Impact of e-sport games on the character building and sports culture

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Abstract: E-Sport games are examples of a game that is played without engaging in any physical activity. The objective of the research is to determine the impact of e-Sport games on character building and sports culture. This research utilized mixed methods. The researchers were using questionnaires to collect the quantitative data and they used qualitative data triangulation to collect the qualitative data. The students and lecturers of the Faculty of Sports Science, Yogyakarta State University comprised the research population. The convenience sampling technique was used to select the 35 students, while the lecturers and trainers used the purposive sampling with a total of 5 people. The quantitative research instrument consisted of a modified Likert scale questionnaire and the qualitative research instrument consisted of the researcher himself assisted by a list of themes. The researchers used Miles and Huberman's quantitative data analysis techniques with descriptive percentage and qualitative analysis techniques for the data analysis. The findings of the research on e-Sport games have an impact on the formation of positive and negative characters. The impact of positive characters includes honesty, responsibility, cooperation, and courtesy and the impact of negative characters is depression, stress, and anxiety. While the influence of e-Sport games in sports culture includes hard work, discipline, respect, and competition. The positive impact of e-Sport games is in the very good category, with the highest factor being honesty (100%). The negative impact is in the moderate category, with the highest factor being depression (52.5%). While the e-Sport game on sports culture is in the very good category, with the highest influence is on hard work (95%). This research can be concluded that e-Sport games have a very good impact on character building and sports culture.

Keywords: e-Sport, character, sports culture

INTRODUCTION

The outbreak of a new virus, a new type of coronavirus (SARS-COV-2), has shocked the entire world, particularly Indonesia, and the disease is called coronavirus diseases 2019. The virus was discovered at the end of December 2019 and is thought to have originated in Wuhan, China (Yuliana, 2020). With the coronavirus, all regions advise physical separation or physical distancing. Because of physical distancing, the allure of e-Sports games to grown and increase day by day. All sports activities are prohibited on the field, so people are trying to find a replacement for the vacancies, the right activity to do is e-Sport games, which indirectly affects the number of spectators increasing during the corona pandemic. The concept of the game, in general, is a form of activity so that the game can be interpreted as a form of fun activity that is carried out solely for the activity itself, not because they want to get something that results from the activity (Khobir, 2009). Play for children has values and characteristics that are important in the progression of everyday life development. Life development is a series of gradual changes that occur as a result of the maturation and experience process. It refers to qualitative changes in the physical and spiritual realms of humans that are mutually sustainable toward a better or perfect direction in developmental psychology (Azizah & Richval, 2018). Humans are creatures that evolve and grow over time. The problems we face in life are becoming more complex and

interconnected with one another. Among the issues are behavioral, cultural, educational, social, economic, mental, and physical issues.

Today's technological advances are accelerating at an alarming rate. This is demonstrated by the numerous innovations that have occurred in this world. From a simple world to a horrifying one. Technological advancements are critical to human life today. One of the pillars of human progress is technology. Technology has improved many aspects of society, including the economy, food, computers, and much more. According to (Ngafifi, 2014), mastery of technology is prestige and an indicator of a country's progress in the current era of globalization. A country is said to be developed if it has a high level of technological mastery (high technology), whereas countries that are unable to adapt to technological advances are often referred to as failed countries. Technological advancements continue to accelerate, giving birth to a digital society. Every human activity will be fueled by a slew of digital technologies. This technology is activated by pressing a series of digits (numbers) in a specific order. Every human being only performs a series of transactions or interactions through digital symbols in the relationship that is formed between individuals. According to Ngafifi (2014), human interaction is currently driven by all-digital technology, such as computers, the internet, ATMs, telephones, mobile phones, and so on. Purchasing something simply by swiping an ATM card and entering a few PINs, as well as paying hotel room bills, purchasing tickets, and so on. Remittances can be made in seconds by simply entering a few digits representing the amount of money to be sent and a few digits representing the destination account number. There is no money transferred, only a series of numbers moving from one account to another.

