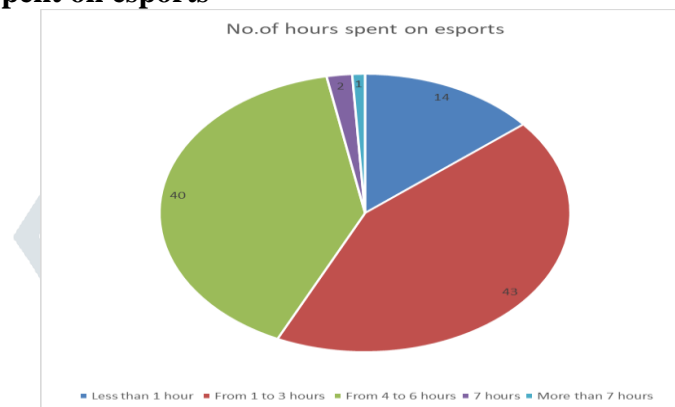
Figure no.8, No.of hours spent on esports
Interpretation:
From the above figure it is observed that 43% of the respondents are willing to spend 1 to 3 hours a day on eSports, 40% of the respondents are willing to spend 4 to 6 hours a day on eSports, 14% of the respondents are willing to spend less than 1 hour a day on eSports, 2% of the respondents are willing to spend 7 hours a day on eSports and 1% of the respondents are willing to spend more than 7 hours a day on eSports.

9. Which of the following devices do you prefer for esports ?

	No. of respondents	% of respondents
Desktop	23	23%
Laptop	18	18%
Smartphone	35	35%
Tablet	10	10%
Play station	14	14%
Total	100	100%

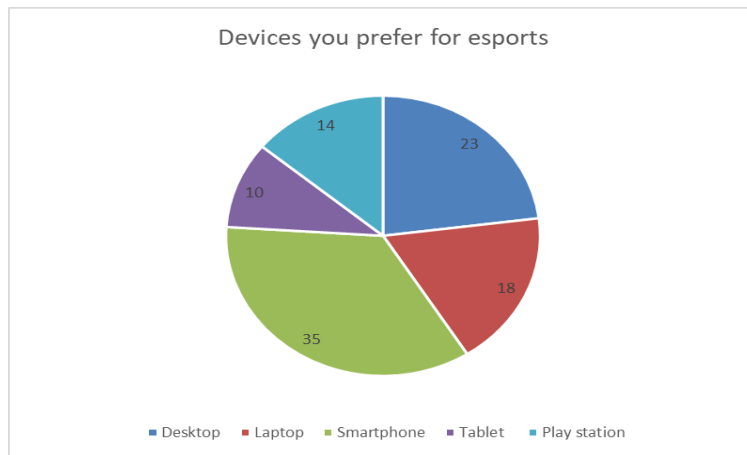**Table no.9 Devices you prefer for esports**

Figure no.9 Devices you prefer for esports

Interpretation:

From the above figure it is observed that 35% of the respondents prefer to play eSports on Smartphone, 23% of respondents prefer to play eSports on Desktop, 18% of the respondents prefer to play eSports on Laptop, 14% of the respondents prefer to play eSports on PlayStation, 10% of respondents prefer to play eSports on Tablet.

10.Which of the following factors motivates you to play esports ?

	No. of respondents	% of respondents
For being the best in the game	18	18%
Money	2	2%
Fun	28	28%
Career opportunity	10	10%
Pass time	42	42%
Total	100	100%

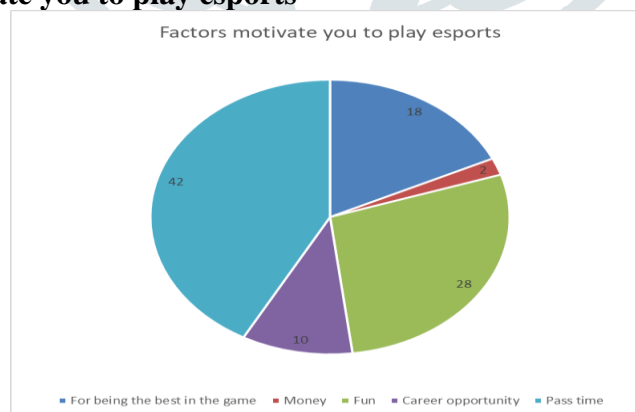**Table no.10 Factors motivate you to play esports**

Figure no.10 Factors motivate you to play esports

Interpretation:

From the above figure it is observed that 42% of the respondents are motivated for playing eSports Pass time, 28% of the respondents are motivated by being in having Fun, 18% of the respondents are motivated by being the best in the game, 10% of the respondents are motivated on making a Career opportunity, 2% of the respondents are motivated by making Money.

