

Literature review

Week-4



Kelly et al., (2021)

Professional Esports Players are not Obese: Analysis of Body Composition Based on Years of Experience

Research problem	Methodology	Findings
<p>Little research on body composition in esports players</p> <p>Determining the influence of years of practice on the body composition of professional esports players</p>	<p>Instrument: Measuring esports players' body composition by electrical bioimpedance with the TANITA® BC-601F Segment device</p> <p>Sample: 53 esports players in the Spanish professional league, with a mean age of 21.01 ± 0.39 years</p>	<p>The years of sports practice, as well as the esports practiced have no influence on the body composition of professional players</p>

Macey et al., (2020)

The Pros and Cons of Online Competitive Gaming: An Evidence-Based Approach to Assessing Young Players' Well-Being

Research problem	Methodology	Findings
<p>A lack of evidence on the positive and negative health outcomes of esports</p> <p>H1: Casual gamers will exhibit less harmful well-being outcomes than heavy gamers.</p> <p>H2: Non-gamers will exhibit less harmful well-being outcomes than heavy gamers.</p> <p>H3: Casual gamers will exhibit less harmful well-being outcomes than non-gamers.</p>	<p>Instrument: A cross-sectional survey</p> <p>Sample: 905 Australians: Parents: 316 Minors aged 12-17: 184 Adults aged 18-24: 405</p>	<p>Casual gamers and non-gamers reported less harmful well-being compared to heavy gamers:</p> <ul style="list-style-type: none">• less sedentary time on weekends for minor• lower soft drink and alcohol consumption• lower proportions of Smokers• less reported trouble sleeping

Giakoni-Ramirez et al., (2021)

What predicts esports betting? A study on consumption of video games, esports, gambling and demographic factors

Research problem	Methodology	Findings
<p>Expanding media related to sports, gaming, gambling and their convergence</p> <p>Motivation for sports consumption will be positively associated with the consumption of esports (H1), esports betting, (H2) and the use of dedicated esports betting sites (H3). The consumption of esports is expected to be positively correlated with both esports betting (H4) and the use of dedicated esports betting sites (H5).</p>	<p>Instrument: Open survey</p> <p>Sample: -18 or older -played video games or watched esports at least once in the previous 12 months. Total 2035 responses</p>	<p>As consumption of esports and general gambling increases, so does esports betting.</p> <p>However, consumption of video games was not associated with increased betting on esports.</p>

References

- Giakoni-Ramirez, F., Duclos-Bastias, D., & Yanez-Sepulveda, R. (2021). Professional esports players are not obese : analysis of body composition based on years of experience. *Journal of Sport and Health Science*. 39(4), 1081–1087. <https://doi.org/10.1016/j.jshs.2020.07.006>
- Kelly, S., Magor, T., & Wright, A. (2021). The pros and cons of online competitive gaming : an evidence-based approach to assessing young players' well-being. *Frontiers in Psychology*. 12, 1–9. <https://doi.org/10.3389/fpsyg.2021.651530>
- Macey, J., & Abarbanel, B. (2020). What predicts esports betting ? A study on consumption of video games , esports , gambling and demographic factors.23(6), 1481–1505. *New Media & Society*. <https://doi.org/10.1177/1461444820908510>