Technological advances in the field of sports also have an impact on movement patterns of human movement activities, one of those is the development of video games. Playing e-sports has grown in popularity not only among children and adolescents but also among adults and even parents (Entertainment Software Association, 2019). With technological advancements, video games have evolved from standalone games to collaborative and competitive games played online with multiple players, where millions of players can play against enemies or other players at the same time. Playing e-Sports has recently become professional, and for a small number of players, it has become a career in the competitive gaming world (Faust et al., 2013). This type of video game activity is known professionally as e-Sports (electronic sports). E-sports is a new aspect of gaming culture that is quickly becoming one of the most important and popular aspects of the video game community, particularly among teenagers and adults. There are now thousands of e-Sports players worldwide who identify as professional gamers. Although FPS (First Person Shooter) and RTS (Real-Time Strategy) games want to keep their popularity, MOBA (Multiplayer Online Battle Arena) games have become the most popular in the e-Sports genre. According to the global e-Sports market report, the e-Sports economy grew 41.3 percent (up to $696 million) in 2017, and e-Sports investment is expected to more than double by 2020. The global e-Sports audience is estimated to be 385 million, with 45 percent of them playing e-Sport games, 23 percent watching e-Sport games, and 32 percent playing and watching e-Sport games (Warman, 2017).

Although there are some similarities, there are several different definitions of e-Sports. E-Sports players are professional athletes who compete rather than play for fun or relaxation, and who define play as work. Players perform for amusement and recreation, as well as to entertain themselves (Ma et al., 2013). (Wagner, 2006) defines e-sports as a type of sports activity that uses information and communication technology to develop and train both mentally and physically. According to (Hemphill, 2005), e-Sports is "an alternative sporting reality in which athletes are electronically extended in digitally represented sports." More concretely, e-Sports has been defined as "an umbrella term used to describe organized, sanctioned video game competitions, most often in the context of video game tournaments" (Whalen, 2013). In detail, e-Sports is an alternative sport with ways to use specific games and participate in games electronically (Adamus, 2012). Several scholars have attempted to compare e-sports to other sports theoretically, confirming the assumption that e-sports are similar to other sports activities (Adamus, 2012; Taylor, 2020; Wagner, 2006). Giorgis & Guttman, (2006) and Suits, (2020) state that the characteristics that define an activity as a sport, e-Sport can be classified as a sport because it includes play (voluntary, intrinsically motivated activity), events, and competitions. The event is governed by rules and consists of skill competitions with winners and losers.

The word 'sport' can indeed alter one's perception of e-sports. According to Webster's dictionary, sport is defined as "a game, competition, or activity that requires physical effort and ability and is

played according to rules, for pleasure and/or work." Another definition of sport is any type of physical activity that people engage in for health or pleasure. According to ESPN President John Skipper, e-Sport is not a sport, but rather a competition (Kurniawan, 2019). Furthermore, according to sever studies, gamers who play excessively have fewer social relationships and higher levels of depression, stress, and anxiety. According to a New York Times article titled "For South Korea, E-Sports Is a National Pastime," video game addiction will keep children from attending school. Furthermore, some video games, such as Grand Theft Auto and the Call of Duty series, contain violence that can influence children's behavior. The Indonesian government has recently begun to pay close attention to character education behavior. The government has made numerous efforts to shape the nation's character. One of the efforts made is to develop activities to shape, develop, and familiarize the Indonesian people with activities that can encourage the improvement of the Indonesian people's character quality. After various mass media outlets reported on the moral and ethical decline of the younger generation, the issue of the importance of character education began to spread. The moral crisis in society is characterized by, among other things, (1) a loss of honesty, (2) a loss of responsibility, (3) an inability to think far ahead (visionary), (4) a lack of discipline, (5) a cooperation crisis, (6) a justice crisis, and (7) a caring crisis (Meo, 2019).