11. Which games have you ever watched at an esport event ?

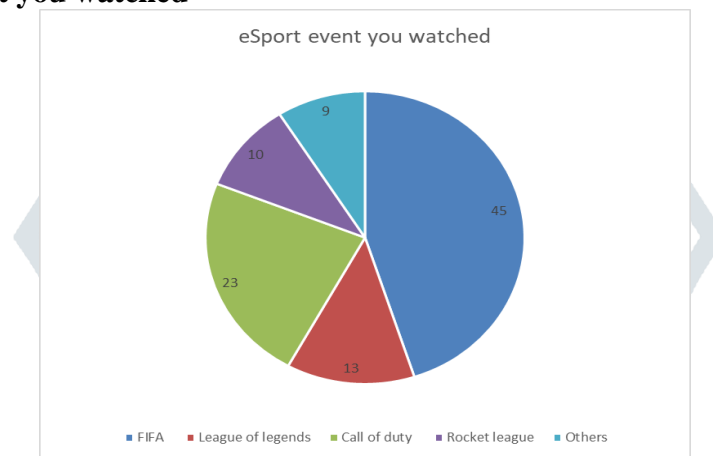|	No. of respondents	% of respondents
FIFA	45	45%
League of legends	13	13%
Call of duty	23	23%
Rocket league	10	10%
Others	9	9%
Total	100	100%

Table no.11 eSport event you watched

Figure no.11 eSport event you watched

Interpretation:

From the above figure it is observed that 45% of the respondents have watched FIFA as a eSports event, 23% of the respondents have watched Call of duty, 13% of the respondents have watched League of legends, 10% of the respondents have watched Rocket league, 9% of the respondents have watched other games.

12. What kind of a gamer are you in esports ?

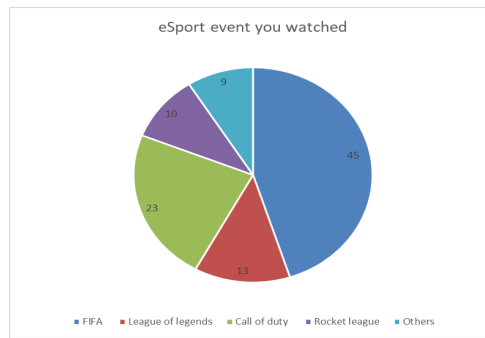|	No. of respondents	%of respondents
Pro esports	10	10%
Causal esports	70	70%
Amatuer	10	10%
Professional	7	7%
AAA gamer	3	3%
Total	100	100%

Table no.12 Kind of gamer in esports

Figure no.12 Kind of gamer in esports
Interpretation:

In the above figure it is observed that 70% of respondents belong to casual gamers, 10% of the respondents belong to pro gamers, 10% of the respondents are amateurs, 7% of respondents are professional and 3% of respondents are AAA games in eSports.

13. Have esports participation impacted your sleeping pattern negatively ?

	No. of respondents	% of respondents
Agree	29	29%
Strongly agree	49	49%
Neutral	11	11%
Disagree	11	11%
Strongly disagree	0	0%
Total	100	100%

