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Psychological Aspects of Esports Development in the Russian Federation

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Abstract

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This thesis explored the study of psychology in the context of esports and aimed to uncover the complex interplay of cognitive and emotional factors that influence player performance. The main objective of the study was to understand the psychological aspects of esports and their impact on players' well-being and competitive success.

The research methodology included a comprehensive literature review and questionnaire interviews with esports athletes. The literature review provided a framework for understanding existing psychological concepts in esports. Interviews were conducted with five players by using the Spielberger Questionnaire, measuring situational and personality anxiety in players. The interviews aimed to gain a qualitative understanding of how anxiety affected players and how it should be managed.

The overall findings of the literature study shed light on the prevalence of psychological problems in the esports community, with factors such as anxiety, stress, insecurity, emotions, and motivation being prominent. The survey data provided quantitative insights into the impact of psychological variables on gameplay, indicating the need for specific psychological training programs for esports athletes. The qualitative results of the study allowed for a detailed examination of the mechanisms of overcoming anxiety.

This thesis contributed to the developing field of sports psychology by offering an in-depth understanding of the psychological intricacies specific to esports. The study not only revealed the challenges faced by esports athletes but also identified potential opportunities for psychological support and development in this dynamic and rapidly evolving field. The findings can have implications for the development of psychological training programs, coaching strategies, and support systems that address the unique needs of esports athletes.

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1   INTRODUCTION

This final qualification work is of great relevance for several reasons. In today's world, esports have gone far beyond simple hobbies or entertainment. Focused on competitive video games, this industry attracts millions of players and fans from all over the world. In this area of sport, where millions of dollars are at stake and where competition is constantly growing, psychological aspects are becoming more and more important. Esports players face unique challenges that require special attention to their psychological well-being. They must possess unique concentration and reactions, as well as the ability to manage stress in intense and long-term gaming sessions. Similar to traditional athletes, esports players face challenges such as anxiety and depression, and they need the help of psychologists to overcome these difficulties.

Psychologists in esports also work with teams to improve team interaction, resolve conflicts, and develop strategies to achieve common goals. They analyze game footage to identify weaknesses and develop plans to improve player performance. Social and psychological aspects also play an important role in the esports industry. Fan relationships, managing the stress of media attention, and the public perception of esports in general are critical to the success of both individual players and teams.

In addition, psychology in esports has the potential to be applied in other areas, such as education and training to improve cognitive skills, concentration, and stress management. Thus, the study of psychology in esports is not only relevant, but also promises to benefit not only players and teams, but the entire industry as a whole.

1.1   Goal and how to achieve this goal, the following tasks have been set:

The overarching goal of this final qualification thesis is to delve into and analyze the psychological facets of esports with the aim of enhancing both the performance and well-being of players and teams within this rapidly evolving industry.The research objectives include reviewing existing literature and research on esports psychology to gain insights into the current state of the field and pinpoint unresolved issues. The study aims to investigate key psychological factors influencing esports players, encompassing aspects like anxiety, stress, concentration, motivation, and emotion management.

Additionally, the thesis seeks to explore the various methods and techniques employed by psychologists in the esports domain to enhance players' psychological states and boost their overall

performance. Through a thorough analysis of specific cases and relevant statistics, the impact of psychological support and training on esports players and teams will be assessed.

Drawing from the data and research findings, the ultimate aim is to formulate practical recommendations tailored for players, teams, and coaches in the esports realm. These recommendations will center around improving mental preparedness and optimizing performance in the challenging and dynamic environment of competitive gaming.

1.2   The subject of the research

The subject of the research is psychology in the context of esports, which means the study of the psychological aspects, factors, and impacts associated with participation in esports.

The object of the study: players, teams, and processes related to esports.

Practical significance of the final qualification work: the work can be useful for coaches and psychologists working in esports, providing them with tools and methods for more effective work with players and teams. The thesis can also contribute to the academic field of research in the psychology of esports by enriching it with knowledge and new methods.

1.3   The structure

The structure of the final qualification work consists of an introduction, three chapters, a conclusion and a list of references.

In the introduction of the final qualification work, the goals and objectives of the research are considered, its relevance is substantiated, the object and subject of the research are determined, and the structure of the work is indicated.

In the first chapter, the psychological aspects that affect the success of esports players are analyzed. Factors such as stress, anxiety and emotional state and their impact on player performance are considered.

The second chapter presents methods and tools for psychological support of esports players. An empirical study was carried out with the participation of the team of the Russian Federation in the Chelyabinsk Region, during which data on the personal and situational anxiety of the participants were obtained.

In the third chapter, practical recommendations for managing personal and situational anxiety in esports players are developed. The recommendations cover various aspects of psychological training, including working with a psychologist, relaxation training, self-regulation of emotions, rational thinking, planning and team support.

The paper concludes by emphasizing the importance of further research in the field of psychological training of esports players, and notes that psychological aspects play an important role in the success of teams and players.

2   PSYCHOLOGICAL ASPECTS OF ESPORTS

In today's world, esports have ceased to be just entertainment for young people and has turned into a large industry, where millions of players strive for fame and recognition, and prize pools at world competitions are measured in millions of dollars. This explosive growth has attracted the attention of researchers, including in the field of psychology, since success in esports depends not only on the skills of using computer equipment, but also on many psychological aspects.

