

## **THE STUDY OF E-SPORT AS A SPORT IN TERMS OF SOCIAL ASPECTS, PHYSIOLOGICAL ASPECTS, AND ASPECTS OF SPORTS PHILOSOPHY**

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### **Abstract**

The purpose of this study is to examine E- Sport in the realm of exercise from an overview of social, physiological, and philosophical aspects of exercise. Using Literature Review research. using library research ordinances. The information analysis method uses an information reduction model of 24 posts. This research got the result that out of 10 articles, the articles studied in the social aspect reported agreeing with E- Sport on the contrary, 1 article did not agree. Of the 6 articles studied from the physiological aspect, 2 posts reported agreeing and 4 articles reported disagreement. Finally, of the 8 articles studied from the philosophical aspect, 6 articles reported agreed and reported disagreements as many as 2 articles. The conclusions are sourced from research and information collected from the results until it can be concluded that E-Sport is a sport, has positive issues in the social aspect, as well as sports philosophy, but sourced from the results of E- sport has shortcomings in the part of the physiologic aspect is the problem of changing body functions to negative and addicted to games if you cannot control a healthy lifestyle balance.

***Kata Kunci: 1 kata; E-Sport, Social, Physiology, Sports Philosophy***

### **INTRODUCTION**

Sports is a systematic activity to urge, foster and improve physical, spiritual, and social abilities (Aji, 2016). Exercise comes from 2 syllables, which is exercise and exercise (Husdarta & Riduwan, 2010). Sport and exercise have the meaning of making the body mature". Exercise is an energetic muscular activity and in that activity the athlete demonstrates his movements (performance) and his will as much as possible". So far, the activity of exercising is only considered as a physical activity without being based on the thought that in the body exercise activity there are also noble values hidden. This matter after that creates an opportunity to meet the needs in the social system that can be supported by exercise related to social life. It needs to be known that exercise can be used to ensure the limits of physical expertise / human health. The lives of residents are stared at as a consensus of values internally, when exercise arises in the midst of residents. The existence of exercise can guarantee the needs of people as part of the residents so that after that they can correct the formation of errors

or conflicts that exist.

On the contrary, in the Law of the Republic of Indonesia No. 3 of 2005 concerning the National Sports System, "Exercise is all systematic activities to urge, foster, and improve physical, spiritual, and social abilities". For Mardiana & Hastuti (2014) exercising is studied in social areas. The application of exercise is intertwined through contact between people and there is always an atmosphere of one-on-one. Therefore, the performer does not stand alone, but as part of a group. In conclusion, the totality of the performers forms a social group.

In the discipline of exercising, it is certainly also inseparable from the study of physiology in sports. Exercise physiology is a branch of a certain physiology of exercise that depends on self-evidence of exercise, duration (duration) of exercise, frequency of exercise, condition of the area and physiological status of people (Bafirman, 2013).

The philosophy / philosophy of exercise, as is the case with philosophy in general, seeks to

master the essence, questioning the issue of exercising critically, in order to obtain the essential knowledge, even though the truth in the field of knowledge is temporary (Kurniawan, 2017). Philosophy, in this case is thought to have a meaningful responsibility in unifying various scientific studies to be formulated in an integrated and rooted direction towards sports science in its 3 scientific measures (ontology, epistemology, axiology) that are strong and parallel to other sciences (Sumaryanto, 2012). The ontology of what is to be known or in other words is the study of the theory of existence. Under the ontology of science relates to the module that is the object of study of science, the essential identity of that object is universally applicable. Ontology serves in the conversation over the development of science, the lower presumptions of science and its consequences on the implementation of science. Ontology is a scientific facility to create a scientific enforcement of the path of the problem. In this regard, ontology functions in a process of extensive and intensive consistency in the development of science (Pramono, 2007).

Epistemology in depth reviews all the processes that participate in the effort to gain knowledge. This relates to scientific procedures and systematics of the content of science. A scientific procedure is a procedure that includes various thought actions, work patterns, technical methods, and procedures for obtaining new knowledge or improving existing ones. The systematization of the content of science in this matter is related to the trunk of the body of science, where the lower map and the development of the main science and branch science are discussed here.

Axiology, the science of the efficacy that man obtains from the knowledge he gains. If the matter of free value and value bound science dominates the focus of axiological attention in general, until in terms of the development of new sciences such as sports, the measure of axiology is expanded again so that it inherently includes measures of the value of human life such as ethics, aesthetics, religious (the side in axiology), as well as the interrelation of science with aspects of human life with its sociality (the outer side of the axiology). Both are aspects of the transfer of knowledge transfer cases.