Character education is required to combat the fading of the Indonesian nation's cultural values, which is feared will lead to the nation's weakness. Character is another term that roughly translates to personality, but the term personality is rarely used in Indonesian society (Soedjatmiko, 2015). There is a mutually influencing relationship between children's activity level, which is decreasing due to playing games, particularly through their gadgets, and the level of violence at the level of children, as well as the level of obesity and the low rate of public health due to the decreasing level of exercise culture. Sports culture that grows and develops at all levels of society can be a means of increasing nationalistic values because sports teach people about discipline, sportsmanship, unyielding nature, the spirit of cooperation, mutual respect, decision-making courage, loyalty, pride, and honor. The spirit of nationalism makes a person feel like he belongs to his nation and country, which motivates athletes to give their all for the advancement of the nation and country. The state of sports culture in Indonesia today is not what one would expect. The low level of sports culture in Indonesia reflects the public's disinterest in the sports culture itself. This has a direct impact on Indonesia's regional and international sporting achievements, which are deteriorating. Furthermore, the low sports culture may be one of the factors influencing the low spirit of nationalism.

The negative aspects mentioned above are opposed to the essence of the exercise, which is to be healthy. Games only contain the essence of sport's 'for fun' aspect. This is why the growth of e-sports is beneficial to the game industry but detrimental to gamers and public health. When compared to soccer or basketball, activities such as praying, walking in the mall, and working on construction sites can all be classified as sports. This debate arose as a result of the use of the term e-Sport, which contains the word sport or'sport'. Because e-sports and video games have no greater health impact than sports, the author seeks to learn about and raise concerns about the impact of e-sport games as a means of character development and sports culture.

METHOD

This study employs a combination of research methods (mixed methods). Using quantitative and qualitative methods at the same time to obtain more comprehensive, reliable, objective, and valid data. Concurrent mixed methods are used with mixed methods. Questionnaires or questionnaires are the quantitative collection techniques used. Meanwhile, the qualitative data collection methods were as follows: 1) focus group discussion (FGD), 2) in-depth interview, and 3) non-participant observation. Students and sports lecturers make up the research population. The sample size is determined by theme saturation in focus group discussions and in-depth interviews. The sample selection for students was done based on the convenience sampling technique in 7 study programs at *The faculty of Sports Science, Yogyakarta State University*, each study program in semesters 1 to 5, with representatives from each study program totaling 5 students who happened to have an interest in e-Sport games, so the total number of samples for students was 35 people., while in-depth interviews with sports lecturers and coaches were done using the purposive sampling technique several 5 people who met the criteria of competent As a result, the total number of samples used in the study was 40 people.

A closed questionnaire with a modified Likert scale and four answer options are used in the quantitative research instrument. Strongly Agree, Agree, Disagree, and Strongly Disagree are the four options. The instrument is used to determine the character and culture of sports, which includes the impact of positive characters such as honesty, responsibility, cooperation, and courtesy. Depression, stress, and anxiety are all influenced by negative characters. Meanwhile, sports culture emphasizes hard work, discipline, respect, and competition. The instrument in this study has high reliability (Kappa = 0.67-0.73) and moderate validity (r = 0.48). In qualitative research, the research instrument is the researcher himself, who is assisted in this case by a prepared list of themes. In this study, the researcher is both the researcher and the planner, implementer, data collector, data analyst, and data interpreter, as well as the reporter of the research findings.

The validity of the data in this study was tested to obtain data that were truly by the study's aims and purposes. Triangulation techniques were used to test the data's validity. Data triangulation is a data checking technique that uses something other than data to check or compare data (Moleong, 2007). In quantitative data analysis, descriptive percentage data analysis techniques are used, as are percentage descriptive data analysis formulas. While quantitative research employs data analysis techniques developed by Miles and Hubberman, qualitative research employs data analysis techniques developed by Miles and Hubberman (Salim, 2006). This analysis is divided into four parts: 1) data collection, 2) data reduction, 3) data presentation, and 4) conclusion drawing.