2.1   Analysis of key psychological aspects that affect performance in esports

Exploring the key psychological aspects that influence performance in esports represents a fundamental step in understanding how the mental state of players and teams affects their success and performance. These aspects include anxiety, stress, concentration, motivation, emotion management, and other psychological factors that can be both an advantage and an obstacle for players.

Anxiety and stress in esports can occur due to various events and factors, and they have a significant impact on players. It's important to understand how these psychological aspects affect the performance of esports players.

2.1.1   Factors that cause anxiety and stress in esports (Bogacheva & Voiskunskiy 2018):

1.   High expectations. Players often face high expectations, both from themselves and from their fans and team. This can create pressure and anxiety as players strive to meet expectations.
2.   Competition. Esports is an extremely competitive field, and players are constantly competing on a global level. This competition can cause anxiety as they must maintain their professional status.

3.   Uncertainty and changeability of success. In the world of esports, success can be fickle, and even experienced players can face defeats. This creates anxiety as players don't always know what results to expect.

4.   Evaluation by fans and the public. Esports players are often judged and criticized by fans, journalists, and the public. This can be stressful, especially in situations where players make mistakes or experience defeats.

2.1.2   Effects of Anxiety and Stress on Players:

1.   Decisions and reactions. High levels of anxiety and stress can reduce players' ability to make decisions and react to events in the game. They may make mistakes that they might not have made in less stressful situations.

2.   Concentration. Stress and anxiety can distract players and reduce their ability to maintain high concentration. This can lead to the loss of important moments in the game and, as a result, to a decrease in performance.

3.   Physical condition. Constant stress and anxiety can have a negative impact on players' physical well-being, including appetite, sleep, and overall physical health. This can reduce players' stamina and ability for long-term gaming sessions.

Understanding these factors and their impact on esports players is an important step towards developing stress and anxiety management strategies in this industry. Effective psychological support techniques can help players manage anxiety and stress, improving their performance and well-being.

The importance of maintaining a high concentration in esports cannot be underestimated. In this sport, where reactions and decision-making occur in milliseconds, a high concentration of players is a key factor in success. However, concentration can be influenced by various factors, both psychological and physiological. Players' concentration levels may be impaired due to fatigue. Esports often require a lot of training and competition, and this can lead to physical and mental fatigue. Fatigue reduces the ability to maintain high concentration, which in turn negatively affects performance. (Bogacheva N.V. 2019) Distractions can also significantly reduce players' concentration levels. During competitions,

players may be exposed to a variety of external factors, such as noise, audience comments, or other distracting events. Even internal factors, such as stress or anxiety, can cause a loss of concentration.

2.1.3   Motivation

The motivation of players in esports plays a huge role in their success and achieving their goals. Motivation can be diverse, and understanding its types and impact on player performance is important for coaches, psychologists, and esports players themselves. Let's consider the types of motivation of esports players in Figure 1.
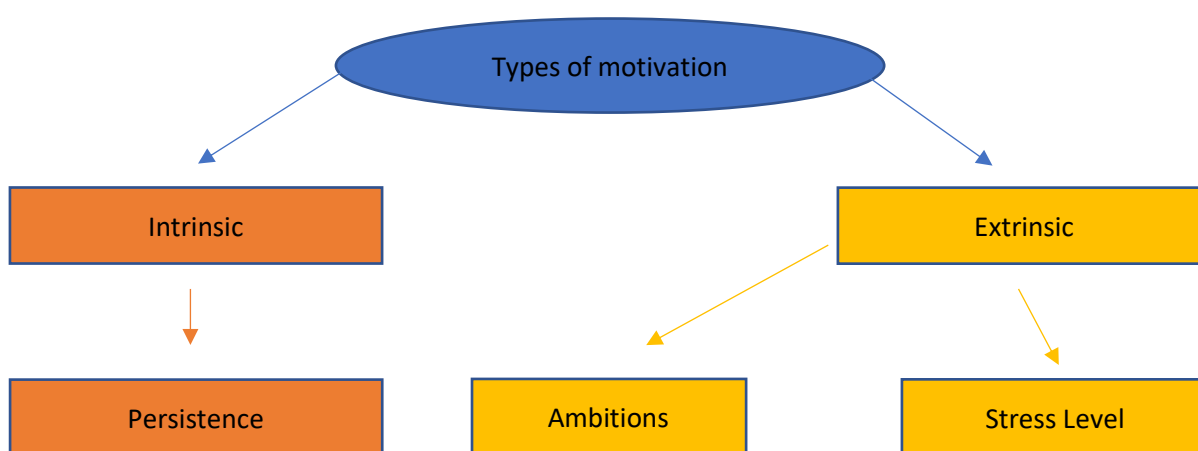
Figure 1 - Types of motivation in esports (Ivanova N.A 2018)

Let's take a closer look at Figure 1:

1.   Intrinsic motivation. It's a motivation that comes from within the player. It includes a passion for the game, a desire to improve one's skills, and a desire to improve oneself. Players who are driven by intrinsic motivation are often more resilient to failure, as their inner passion sustains them in difficult moments.