Table no.13 Esports participation impact on sleeping pattern negatively
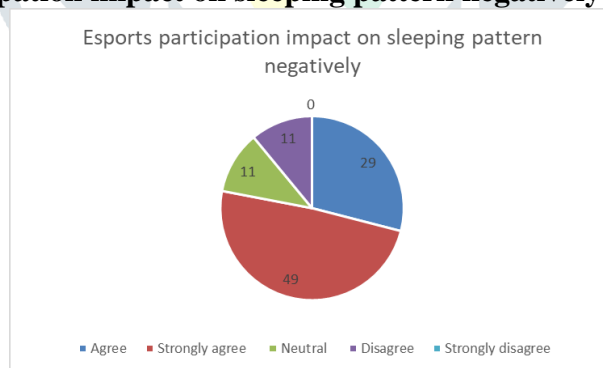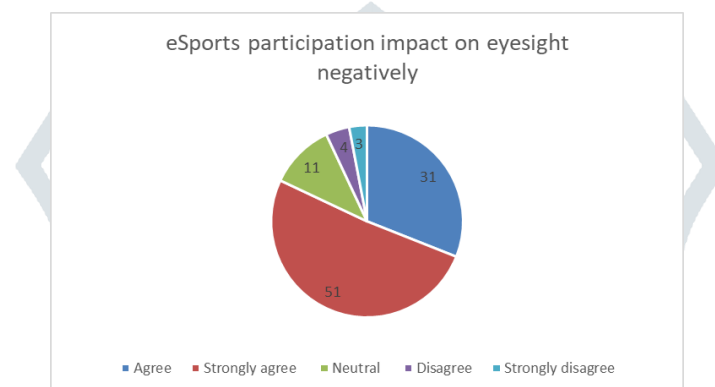

Figure no.13 Esports participation impact on sleeping pattern negatively
Interpretation:

In the above figure it is observed that 49% of the respondents agreed strongly about it, 29% of the respondents agreed, 11% of the respondents agreed to be neutral, and 11% of the respondents disagreed about the sleep pattern.

14. Is your eyesight impacted negatively after participation in esports ?

	No. of respondents	% of respondents
Agree	31	31%
Strongly agree	51	51%
Neutral	11	11%
Disagree	4	4%
Strongly disagree	3	3%
Total	100	100%

Table no.14 Esports participation impact on eyesight negatively

Figure no.14 Esports participation impact on eyesight negatively
Interpretation:
In the above figure it is observed that 51% of the respondents strongly agreed,31% of the respondents agreed, 11% of the respondents agreed they are neutral, 4% of the respondents disagree and 3% of the respondents strongly disagree.

15. Do you tend to act aggressively towards the people around after playing a session of esports ?

	No. of respondents	% of respondents
Always	38	38%
Often	38	38%
Sometimes	9	9%
Rarely	7	7%
Never	8	8%
Total	100	100%

Table no.15 Aggressive reaction after participation in an esport
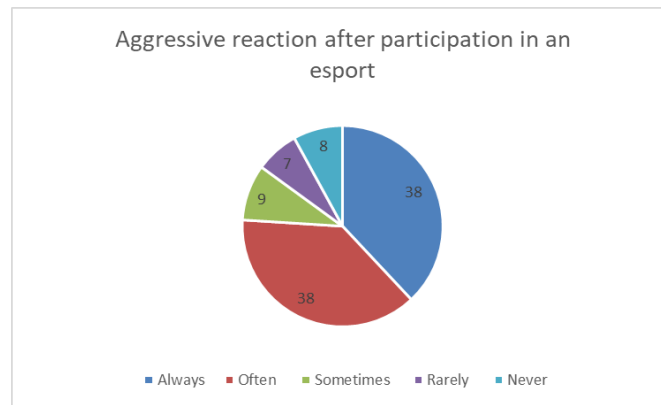
Figure no.15 Aggressive reaction after participation in an esport
Interpretation:
In the above figure it is observed that 38% of the respondents are always aggressive, 38% of the respondents are often aggressive, 9% of the respondents are sometimes aggressive, 8 % of the respondents are never aggressive, 7% of the respondents are rarely aggressive.

16. Have you ever faced any health issues while playing an esport ?

	No. of respondents	% of respondents
Eye pain	36	36%
Hands pain	30	30%
Wrist pain	7	7%
Neck pain	19	19%
Never	8	8%
Total	100	100%