RESULTS AND DISCUSSIONS

Research data obtained during Focus Group Discussions with research subjects consisting of students and lecturers obtained data related to 1) game identification consisting of the type of game and reasons for playing, 2) The game's impact includes character development and sports culture, influential characters, influential sports culture, positive and negative impact. According to the game identification data related to the type of e-Sport game, the games that were frequently played in e-Sport games consisted of two elements, namely: sports and combat. Sports-themed e-Sport games include "Real Football, MotoGP, FIFA Soccer, NBA Live Mobile Basketball, 8 Ball Poll, Badminton League, Archery Master, and Table Tennis." While e-Sport games are related to combat elements, the majority of the state the types of games such as: "Mobile Legends, Arena of Valor, Player Unknown's Battlegrounds (PUBG), Fortnite, Dota, Counter-Strike: Global Offensive (CS: GO), and Free Fire (FF)." According to the game identification data on the reasons for playing, the majority of them state that part of: "Fun or hobby, both playing and watching in a match as a representation in the management of a game and a club, starting from matches, winning prizes, and buying and selling players, and easy to play in mobile phone and has an easy control mechanism."

The results of the game impact data related to the formation of character and sports culture from e-Sport games show that: "E-Sport games have an effect on character building and sports culture, but it also depends on the type and content of games in e-Sports, as well as the individual." "The biggest influence is seen from winning or losing a game, as well as the team's cohesiveness." If you win, you will appear happy, but if you lose, you will become angry. The same is true for team cohesiveness; if the team is not solid, selfish characters emerge who can bully, scold, and leave the team. A strong team will exhibit sportsmanship because accepting defeat does not imply a lack of practice and cohesiveness, but rather a lack of practice and cohesiveness." Positive and negative characters are data from character values that have an impact on e-Sport games. "Positive characters include cooperation, never giving up (competition), creativity, discipline, and accountability for the agreed-upon rules, as well as the development of positive values influenced by the game content." The negative character prefers something simple and quick, the risk is less sensitive, and inappropriate material appears (continuous fighting games, aggressiveness, commercialism, and consumerism values appear).

The impact of e-Sport games on sports culture demonstrates that playing games can "make players diligent in developing creativity from tactics, discipline, mutual respect, show strength, work hard, compete, and can form a community as a forum for sharing ideas." As a result of the community's unity, there will be fair play, cooperation, competition, and self-respect." According to the research data, "e-Sports can have a positive impact on player creativity, competitive spirit, unyielding spirit, fair play, diligent, diligent, polite, disciplined, responsible, honest, thinker, hone skills, and cohesiveness or cooperation." "The negative effects of e-sports include addiction,

uncontrollable emotions, depression, social withdrawal, anxiety, aggression, stress or mental disorders, and decreased physical activity." Low levels of physical activity can lead to disease and a decline in fitness.

The quantitative research data were obtained by filling out questionnaires about the impact of e-sport games on positive characters such as honesty, responsibility, cooperation, and courtesy. Depression, stress, and anxiety are examples of negative characters' effects. Meanwhile, data on the impact of e-Sport games on sports culture include hard work, discipline, respect, and competition. The following are the findings from data on the impact of e-Sport games on character formation and sports culture:

1. Impact on Positive Character

The result data of the e-sport game's impact on the positive character building as a whole can be described in Table 1.

Table 1. Descriptive Data of Positive Character

Positive Character	N	minimum	Maximum	Mean	Std. Deviation
Honest	40	14.00	16.00	15.5500	.67748
Responsible	40	13.00	16.00	14.8750	.93883
Cooperative	40	13.00	16.00	14.5000	1.03775
Courtesy	40	15.00	16.00	15.6250	.49029
Positive Character Impact	40	56.00	64.00	60.5500	1.73870
Valid N (listwise)	40				

From table 1, it can be seen that the impact of positive characters consisting of honesty, responsibility, cooperation, and courtesy has an average score of 60.55, a minimum score of 56, a maximum score of 64, and a standard deviation of 1.738.

The impact of positive character is known by categorizing it into five criteria, namely very good, good, moderate, poor, and very poor. After an assessment with four indicators consisting of honesty, responsibility, cooperation, and courtesy to students at FIK UNY, the impact of positive characters can be seen in table 2.