2.   Extrinsic motivation. It is a motivation related to external factors such as prizes, recognition, fame, and money. Players motivated by external rewards may strive to win in order to win

prizes or earn recognition. However, such motivation may be less stable, as it depends on external circumstances.

Players' motivation can affect their performance in different ways (Ivanova N.A. 2018):

1. Persistence. Players with strong intrinsic motivation may be more persistent in training and competing, as it is important for them to achieve their own goals.

2. Ambitions. Extrinsic motivations, such as prizes and fame, can spur players to ambitious goals and compete for prizes.

3. Stress level. Extrinsic motivation can cause high levels of stress, especially in situations where significant prizes are at stake. Intrinsic motivation is often accompanied by lower levels of stress, as players are more focused on improving their skills than extrinsic rewards.

2.1.4 Emotions

Table 1 is an overview of important emotional states that can occur in esports players during competitions. Emotions such as joy, anger, fear, and irritation play a significant role in performance and decision-making in the game. This Table 1 provides an analysis of the impact of each of these emotions, as well as their role in the context of improving player performance. Understanding how emotions affect gameplay, as well as how to manage them, is an important aspect in achieving success in esports.

Emotion	Impact on Players	Role in improving efficiency
Joy	It increases motivation and self-confidence, but excessive joy can lead to underestimating the situation and lowering alertness.	It maintains a positive mood and self-confidence but requires caution to avoid underestimating opponents.

Anger	It can increase aggressiveness and determination, but excessive anger can lead to negative decisions, underestimating opponents, and reducing concentration.	It can promote aggressiveness and determination but requires control to avoid negative consequences.
Fear	It can promote caution and foresight, but excessive fear can lead to passivity and missed opportunities.	It encourages a cautious approach but requires management so as not to stifle initiative.
Irritation	It can reduce concentration and contribute to negative reactions, but cleverly managed irritation can be a source of motivation to improve performance.	It requires skillful management so as not to negatively affect concentration but can also serve as a source of motivation.

Table 1 - The Influence of Emotions on the Performance of Players in Esports (Kovaleva et al., 2021)

Emotion management techniques include teaching players relaxation techniques, meditation, and breathing exercises. They can also work on developing emotional intelligence, which helps them better understand and control their emotions. Teams can have psychologists who help players manage their emotions and develop strategies to use them productively. Effective emotion management is important for improving performance and performance in esports, as it allows players to stay calm and focused in complex and stressful situations.

In esports, the psychological preparation of players plays a crucial role. Emotions, motivation, and the ability to manage stress can greatly affect performance in competitions. Emotions such as joy, anger, fear, and irritation can have both positive and negative effects. Mental preparation helps players better understand and manage their emotions.

Motivation is also important. Intrinsic motivation, which is related to the desire to improve, can support long-term motivation. While extrinsic motivation, such as prizes and fame, can be short-term and less stable. Understanding a player's type of motivation helps psychologists and coaches develop strategies to keep them motivated (Ivanova 2018). Managing emotions and motivation is important for maintaining resilience and high performance. This helps players stay calm in stressful situations, make better decisions, and achieve their goals. In addition, mental preparation includes techniques to maintain concentration and manage emotions, which is especially important in the world of esports.

Self-discipline and self-control play a very important role in the world of esports. These aspects can be key determinants of player success in both the short and long term. Self-discipline in esports refers to a player's ability to stick to a rigid training schedule and follow strategic plans developed by coaches. In the world of esports, where the competition is huge, regular, and long-term training is essential to maintain and improve skills. Players with high self-discipline can better manage their time, monitor their health, and make good use of each training session. Self-control involves the player's ability to stay focused on tasks despite a variety of distractions. In esports, distraction can include noise, stress, as well as failures and wins in games. Players with good self-control can deal with these factors while remaining set up for success. Self-discipline and self-control also help players avoid bad habits, such as excessive playing time or lack of regular physical activity. In the long run, this can lead to better physical and mental health, which is also important for high performance.

In addition, in esports, where you need to focus on the game for a long time, self-control helps players maintain high concentration during competitions. It allows them to prevent emotions such as anger and irritation from influencing the decisions they make. It can be said that self-discipline and self-control are considered important qualities that help players cope with long-term training and competitions. These aspects are important for developing esports skills, managing emotions, and succeeding in this competitive field.

Thus, it can be concluded that all these aspects of the psychology of playing esports combine to form a strong psychological foundation that allows players to cope with pressure, maintain high concentration, and make informed decisions in a competitive environment.

2.2   Consideration of the Impact of These Aspects on Player Performance

Looking at the impact of psychological aspects on player performance in esports opens an exciting area where mental power and emotional resilience can be seen as critical success factors. In this context, the analysis of psychological factors becomes a key element that determines outstanding players from ordinary ones. Esports is a dynamic and competitive world where players are forced to make instant decisions while maintaining high concentration and the ability to manage emotions. All of this makes the psychological aspects critical. Joy and anger, motivation and fear, self-discipline, and self-control – all these aspects can speak for themselves, having both positive and negative effects on the performance of players.

