

ABSTRACT

DESCRIPTION OF LIFE SATISFACTION ON E-SPORT ATHLETES

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E-sport (Electronic Sport) is a sport that is starting to be favored by most people around the world and even provides hope for the future. However, with exercise routines, the lack of interaction with the outside world, and the demand to show the best performance can affect the life satisfaction of E-Sport athletes. The purpose of this study was to determine the description of life satisfaction in E-Sport athletes. The research method used is descriptive quantitative type, sampling technique non-probability sampling with incidental sampling. The subjects of this study were 100 E-Sport athletes. The measuring tool for life satisfaction is based on Diener theory, with 26 valid items and a reliability coefficient of 0.933. The results showed that more athletes had a high life satisfaction rate of 57%. The dimensions of satisfaction with life in the future are mostly at high life satisfaction (80.6%), and past life satisfaction is mostly at low life satisfaction (60%). Early adult E-Sport athletes are male (58.1%), income 5,000,000 - 7,000,000 and > 10,000,000 (65%), training duration 16-24 hours (76.5%) and participate tournaments > 10 times (61%) more have high life satisfaction. Early adult E-Sport athletes with an income of 3,000,000 - 5,000,000 (55.3%), training duration 10-15 hours (54.2%) and participating in tournaments < 8 times (100%), have more life satisfaction low.

Keywords: E-Sport, Athletes, Life Satisfaction.