Table 2. Distribution of Positive Character Category

Total Score	Category	Frequency	Percentage
$52 < X$	Very Good	40	100 %
$44 < X \leq 52$	Good	0	0 %
$36 < X \leq 44$	Moderate	0	0 %
$28 < X \leq 36$	Poor	0	0 %
$X \leq 28$	Very Poor	0	0 %
Total		40	100%

Based on the calculation shown in table 2, it seems that the impact on positive character gets the very good category with the percentage at 100%. It is presented in figure 1.
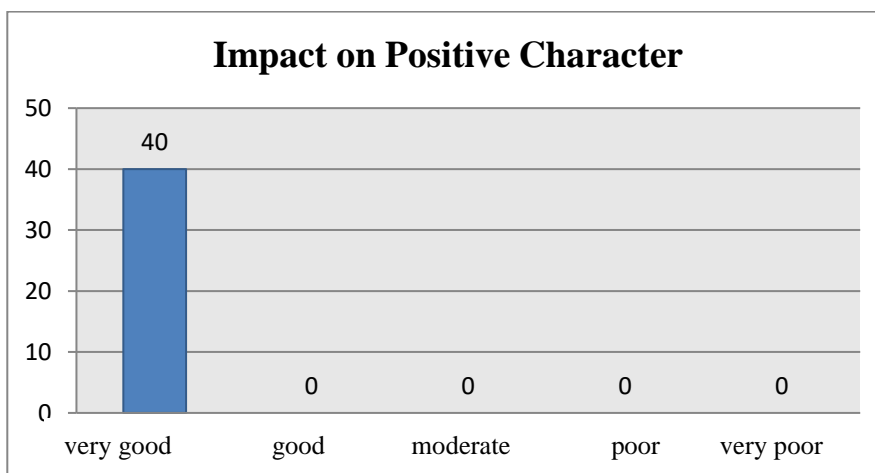

Figure 1. Impact on Positive Character

2. Impact on Negative Character

The result data of e-sport game impact on the negative character as a whole can be described in table 3.

Table 3. Descriptive data of Negative Character

Negative Character	N	minimum	Maximum	Mean	Std. Deviation
Depression	40	9.00	15.00	11.6000	1.39229
Stress	40	7.00	14.00	10.3000	2.06559
Anxiety	40	5.00	15.00	9.9500	1.92087
Impact on Negative Character	40	25.00	40.00	31.8500	3.76591
Valid N (listwise)	40				

From table 3, it can be seen that the impact of negative characters consisting of depression, stress, and anxiety has an average value of 31.85, a minimum score of 25, a maximum score of 40, and a standard deviation of 3.76.

The impact of negative characters is known by categorizing them into five criteria, namely very good, good, moderate, poor, and very poor. After conducting an assessment with three indicators consisting of depression, stress, and anxiety on students at FIK UNY the impact of negative characters can be seen in table 4.

Table 4. Distribution of Negative Character Category

Total Score	Category	Frequency	Percentage
$39 < X$	Very Good	1	2,5 %
$33 < X \leq 39$	Good	13	32,5 %
$27 < X \leq 33$	Moderate	21	52,5 %
$21 < X \leq 27$	Poor	5	12,5 %
$X \leq 21$	Very Poor	0	0 %
Total		40	100%