The term exercise includes a broad interpretation, not only competitive exercise, but also activities in leisure time as a release for fatigue and physical coaching activities. Although there are many kinds of forms and types of exercise, there can still be identified universal equations that display the distinctive characteristics that are uttered, "inner horizon" an object, essence and a very deep core of exercise built by a criterion is the meaning of play as well as games. A very authentic criterion is that the activity is based on the aspect of freedom and intentionality under the understanding of the perpetrator to do so; this is what distinguishes the characteristics of true play. True action in exercising is not seen as something that is not exciting but is the source of joy and happiness (Wisahati & Santosa, 2010).

After that, Exercising is classified into 3 is education, recreation, and achievement. Learning exercise is physical learning and exercise which is carried out as part of an orderly and prolonged learning process to gain knowledge, character, expertise, health, and physical fitness (Law Number. 3 of 2005). Recreational exercise is a sport that is tried by residents with a passion and expertise that develops and grows in accordance with the circumstances and cultural values of local residents for health, fitness, and excitement (Law Number. 3 of 2005). Achievement exercise is a sports activity that is tried and managed in an unanimous manner with the aim of getting maximum achievement in the branches of exercising is achievement exercise (Husdarta & Riduwan, 2010).

Esports games have received special attention from various experts. The esports game was initially contested at Stanford University on October 19, 1972 (Karhulahti, 2017). Esports games continue to grow rapidly both at the national and international levels (Espada et al., 2012). It is noted that in the last few decades, esports matches have often been held in various countries, for example America, China, Japan, England, Korea, and Indonesia. Esports culture arises due to the existence of tournaments that are held reliably and semi-professionally with a competitive nature (Illy & Florack, 2018). Advances in technology have allowed the manufacture of smartphones 3. 5G and 4G that

operate on systems such as Android, Apple iOS, or Windows so that esports games can be played using a pc or smartphone (Edgár et al., 2019). Various research on esports games has been tried in various fields, for example in the field of esports game economics helping to increase income from a country (Wibisono et al., 2021), esports games also help the development of the sports industry evenly in various countries (Brown et al., 2018).

Esports research in the field of knowledge convinces that there is a comparison of knowledge of reliable players and novice players in esports games (Xia et al., 2019). Until a recent research was brought up to convince what makes a comparison of reliable players and novice players (Keiper et al., 2017). The comparison of reliable players and beginners is actually more towards the rutiny of people and the frequent practice of esports (Huang et al., 2013). Research in the field of sports was tried by a group of sports experts, who questioned that esports was categorized as a branch of exercise (Mccartin, Kotra, & Wittmeyer, 2010).

Akbar (2018) reports that, "The interpretation of E- Sport refers to competitive gaming games as well as relating audiences". E-Sport is more towards a professional game, is a competitive method of playing games that matches the terms of the professional agreement. For (Gunawan et al., 2021). E- Sport is a sports activity zone where a person improves and trains mental or physical skills in the use of data and communication technology" Next, The purpose of E-Sport played is to improve players' skills in the use of digital technology and playing pc games as a form of competition. So that the E-Sport game must show objectivity that can be used to take into account the performance of the players in the game (Seo, 2013).

The growth of E-sport in Asia continues to be rapid, especially since it has made this sport included in one of the sports branches that are competed in Multi-event like the 2018 Asian Games in Jakarta and Palembang with exhibition status. The debate over whether E- sport can be categorized as exercising is still ongoing at this point. Many people comment that e-Sport is a sport, but not a few also think that E-sport is only limited to playing games. Therefore, judging from the sociology of sports and the philosophy of

exercise (Jenny et al., 2017) if something exercise must have the following characteristics: (1) play / play; (2) organized / regulatin , (3) competition, (4) skill / expertise, (5) physicality / by, (6) broad following, and (7) institutionalization / institutionalization.

E- sport as a sport groups the types of games according to the genre. Usually, there are 7 genres in E- sport that are often played by players are: (1) fighting, where a player controls a personality on the screen and that personality participates in close combat with the opponent's personality, (2) first-person shooters (FPS), where the player arranges a personality with a firearm to shoot the opponent, (3) real-time strategy (RTS), where players build troops and compete to overcome the battlefield, (4) sports, where players are required to have the skills and skills to play a virtual type of sports game, (5) racing, where players are required to have skills and driving skills and speed fighting in virtual races, (6) multiplayer online battle arena (MOBA), where players control one personality in one of the 2 squads. The player's personality generally has a variety of skills and superiority that will increase throughout the game, and contribute to the squad's strategy in totality; and (7) others.