The study of the influence of emotions allows us to understand how positive emotions can stimulate motivation and increase concentration, while assessing how negative emotions can lead to rash decisions and worsening the game (Potapova & Khansivirova 2018). Understanding motivation, both intrinsic and extrinsic, allows us to identify the factors that support the drive to win and improve skills, as well as to assess how different motivators can vary in their effectiveness. The Influence of Emotions on Players' Decisions and Gaming Strategy in Esports is a comprehensive and fascinating study that reveals how internal emotions can have a powerful impact on gameplay and the bottom line. The psychological component of playing esports becomes especially important when the influence of emotions is considered. (Velichkovskiy B.B. et al., 2020)

Joy, as a positive emotion, can have a stimulating effect on players. It is often accompanied by an increase in confidence and motivation. When a player feels joy, he feels capable of great accomplishments and is more willing to take risks. This can lead to more aggressive play and ambitious decisions, which in certain situations can prove to be a positive factor for success.

Anger and irritation, on the other hand, can have a negative impact on gaming performance. When a player experiences anger, it can lead to more aggressive and risky decisions, as well as a loss of clarity and control. Anger can distort one's perception of a situation and lead to irrational actions. Likewise, irritation can cause a loss of concentration and contribute to negative reactions.

The key is how players manage their emotions. Mental preparation can help players develop emotion management skills to benefit from positive emotions, such as joy, and reduce the negative impact of

anger and irritation (Panteleeva&Voronov 2020). This includes techniques for staying calm in stressful situations, maintaining emotional stability, and focusing on rational decisions. As a result, the influence of emotions on decisions and game strategy in esports remains a relevant research topic and understanding it can play a key role in the development of psychological approaches and training for players, helping them achieve the highest results in competitive competitions.

The impact of self-discipline and self-control on player concentration and endurance in long-term competitions is a key topic in the world of esports. Esports often involves long hours of training and many hours of competition, where high concentration and endurance become crucial factors for success. Self-discipline is a player's ability to adhere to a rigid training schedule and strategic plans developed by coaches. This includes the ability to control the amount of playing time, plan breaks for rest and physical activity, and maintain a healthy lifestyle. A player's ability to follow these principles helps to maintain optimal condition and high concentration throughout long hours of training and competition (Goncharova 2017). Self-control involves the player's ability to stay focused on tasks despite a variety of distractions. In esports, where top-level rivalries can be intense, players face constant pressure and stress. The ability to maintain emotional balance and focus on the game at hand is an important aspect for long-term performance (Velichkovskiy B.B. et al., 2020)

Self-discipline and self-control help players avoid excessive fatigue and overwork, which can reduce their concentration and performance. They can also help manage stress and pressure in competitive situations where every fraction of a second counts (Velichkovskiy B.B. et al., 2020). Regular mental preparation is a critical component of success in esports, especially in the long run. As in any other sport, esports players must not only develop their gaming skills, but also the skill of managing their emotions, stress, and motivation. In this context, psychological preparation becomes an integral part of education and training.

Psychological skills training involves teaching players techniques for self-regulation, stress management, increasing concentration, and improving motivation. These skills can help players maintain high performance in the face of long training sessions and competitions. For example, concentration training can help players avoid distractions and maintain focus on gameplay, while emotion management training can help manage pressure and stress (Poltorak 2020).

Psychological support includes counseling and sessions with psychologists who can help players develop strategies to maintain mental toughness in a competitive environment. Psychologists can also help players resolve conflicts, improve communication, and maintain psychological health. The importance of regular mental training is that it allows players to develop mental toughness and improve their psychological resources in the long run. This helps them not only to achieve high results, but also to retain them throughout long seasons of competition (Selina&Khalfina 2022). In addition, mental preparation can help players avoid overwork and combat psychological issues that may arise during the course of their careers. It also fosters healthy mental habits that can accompany players on their way to long-term success in esports.

Therefore, it can be concluded that understanding and actively managing the psychological aspects of the game is integral to success in esports, and research in this area continues to evolve to provide players and coaches with the tools to achieve the highest results in this exciting and competitive environment.

3   METHODS AND TOOLS OF PSYCHOLOGICAL SUPPORT. EMPIRICAL RESEARCH

In the evolving world of esports it has become increasingly clear how important psychological support is. This section, called "Methods and Tools of Psychological Support " delves into a study of the techniques and approaches that psychologists use in the realm of esports. Understanding these methods is crucial, for nurturing the resilience and well being of esports athletes. Additionally this section explores how psychological support methodologies may adapt to meet the challenges presented by this growing and competitive field as esports continues to gain prominence. The integration of support plays a vital role in maximizing performance and enhancing the overall experience for participants, in this unique and demanding domain.