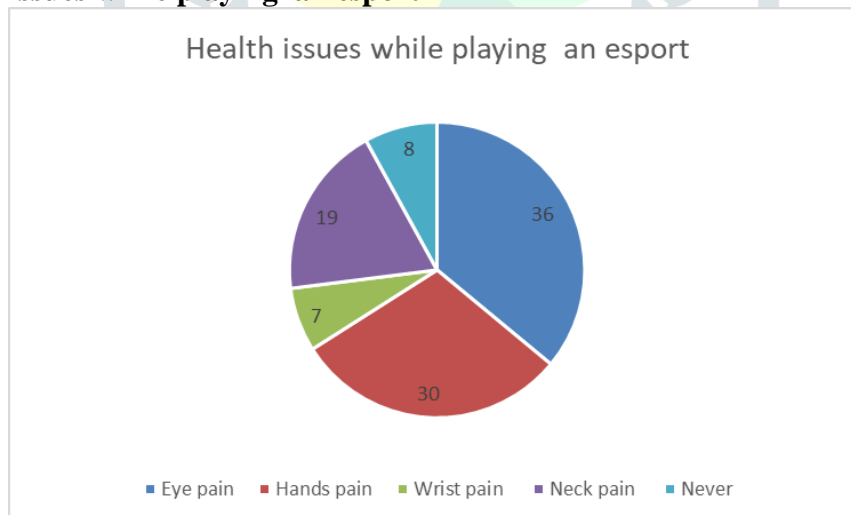**Table no.16 Health issues while playing an esport**

Figure no.4.16 Health issues while playing an esport
Interpretation:
In the above figure it is observed that 36% of the respondents faced eye pain, 30% of the respondents faced hand pains, 19% of the respondents faced neck pain, 8% of the respondents didn't face any problems, and 7% of the respondents faced wrist pain.

16. Do you feel socially isolated when you play the esport on a regular basis ?

	No. of respondents	% of respondents
Always	36	36%
Often	43	43%
Sometimes	10	10%
Rarely	8	8%
Never	3	3%
Total	100	100%

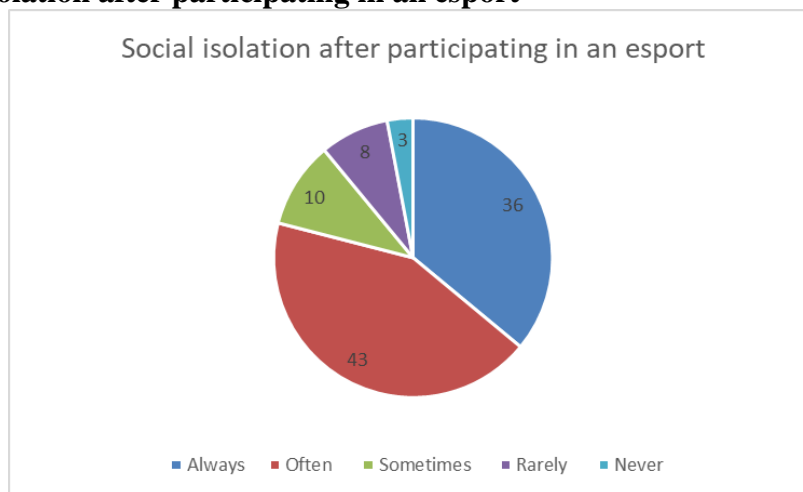**Table no.16 Social isolation after participating in an esport**

Figure no.16, Social isolation after participating in an esport
Interpretation:
Social isolation after participating in esports shows us that the people who play "often" Are in a category of 43%, the people who participate " Always " Have a 36%, and when it comes to the category of people of who play esports on a "sometimes" Basis are 10%, and the ones who play on a rarely basis are down to 8% , and lastly to add the category of people who never participate or play esports are a percentage of 3% , respectively.

17. If you play esports, would you consider yourself to be "addicted" ?

	No. of respondents	% of respondents
Agree	36	36%
Strongly agree	40	40%
Neutral	15	15%
Disagree	8	8%
Strongly disagree	1	1%
Total	100	100%

