

# A Cross Sectional Study On The Benefit And Health Issues Among Esport Players

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## ABSTRACT

**Background:** ESport was known as professional or competitive video gaming. However, very little is documented about the health-related issues among eSport players. **Objective:** To study the common health issues among eSport players.

**Methodology:** This study is a cross-sectional study design with a purposive sampling method and sample size of 166. This research used validated questionnaires which consist of the Nordic Questionnaire, Epworth Sleepiness Scale, International Physical Activity (IPAQ), and Depression Anxiety Stress Scale (DASS-21).

**Result:** A total of 69 eSport players participate in this research. The prevalence of stress levels among eSport players was 26.1%, depression (43.5%), and anxiety (46.4%). The prevalence of mild to severe daytime sleepiness was 24.7% and prevalence for low/moderate physical activity was 39.1%. The most musculoskeletal pain complaint was hand/wrist pain (79.7%), followed by neck pain (76.8%) and the least was knee pain (11.6%). There was a significant association between stress and sleep pattern ( $p < 0.05$ ). However, there was no association between stress, physical activity, and duration play and also no association between musculoskeletal pain sleep pattern, physical activity, and duration play ( $p > 0.05$ ).

**Conclusion:** Esport players showed that there was an only association between sleep pattern and stress. Other associations might be influenced by other factors such as current working conditions and other environmental factors. We recommend that awareness programs should be done for eSport players to reduce the prevalence of computer-related health issues or injury due to the long-term sedentary nature of the sport and also strengthening the benefit obtained from eSport activity.

**Keywords:** Esport players, sleep pattern, stress level, musculoskeletal pain, physical activity

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## INTRODUCTION

According to British Medical Journal (BMJ), eSports is electronic gaming that can be professional or competitive video gaming. ESports is currently growing at a rapid pace worldwide. Professional players usually practiced 3 to 10 hours daily and usually had a sedentary lifestyle due to limited physical activity. The most recurrent complaint among players is eye fatigue (56%) followed by neck