3.1   Study of various methods and techniques used by psychologists in esports

Exploring the various methods and techniques used by psychologists in esports is a fascinating exploratory journey into the world of the mental aspects of esports. More than ever, esports are gaining immense importance and recognition in both entertainment and as a competitive sport. In this new reality, the psychological component becomes a key factor in the success of players and teams. In the face of fierce competition and stressful situations, esports players and their coaches turn to psychologists to develop strategies to manage emotions, increase concentration, maintain motivation, and improve overall mental toughness. All of this forms a vast field of study aimed at understanding which methods and techniques are most effective in training esports players and how they affect their performance. In Figure 2, we will delve into the understanding of the methods and techniques used by psychologists in esports in order to improve the mental toughness and performance of players.
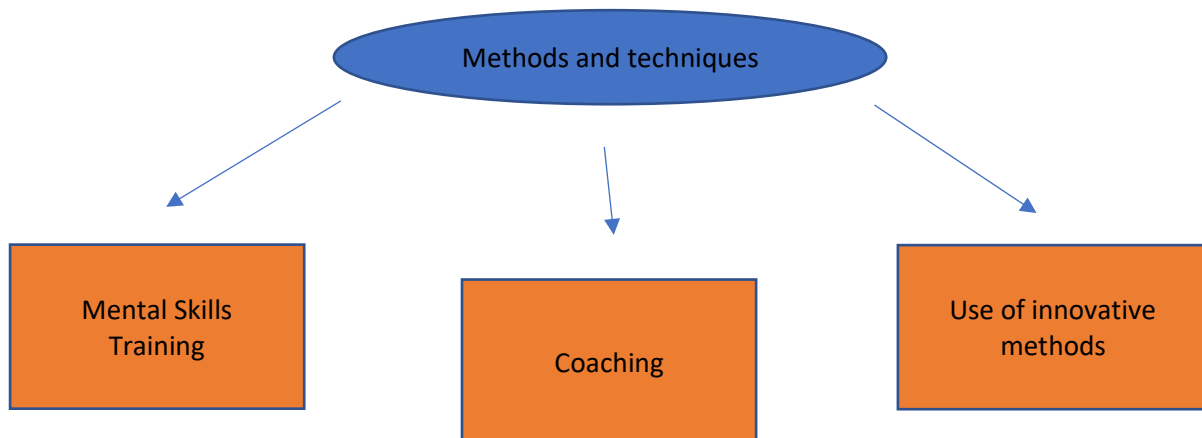
Figure 2 - Methods and techniques of psychological preparation in esports (Maricheva A.V., Palamar N.O 2019)

Psychologists in esports employ a variety of methods and techniques to help players achieve optimal performance and mental toughness. One of the key methods is mental skills training. This training includes exercises to improve concentration, relaxation, and stress management. Players learn to pay attention to their emotions and reactions, which allows them to respond more effectively to stressful situations during competition. Psychologists also use methods of visualizing success, where players mentally imagine their best performances and situations, which helps to increase confidence and motivation.

Apart from this, psychologists also conduct one-on-one counseling sessions where players can talk about their emotions and problems related to esports. This helps players better understand themselves and develop strategies to manage their emotions and stress. Many psychologists in esports also use biofeedback techniques, which allow players to monitor their physiological indicators, such as heart rate and skin resistance levels, in order to more accurately determine the level of stress and anxiety and develop methods to reduce it.

In esports, psychologists also actively apply coaching techniques, giving players the opportunity to work on improving their mental skills and managing emotions. Coaching is often based on the individual needs of players, and psychologists help them develop personal strategies to achieve better results. This process involves discussing and resolving psychological barriers, as well as developing plans to improve specific aspects of the game.

Another important technique is working with teams. Psychologists in esports help players and coaches improve team dynamics, communication, and conflict resolution. They provide training to develop team harmony and strategies for more effective collaboration.

Psychologists also research and apply the latest technologies, such as virtual reality, to create environments where players can practice and improve their skills under a variety of settings. This helps them develop adaptive strategies and improve performance in a variety of game situations.

Modern technologies allow psychologists to conduct more detailed analyses of the mental state of players, study their reactions to stress and assess the effectiveness of psychological training. This includes the use of biometrics, such as heart rate measurements and electrodermal activity measures, to assess stress and anxiety levels.

Psychologists are also actively researching and implementing innovative techniques, such as mental simulation in virtual reality. This allows players to practice their skills in realistic environments and explore their reactions to different situations, which contributes to a better understanding of their own mental state and the development of strategies for improvement.

An important aspect of the study is also the assessment of the long-term impact of psychological training methods on the performance of esports players. Psychologists are investigating which techniques contribute to long-term growth in performance and mental toughness, and how they can be integrated into players' daily practice.

In Russia, various methods, and techniques of psychological training in esports are also actively used. Here are some practical examples (Mironov&Pravdov 2019):

1.   Virtus.pro and mental skills training: one of the largest Russian teams, Virtus.pro, collaborates with psychologists to develop the mental toughness of players. Psychologists provide training on stress and aggression management, which helps the team better cope with pressure during competitions.

2.   Natus Vincere's collaboration with psychologists: Natus Vincere, one of the most famous Russian teams, has also included a psychologist in its staff. This collaboration allows players to discuss their emotions and strategies to improve mental toughness.

3.		Introduction of Virtual Reality in Gambit Esports: Gambit Esports has implemented Virtual Reality in the training process to improve the mental preparation of players. This allows them to practice in realistic conditions and learn to control their reactions in the game.

4.		Use of biometrics: Some Russian teams have started using biometric devices to monitor the physiological performance of players during competitions. This helps psychologists more accurately assess stress and anxiety levels and develop strategies to reduce its impact.

These examples demonstrate that Russian teams are actively using psychological training techniques to increase the mental toughness and performance of players. Mental preparation is becoming more and more important for achieving success in esports and is actively developing in Russia.

Thus, it can be concluded that the study of various methods and techniques used by psychologists in esports reveals a significant influence of mental aspects on the success of players and teams. These methods and techniques not only help players better control their emotions and stress, but also help increase concentration, motivation, and mental toughness.

