

The Mental and Physical Health of the Sri Lankan Professional Esports Players

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Esport is a multi-player video game that is organised and played individually or in teams, particularly among professional players, and it is rapidly growing around the world. The purpose of this study was to assess the mental health and physical activity level (PAL) of Sri Lankan professional male Esports players. To complete the current study, a cross-sectional study was carried out using the quantitative research method. Data were collected from 216 professional male Esports players (age: 12 to 45 years) using the WHO self-reporting questionnaire 20 (SRQ-20) and the International Physical Activity Questionnaires (IPAQ). The association between demographical parameters, mental health, and physical health was measured and tested using the chi-squared test, and binary logistic regression with a 95% confidence level was used to identify the risk factor for Common Mental Diseases (CMD). This study concludes that Esports has an effect on Esports participants' mental health and physical activity level. It can be suggested that if players promote healthy lifestyle habits and physical exercise, they may make life easier and more ideal.

Keywords: *CMD, esports, mental health, PAL*