Alibi means that researchers sort out the title of the study of e- sport as a sporting branch in terms of social aspects, physiological aspects, and aspects of sports philosophy is currently E- sport is a formal sports branch at the 2019 SEA Game, E-sport is also competed formally on a national scale such as the 2019 President's Cup. After that, there are many E-sport competitions on a world scale such as The 2016 Call of Duty World League Championship, The Dota 2 Asia Championship, The 2018 League of Legends World Championship, The International 8, and many more, But whether E-Sport is worth being used as a sports branch is still in question, the debate over whether E-Sport can be categorized as a sport is also still continuous until now.

For an activity to be said to be a sport there are several aspects that must be met, including, social, physiological, and sports philosophy aspects. But whether the E-Sport meets those aspects is still a question. Therefore, it is necessary to have an in-depth study on this matter so that researchers have the idea to conduct a study with

the title "Study of E-Sport as a Sport Branch In Terms of Social Aspects, Physiological Aspects, and Aspects of Sports Philosophy.

## **METHOD**

This research is a literature review research. Using library research procedures, this procedure is used to respond to preliminary research to master more deeply the new indications that are growing in the field or in society. The primary source of information in this research is E-Sport as a branch of sports, while the secondary source of information in this research is all novels, daily, posts, etc. about E-Sport according to the review of social, physiological, and philosophical aspects of exercising in E-Sport in the realm of exercise. Library research is a series of activities related to procedures for collecting library information, reading, and recording and digesting research. Beginning by recording all the discoveries of E-Sport in the realm of sports in the literature and sources, as well as or recent findings arising E-Sport in the realm of sports. After noting, the two combine all discoveries, both theory and new discoveries in E-Sport in the realm of sports. Third, analyze all the findings of various texts, relating to the shortcomings of each source, the advantages or ties of each of them about the discourse discussed in it. This research was tried in a library that collects data on E-Sport in the realm of sports, more specifically library, Faculty of Sports Science, State University of Yogyakarta as a facility for carrying out research. Not only that, but information is also found in novel shops, as well as the Internet.

From these various places, the internet is very rich in information and easy to find for (Arikunto, 2010). research instruments are equipment or means used by researchers in collecting information so that their work is easier and the results are better, in the sense of being more thorough, complete and systematic so that it is easier to process. Research instruments are tools for researchers to collect information. The quality of the instruments wants to ensure the quality of the information collected, therefore research instruments must be prepared correctly according to the scientific procedures agreed upon first. The instrument used in this research is the

identification of discourse from books, papers or posts, magazines, posts, websites (internet), or other data related to the title of preparation to find things or variables in the form of notes, transactions, novels, news messages, magazines and so on related to the Study of E-Sport as a Branch of Sports In Terms of Social Aspects, Aspects of Physiology, As well as Aspects of Exercising Philosophy.

The method of data collection, in this case the author wants to carry out discourse identification from books, papers or posts, magazines, posts, websites (internet), or other data related to the title of the preparation to find things or variables in the form of notes, transcript, novels, news messages, magazines and so on related to the E-Sport Reference Study in the Realm of Sports (Review of Overwriting Social Aspects, Physiological, as well as The Philosophy of Exercising). Until the following steps are tried: (1) Collecting data, both through books, documents, internet magazines (websites). (2) Analyze the data so that researchers can formulate about the problems studied.

The definition of information analysis in this study Initial is to carry out analysis when collecting information, this is intended to better capture the essence or essence of the research focus that is to be tried through the sources collected and listed in the verbal formulation of language, agrees this is tried aspect by aspect, suitable for the research map. Second, after trying to agree to the collection of information, then re-analyze after the information is collected in the form of raw information that must be established with each other. The information collected is not yet fully in response to the cases that have emerged in the research, therefore it is necessary to retry the analysis of the clarified information. Information analysis activities of this model include information reduction (information reduction), information display and conclusion drawing / verification.

## **RESULTS AND DISCUSSION**

This research aims to examine E-Sport as a Branch of Exercise In Terms of Social Aspects, Physiological Aspects, and Aspects of Sports Philosophy. From the research results of the 24 articles studied, Of the 10 articles studied in the

social aspects of E- Sport reported agreeing with E- Sport as many as 10 on the contrary who disagreed as many as 1 article. After that, of the 6 articles studied from the physiological aspect, 2 articles reported agreed and reported disagreements as many as 4 articles. Finally, of the 8 articles studied from the philosophical aspect, 6 articles reported agreed and reported disagreements as many as 2 articles.