Based on the calculation shown in table 4, it seems that the impact of e-sport on the negative character belongs to the very good category with a percentage of 2.5%, in the good category at 32.5%, in the moderate category at 52.5%, and in the poor category at 12.5%. It is presented in figure 2.
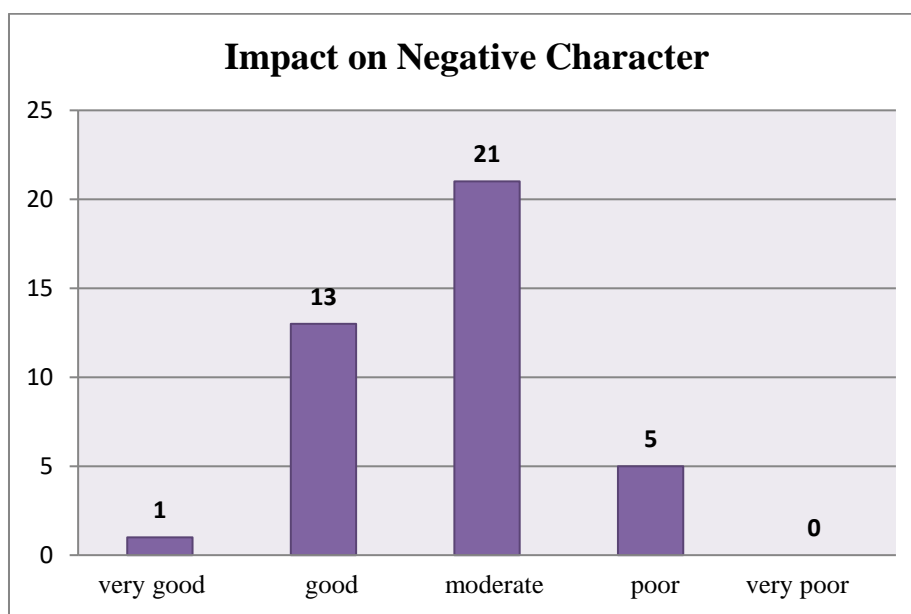

Figure 2. Impact on Negative Character

3. Impact on Sports Culture

The result data of e-sport game impact on the sports culture as a whole can be described in Table 5.

Table 5. Descriptive Data on Sports Culture

Positive Character	N	minimum	Maximum	Mean	Std. Deviation
Hard Work	40	13.00	16.00	15.4750	.81610
Discipline	40	13.00	16.00	15.1500	1.00128
Respect	40	12.00	16.00	14.9250	1.09515
Competitive	40	13.00	16.00	14.9500	.93233
Sport Culture	40	54.00	64.00	60.5000	2.50128
Valid N (listwise)	40				

From table 5, it can be seen that the impact of sports culture which consists of hard work, discipline, respect, and competition has an average score of 60.50, a minimum score of 54, a maximum score of 64, and a standard deviation of 2.50.

The impact of sports culture is known by categorizing it into five criteria, namely very good, good, moderate, poor, and very poor. After an assessment with four indicators consisting of hard work, discipline, respect, and competition for students at FIK UNY, the impact of sports culture can be seen in table 6.

Table 6. Distribution of Sports Culture Category

Total Score	Category	Frequency	Percentage
$52 < X$	Very Good	40	100 %
$44 < X \le 52$	Good	0	0 %
$36 < X \le 44$	Moderate	0	0 %
$28 < X \le 36$	Poor	0	0 %
$X \le 28$	Very Poor	0	0 %
Jumlah		40	100%

Based on the calculation in table 6, it seems the impact of e-sport on the sports culture belongs to the very good category at 100%. It is presented in figure 3.
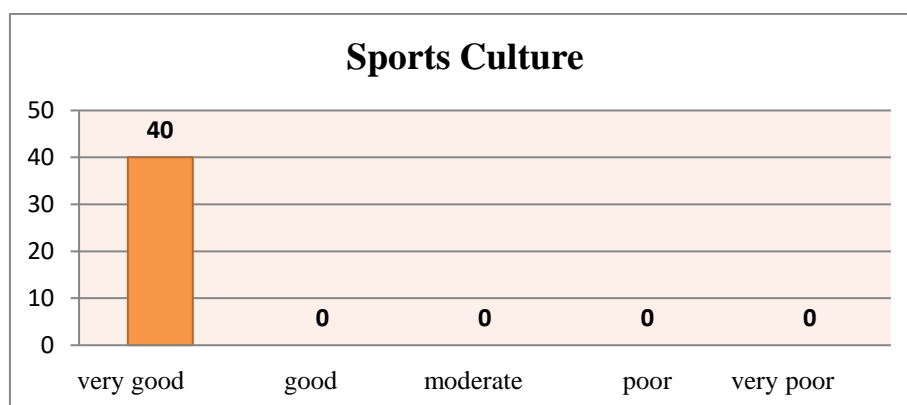