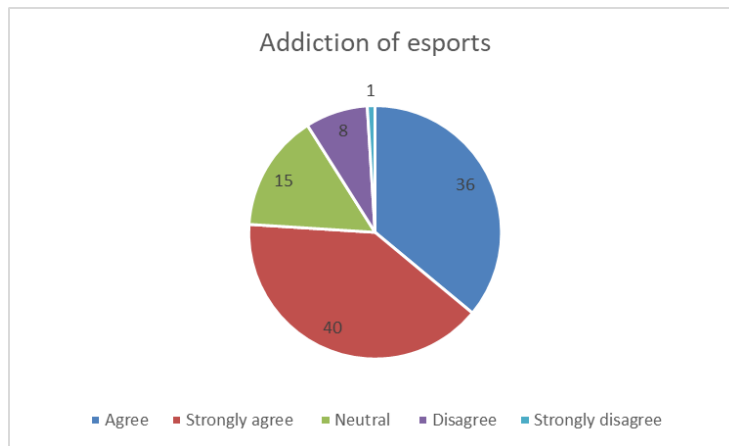**Table no.17 Addiction of esports**

Figure no.17 Addiction of esports
Interpretation:
The following is a interpretation regarding addiction on esports which says about the opinion of the respondents the respondents who " Strongly agree" are of 40%, , where as the second is of people who "agree" are of 36% and thirdly who are neutral 15%, and lastly the category of the ones you disagree are 8%, and strongly disagree are of 1% respectively.

18. According to you, what is the potential benefit of esports ?

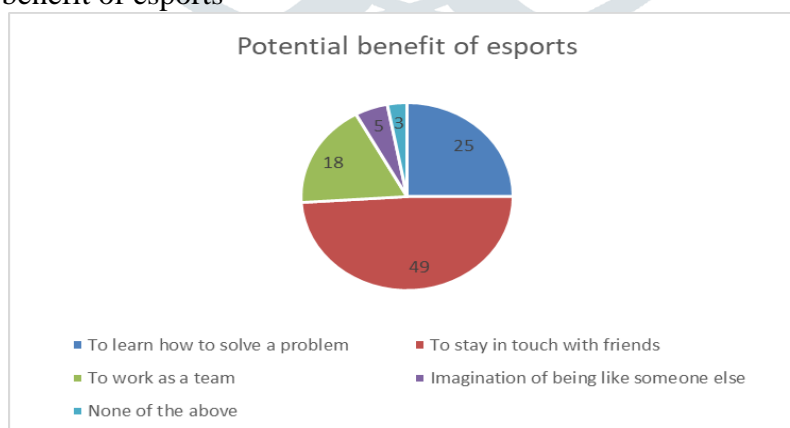|	No. of respondents	% of respondents
To learn how to solve a problem	25	25%
To stay in touch with friends	49	49%
To work as a team	18	18%
Imagination of being like someone else	5	5%
None of the above	3	3%
Total	100	100%

Table no.18 Potential benefit of esports

Figure no.18 Potential benefit of esports
Interpretation:
The potential growth of esports has its own benefits like potential growth of improved focus and the drive to better at playing games the Following are categories of respondents firstly "to stay in touch with friends " Which gets the highest percentage of 49%, secondly " To learn how to solve a problem " 25%, thirdly " It states to work as a team" With a percentage of 18, lastly we have a percentage of " Imagination of being like someone else" and this category has a poll of 5% , and followed by " None of the above " Category which has 3% respectively.

19. Would you like to choose esports as a career option ?

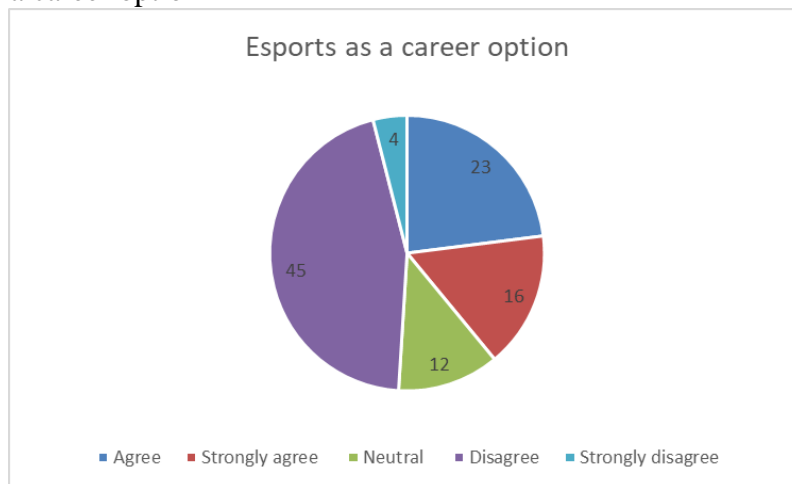|	No. of respondents	% of respondents
Agree	23	23%
Strongly agree	16	16%
Neutral	12	12%
Disagree	45	45%
Strongly disagree	4	4%
Total	100	100%