3.2   Forecast for the development of esports

Esports is officially recognized as a sport and is included in the relevant register. This was confirmed by the Order of the Ministry of Sport of the Russian Federation dated April 29, 2016, No. 470, which refers to the recognition and inclusion of esports in the All-Russian Register of Sports, as well as the introduction of appropriate changes to the previously approved Register of Sports and Sports Disciplines. This order was registered with the Ministry of Justice of Russia on June 3, 2016 (Ministry of Sport of the Russian Federation, 2016).

This is not the first time that esports have been included in the All-Russian Register of Sports. For the first time, this happened on July 25, 2001, by the decision of the head of the State Sports Committee of Russia, and computer sports remained in the register until 2006. However, after this date, the leadership of Rossport, led by Vyacheslav Fetisov, decided to exclude esports from the list of sports, since it did not meet the criteria for the development of sports established by law. One of these criteria suggested that more than half of the Russian regions should have created appropriate sports associations, but this did not happen (rbc, 2016).

It should be noted that this order now allows for official esports competitions, and this was noted by the Russian Esports Federation. In addition, it paves the way for the assignment of sports categories on the basis of sports rating and the development of training programs for judges and coaches.

However, the question arises about the further development of esports. In this context, the analysis of the prospects for the development of esports is carried out, taking into account data on one of the most popular games for many years - Counter-Strike: Global Offensive (CS:GO).
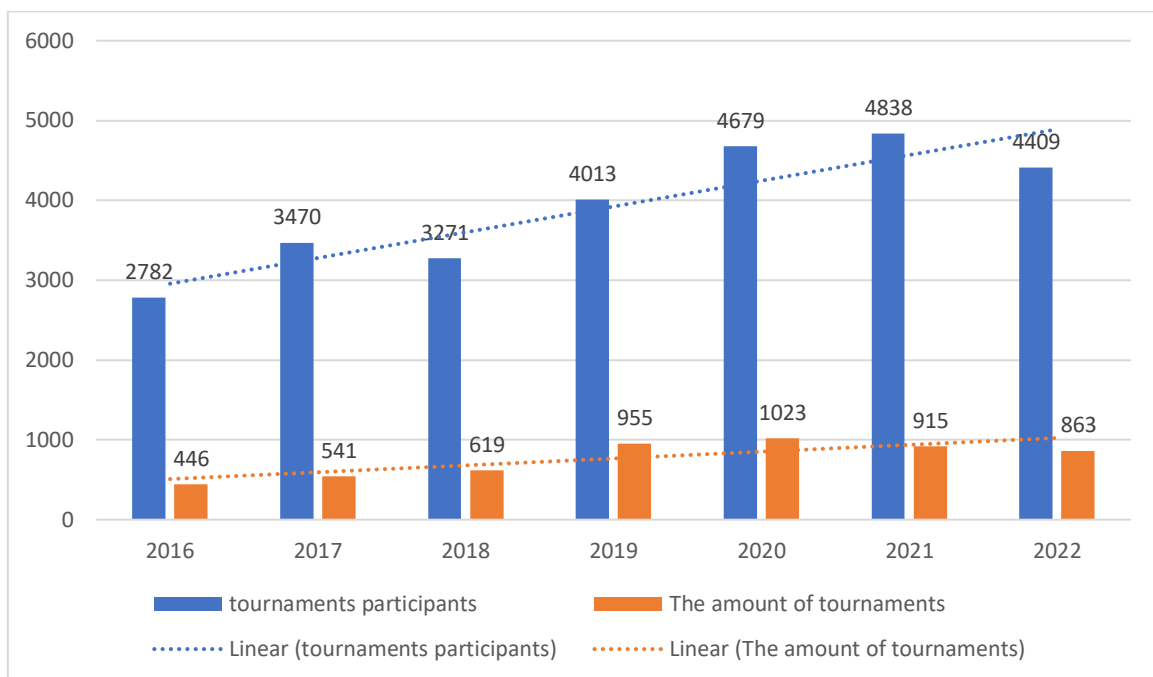
Chart 1 – Statistics of private players and the number of tournaments in the world for 2016, 2017, 2018, 2019, 2020, 2021 and 2022 (Nikonenok&Galitsyna, 2023)

To calculate the changes in tournament participants and the number of tournaments between 2016 and 2022, you need to calculate the difference between the values over the years. Table 2 shows the changes during the period.

Year	Changes in Tournament Participants	Change in the number of tournaments
2016-2017	688	95
2017-2018	-199	78
2018-2019	742	336
2019-2020	666	68
2020-2021	159	-108
2021-2022	-429	-52

Table 2 - Dynamics of changes in tournament participants and the number of tournaments from 2016 to 2022

From the analysis of changes in tournament participants and the number of tournaments between 2016 and 2022, several important conclusions and observations can be drawn:

The growing popularity of esports. For the period from 2016 to 2022, there is a general trend towards the growth of the popularity of esports. As the increase in the number of tournament participants indicates, the gaming community continues to expand.

1. Fluctuations in indicators. Despite the overall growth, there are fluctuations in performance between years. Changes in tournament participants and the number of tournaments are not always the same. These fluctuations can be driven by various factors, such as changes in the gaming industry, the COVID-19 pandemic, changes in regulation, and other external influences.

