

THE ADDICTION OF ELECTRONIC SPORT (E-SPORT) AMONG UUM UNDERGRADUATE STUDENTS

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Abstract: Electronic sport (E-sport) is a competitive playing of computer games and video games in a multi-player mode. This can be found either on the internet or locally during a large organized event that has been giving positive effects recently. However, addiction to E-sport could bring negative effects to study performance and health. This addiction gives a bad result for the students' life. The purpose of this study is to analyze the effect of E-sport addiction among undergraduate students at Universiti Utara Malaysia (UUM). By using the qualitative research method, the data were collected from 5 undergraduate students at UUM through face to face interviews. Analyzing the data, the study found the effects of E-sport addiction on study performance and health. This study provides valuable information that can contribute to the body of knowledge related to E-sport and may serve as a reference for future research.

Keywords: E-sport, addiction, health, study performance, student

1. INTRODUCTION

E-sport refers to the area of sports activities in which people develop and train mental or physical abilities in the use of information and communication technologies (Wagner, 2006). E-sport has been growing rapidly in recent years. It is estimated that the global E-sport audience has reached 385 million and that 45% of them play E-sport games, 23% view E-sport streams, and 32% both play and view E-sport streams (Newzoo, 2017). Addiction to E-sport refers to excessive and compulsive use of E-sport that results in social and/or emotional problems; despite these problems, the gamer is unable to control this excessive use (Lemmen, 2009). The addiction to E-sport gives various effects for study performance and health such as mental and body physical. The objective of this study is to analyze the effect of E-sport addiction among undergraduate students at Universiti Utara Malaysia (UUM).

2. METHODOLOGY

Employing a qualitative approach, this study has used semi-structured interviews conducted through face to face. Five undergraduate students at UUM were selected to be a respondent in this study. The protocol interview was prepared before the interview session. Note-taking and voice recorder were used to assist in getting primary data from the respondents.

3. RESULTS AND DISCUSSION

Table 1 shows the demographic information of all respondents in this study.

Table 1
Demographic information of all respondents

Respondent	School	Semester	Gender
1	School of Economics, Finance and Banking	7	Male
2	School of Technology Management and Logistics	4	Male
3	School of Tourism, Hospitality and Event Management	1	Male
4	School of Business Management	2	Male
5	Tunku Puteri Intan Shafinaz School of Accounting	4	Female

Responding to the objective of this study, Table 2 shows the effect of E-sport addiction among 5 selected respondents.

Table 2
The effect of E-sport addiction

Effect	Respondents				
	1	2	3	4	5
Study performance	Do late assignments. Study last minute for quiz and midterm examination. Poor class attendance.	Cannot focus in class due to sleepy. Just do the easiest part in the group assignment. No interest in co-curriculum activities.	Late submit for assignment. Did not attend group assignment. Poor class attendance. Skip co-curriculum activities.	Low carry mark. Barred last semester. Many corrections on the assignment. Low CGPA. Skip co-curriculum activities.	CGPA from 3.2 drops to 2.8. Many corrections on the assignment. Always skip class in the morning. Skip co-curriculum activities.
Health	Restless. Fatigue. Less concentration. Neck & Backbone hurt. Sleeping disorder.	Physical appearance changes. Eye bag. Backbone pain.	Wrist hurt. Migraine. Eye constraint. Backache.	Migraine. Eyes blurring. Low confident level. High blood pressure.	Insomnia. Eye effect. Shoulder pain.
Skip meal	Yes	Yes	Yes	Yes	Yes
Time allocation for playing E-sport	About 8 hours per day.	7 to 8 hours per day.	Class day: → 2 to 3 hours. →Weekday: 5 to 6 hours.	Class day: 3 hours. →Weekday: 5 hours.	Class day: 2 hours. →Weekday: 5 hours.

According to the results, E-sport addiction gives effect to the performance of the students in terms of study such as late submission of assignments, poor class attendance, low CGPA and skip co-curriculum activities. Besides, E-sport addiction also gives an effect on the health of students such as eye constraint, back hurt, shoulder pain and migraine. Besides, all of the respondents were skip their meal and spending time for playing E-sport more than 1 hour in the class day and about 5 hours at the weekend.

4. CONCLUSION

This study provides valuable information regarding the addiction of E-sport among UUM undergraduate students especially the effect of E-sport addiction on study performance and health. Therefore, students should be good at managing the time that could bring a better attitude and a healthy lifestyle. This study offers some contributions to theoretical and managerial aspects. The findings of this study are useful and could serve as a source of reference for various stakeholders including decision-makers, managers and researchers.

5. REFERENCES

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