Table no.19 Esports as a career option

Figure no.19 Esports as a career option

Interpretation:

The above statement discuss about choosing esports as a career option whether you can make an career out of playing esports, the following are divided into categories of respondents, the first category is people who went with " Disagree " As their response are of 45%, the second category " Agreed" is 23% , and "strongly agree" Is of 16%, thirdly neutral which is of 12% , and the percentage of "strongly disagree" Is of 4% respectively.

20. Would you like to prefer esports over the traditional sports ?

	No. of respondents	% of respondents
Always	58	58%
Often	21	21%
Sometimes	8	8%
Rarely	5	5%
Never	8	8%
Total	100	100%

Table no.20 Preference of esports over the traditional sports

Figure no.20 Preference of esports over the traditional sports

Interpretation:

The above question talks about preference of esports over the traditional sports Whether the person would choose electronic sports over physical activity sports the following are the responses categorized 58% is given

to " Always" and 21% is given to "often", and 8% is given to " Sometimes, the category of " Never " Is of 8% respondents respectively and lastly 5% to " Rarely".

IV. FINDINGS:

The below findings were based on the data analysis on 100 respondents.

1. 43% of the respondents belong to the age group between 15-20, consuming a lot of play hours.
2. 81% of the respondents being male and 19% being female , the male gamers spend a lot of time playing Esports.
3. 32% of the gamers belong to intermediate and 40% of the gamers belong to bachelor's degree.
4. 88% are students and the other 7% consists of Unemployed people who spend their day playing Esports.
5. Almost 99% of the respondents are aware of Esports in their day to day life while the other 1% have no knowledge about Esports.
6. 73% of the people give more preference to esports, while the other 12% prefer physical activity games during their pass time.
7. Almost 42% play esports many times during the day, whereas the other 27% prefer it on a everyday basis.
8. 43% of the people play at least 1-3 hours of esports, and a study shows that 40% of the people have 4-6 hours of playtime in a day.
9. 35% of the users choose smartphones as their device while playing Esports because of its efficiency, while the 23% choose desktops.
10. 42% of the users play Esports for pass time, and 28% of them play it for fun, 18% of them play it to compete for being the best in the game.
11. FIFA events have been watched by 45% of the population and 23% have watched Call of duty and 9% have watched other gaming events.
12. 70% are users who play on a casual level on a daily basis whereas 10% are pro esports and the 7% are considered professionals.
13. 49% have strongly agreed that esports affects the sleep cycle in a negative way, and 29% have also agreed the same while the percent of users have disagreed.
14. 51% have reported the eyesight is impacted negatively and whereas 11% of them considered it to be neutral.
15. 38% of the respondents "always" tend to act aggressively around people after playing esports, and few of them are often aggressive while playing, whereas few are not so there may be others reasons too behind their aggressiveness.
16. 36% have faced eye pain while playing esports due to excess playing and the 30% have hand pain and the rest of them face body pains.
17. 43% of the respondents feel socially isolated "often"after playing esports on a regular basis. It can also be noted that 36% of the respondents ``always" feel isolated. whereas there are a few who feel isolated on a "rarely" basis.
18. 49% of respondents participate in esports to stay in touch with friends, whereas 25% of the respondents play the esports for learning how to solve a problem.
19. 45% of the respondents have disagreed with choosing esports as a career option, but 23% of respondents are ready to take up esports as a career option.
20. Majority of the respondents (58%) have chosen esports over traditional sports.

V. CONCLUSION

From the survey, it is evident that E-Sports have negative effects on Youth who participate in esports for more than two hours per day may experience negative lifestyle effects. It is important to understand both ESports' 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 ESports, as evidenced by the

statistics that were previously presented. ESports 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.

This research survey helped me to conclude that esports will be the game changer shortly. Many people will start to opt for a career in esports and will make it a primary goal in their profession. People believe that the Indian government is putting enough effort in the right direction for the growth of esports in the country.

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