Figure 3. Impact on Sports Culture

According to the study's findings, e-Sport games have an impact on the development of both positive and negative characters. The positive impact of e-Sport games is in the very good category, with the highest factor being the honesty factor of 100%; the negative impact is in the medium category, with the highest factor being the depression factor of 52.5 percent. While the influence of e-Sport games on sports culture is very good, the greatest influence is on the hard work factor, which is 95 percent. The findings of this study are consistent with the findings of Waldi & Irwan, (2018) who discovered that the essence of the e-sports extracurricular program is the development of character values such as hard work, discipline, creativity, and respect for achievement, communication, peace-loving, and responsible. The implementation of e-Sports

education must have a clear goal. If the goal is to become a professional, it is necessary to play and work like a professional, which means that serious e-Sports players must play like real sports athletes. Experiment with different rules, systems, and patterns. Regularly, implement strategy, practice, and competition. Increasing levels, teamwork, adhering to international rules, as well as game ethics such as fair play and no racism, among other things, are all encouraged. According to Saputra (2017), the impact of e-Sport games on the development of negative character values is that the crisis of children's character is caused by the progress of the increasingly modern era, where everything is completely automatic and digital. This modernization era has resulted in a shift in children's playing activities from traditional games to modern/digital games that are synonymous with the use of technology such as online games, video games, and play stations. The popularity of modern games is growing, and this has a significant impact on children's behavior and habits.

Playing e-sports has an impact on the formation of physical exercise and stamina to be strong enough to compete like athletes, as well as good intellectual and logical abilities to set strategies in playing to compete (Kurniawan, 2019). In addition to intellectual abilities, emotional intelligence has been shown in research by Ardian et al., (2019), to be very influential in sports activities. The higher the emotional intelligence possessed, the greater the achievement obtained. In general, it has been discovered that every human being's emotional intelligence can influence the success or failure of achievement. According to (Blegur & Mae's, 2018) research, sports culture, when associated with motivation, can affect the spirit of nationalism in sports competition, but the intrinsic motivation model of athletes who practice and compete must be considered properly and correctly. Furthermore, in terms of culture Persada (2020) stated that in the development of E-Sports the creation of technological developments, as well as entertainment and recreation facilities, by the results of his research. According to Munandar (2012), the cultural aspect of sports has the advantage of being a marker of national identity and pride, and if you excel, it will be beneficial to strengthen the sense of national unity. E-Sports can be described as a sport with both positive and negative aspects, such as increasing problem-solving skills while lacking in social skills. E-Sport includes emotional education as well as knowledge about real sports, as well as cognitive skills for competition and socialization. E-Sport competitions necessitate intense concentration, specific abilities, precision, body control, and knowledge of how to use strategies in games (Persada, 2020). According to Huk (2019), e-Sport is also beneficial as an increase in online social and emotional interaction in training cooperation between game players through chat and team play, as well as with spectators or fans. Furthermore, Boyacioğlu & Oğuz (2016) stated that e-Sports, like other sports, can promote inclusion and social cohesion. Rachman et al (2020) show that sport is a source of strength for Indonesia, but with developments in entering the world of e-Sports, most of them state that they have not supported the development of Indonesia's strength through e-Sports.

CONCLUSION

Based on the foregoing discussion, it is possible to conclude that the implementation of an e-Sport game can result in the formation of both positive and negative character traits. Positive character traits include honesty, responsibility, cooperation, and courtesy, while negative character traits include depression, stress, and anxiety. While the impact of e-Sport games on sports culture includes hard work, discipline, respect, and competition. The positive impact of e-Sport games is in the very good category, with the highest factor being the honesty factor of 100%; the negative impact is in the moderate category, with the highest factor being the depression factor of 52.5 percent. While the influence of e-Sport games on sports culture is very good, the greatest influence is on the hard work factor, which is 95 percent.

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