

# Literature review

Week-4



# Kelly et al., (2021)

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

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

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

# 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><b>Expanding media related to sports, gaming, gambling and their convergence</b></p> <p>Motivation for sports consumption will be positively associated with the consumption of esports <b>(H1)</b>, esports betting, <b>(H2)</b> and the use of dedicated esports betting sites <b>(H3)</b>. The consumption of esports is expected to be positively correlated with both esports betting <b>(H4)</b> and the use of dedicated esports betting sites <b>(H5)</b>.</p>	<p><b>Instrument:</b> Open survey</p> <p><b>Sample:</b> -18 or older -played video games or watched esports at least once in the previous 12 months. <b>Total 2035 responses</b></p>	<p><b>As consumption of esports and general gambling increases, so does esports betting.</b></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>