2. Peak of popularity in 2020. The year 2020 was marked by a sharp increase in tournament participants and the number of competitions. This period can be attributed to the increased interest in esports during the pandemic, when many events were canceled or postponed, and attention shifted to online entertainment.

3. Decrease in the number of tournaments in 2021. In 2021, there is a decrease in the number of tournaments compared to the previous year. This may be due to internal factors in the industry, including financial and organizational aspects.

4. Heterogeneity of changes. It is important to note that changes in tournament participants and the number of tournaments do not always coincide. In some cases, an increase in the number of participants is accompanied by a decrease in the number of tournaments, and vice versa. This may indicate more intense competitions and struggles to participate in major events.

Prospects for eSports. Despite fluctuations and changes, esports continue to be an active and dynamic field in the world of sports and entertainment. Forecasting the development of this industry requires taking into account many factors, and machine learning, as indicated in the text, can become one of the tools for more accurate forecasts in the future.

Diagram 2 allows you to visualize changes in the total prize money won by esports players over a certain time period. Through the graphical presentation of data, it is possible to more clearly assess the dynamics of growth or decrease in prize money in esports and highlight key moments in the development of this industry.
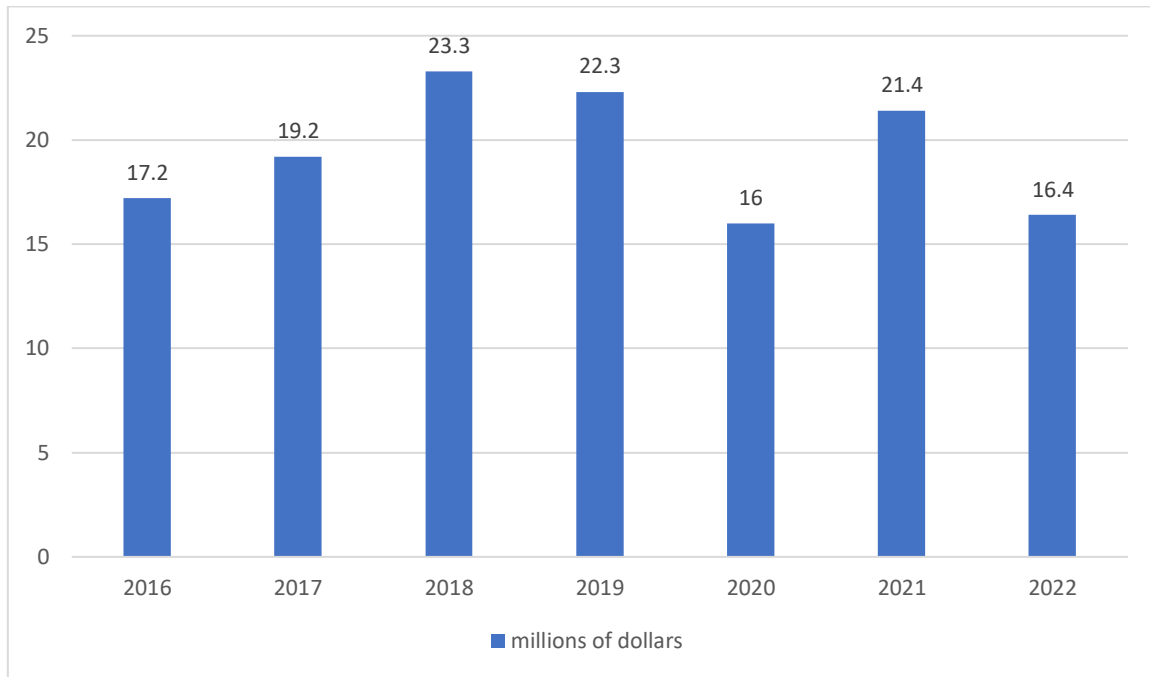
Chart 2 – Esports prize money, for 2016, 2017, 2018, 2019, 2020, 2021 and 2022, million dollars

(Nikonenok&Galitsyna, 2023)

To calculate the changes in prize money in esports between 2016 and 2022, you need to calculate the difference between the values for these years. Table 3 shows the changes over the period.

Year	Change in prize money (million dollars)
2016-2017	+2.0
2017-2018	+4.1
2018-2019	-1.0

2019-2020	-6.3
2020-2021	+5.4
2021-2022	-5.0

Table 3 – Dynamics of changes in prize money in esports between the years 2016 and 2022

From the analysis of changes in prize money in esports between 2016 and 2022, a number of important conclusions and observations can be drawn.

1.   Dynamics of change. During the period under review (2016-2022), there is a multidirectional trend of changes in prize money in esports. Prize amounts are not constant and are subject to fluctuations, which is inherent in the dynamic nature of esports.

2.   Growth until 2018. From 2016 to 2018, prize money in esports showed significant growth, increasing by $6.1 million. This may be due to the growing interest in esports, the expansion of the audience, and the increase in sponsorship agreements and investments.

3.   Decline in 2019. In 2019, there was a decrease of $1.0 million in prize amounts. This decline may be due to various factors, such as changes in tournament structure, changes in sponsorship contracts, or external economic conditions.