### **Sosial Aspects**

Ontology reports that in E- Sport there are social interactions such as social interactions found in sports in the usual, but the disadvantage of E- Sport is that players only relate to the network, and there are obstacles in interactions with different genders. We know that social interactions are not only related in the network, but real interactions in life every day.

Epistemology reports that interactions through communication between players and online media interactions, psychologig training for athletes, personality value coaching, and broadcasting platforms focused on E-Sport.

Axiology reports that this matter can provide ease of contact between athletes, ease in finding strategies, and attract citizens to play E-Sport, but can result in eroding social interactions in real life.

In E- sport There is interaction in the game, because their communication process can display their progress, as well as share data about themselves in relation to E- Sport. And having benefits is social satisfaction. (Chang, 2019). Esports research in the social sector, there is the value of teamwork, manners, interaction between esports players in the team (Von Hilvoorde & Pot, 2016). This matter is convincing that in esports games the attitude of the players is in the spotlight, just like the attitude of the players to exercise. e.g. football as well as basketball (Holden & Baker III, 2019).

### **Physiological Aspects**

Ontology reports that the physiological aspects of exercise listed in E- Sport mostly have negative body changes such as internet game constraints, the presence of game addiction, the existence of actination, the constraints on neck and back use, and the presence of social constraints in daily life. But there is a positive alternation of bodily uses such as the growth of the brain system, as well as the growth of the mental.

Epistemology states that the result of negative body switching is intertwined because players very often play the game, without any special direction and training for E-Sport players, not paying attention to the sitting position when playing.

Axiology reports that with the presence of a negative body use change can limit a person in carrying out activities every day, in psychological and biological terms, and make a positive body use change has great reaction skills, can dismantle problems with lightning and fit, and has a large level of body resistance.

The intensity of playing online games has an influence on the emergence of academic procrastination attitudes in students, this can be shown by continuing to be a large intensity of students in playing online games until it continues to be a big tendency for students to behave academic procrastination (Kurniawan, 2017).

### **Philosophical Aspects**

Ontology reports that E-Sport Learning is about emotional learning, knowledge of actual exercise, sharing cognitive skills for competition and socialization, and reporting E- Sport is exercise, but has the disadvantage of exercising is common movement.

Epistemology reports that the E- Sport competition requires: concentration, special skills, precision, body control, knowledge of how to use strategies in the game, this whole concept fits the definition of" exercise" significantly, the existence of competition creates income according to the definition of" exercise", E- Sport squad trainers must have knowledge that acts as a guideline for minimal health as well as universal cues of wound loss as well as addiction cues games, social skills are shrinking because of playing online games as a facility to escape from problems, and E- Sport has problems with gender comparisons, women are less interested in E- Sport because of many considerations such as the amount of harassment that women feel.

Axiology reports that E- Sport can be categorized as a sport, which has both positive and negative sides, a kind of increased expertise in dismantling problems, but has shortcomings in social skills and lacks a good place for women to play E- Sport.

When defining E- Sport as exercising serves the purpose of the organization, until the

organization can express and operate according to that thinking. In terms of physiological aspects, E-Sport reports that there are changes in body use that are intertwined in terms of positive and negative. In terms of philosophical aspects, the marker of learning in E-Sport is exercise, learning. The coach of the E-Sport squad acts as a guideline for minimal health and the last one the marker of exercise is human movement which is commonly linked to this marker. E-Sport has problems with gender comparison. It can be concluded from the theory that E-Sport is a sport, has a positive subject in the social aspect, and the philosophy of exercising, but sourced from the results has a partial negative subject in the physiological aspect is the negative change of body use negatively, as well as addiction to games.

## CONCLUSION

The conclusion of this research is in terms of social aspects, it is stated that in E-Sport the creation of social interactions, but in the virtual world and has problems related to the interaction of gender differences. Furthermore, in terms of physiological aspects, E-Sport states that there are changes in body functions that occur in terms of positive and negative. In terms of philosophical aspects it was found that educational indicators regarding E-Sport are sports, education. E-Sport team coaches serve as guidelines for minimal health and lastly sports indicators are universal human movements related to these indicators. E-Sport has problems with gender differences. It can be concluded from the theory that E-Sport is a sport, has positive things in the social aspect, and sports philosophy, but based on the results has some negative things in the physiological aspect, namely negative changes in body functions, and game addiction.

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