

Professional Esports Players: Motivation and Physical Activity Levels

- Giakoni-Ramírez F.^a
- Merellano-Navarro E.^a
- Duclos-Bastías D.^b

Abstract

The professionalisation of esports has increased in recent years, generating the need for further study. Its evolution and continuous development have led the consideration of esports as a profession, increasing the number of players, practice modalities, and hours of play dedicated to this field. The aim of this study was to analyse the relationship between physical activity levels and motivational orientations in an international sample of professional esports players. A cross-sectional and observational study was conducted in European and Latin American countries. The sample was non-probabilistic by convenience, and 260 male professional esports players were recruited. A survey was used that included demographic data, body composition, physical activity (International Physical Activity Questionnaire), and motivation (Sport Motivation Scale). The results show that 92.7% of professional esports players have moderate and high levels of physical activity and that players with low levels of physical activity have positive values in all dimensions of motivation. It is concluded that extrinsic and intrinsic motivation correlates inversely with energy expenditure. © 2022 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

Esports; Motivation; Physical activity; Videogame