4.   Increasing instability. From 2020 to 2022, prize amounts continue to fluctuate. In 2020, there was a sharp decline of $6.3 million, and in 2021, there was another increase of $5.4 million. In 2022, there was a new decrease of $5.0 million. These fluctuations can be due to seasonal fluctuations, changes in competition schedules, and other factors.

5.   Impact of the COVID-19 pandemic. The COVID-19 pandemic, which began in 2020, may have affected prize money in esports. The cancellation or postponement of many competitions and restrictions on events could affect the amount of prize money.

6.   The need for sustainability. The volatile nature of prize money in esports highlights the importance of financial and organizational resilience in this industry. Teams and organizations involved in esports must be prepared to adapt to change and find new revenue streams.

7.   Long-term potential. Despite the fluctuations, esports continue to be a significant and promising industry. With growing interest, an increasing audience, and the development of sponsorships, the esports industry has the potential for long-term development.

To create a forecast for the number of tournaments, participants, and prize money from 2023 to 2030, you can use the average values of changes for past periods (2016-2022). Let's assume that the changes will occur at the same average rate as in previous years.

First, let's calculate the average values of changes over previous years:

Average increase in the number of tournaments: (95 + 78 + 336 + 68 - 108 - 52) / 6 = 46.5;

Average increase in tournament participants: (688 + 199 + 742 - 666 - 159 + 429) / 6 = 330.83;

Average increase in prize money (in millions of dollars): (2.0 + 4.1 - 1.0 - 6.3 + 5.4 - 5.0) / 6 = -0.3 million dollars.

The forecast for the number of tournaments for the period from 2023 to 2030 is shown in Chart 3.
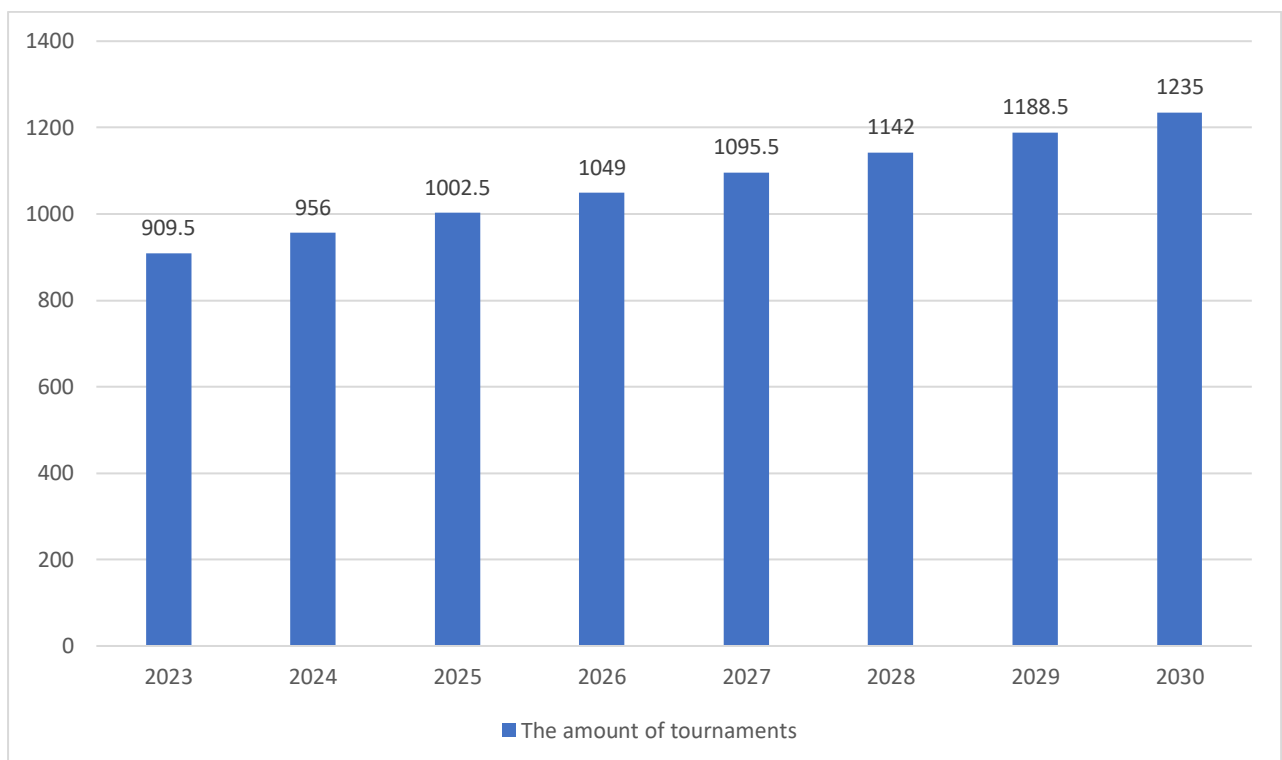
Chart 3 - Forecast of the number of tournaments for the period from 2023 to 2030

The prediction of the number of tournaments is based on the average values of changes in the number of tournaments over previous years (from 2016 to 2022).

The average increase in the number of tournaments during these years was 46.5 tournaments per year. The projection for each year from 2023 to 2030 is based on this average increase:

1.   In 2022, 863 tournaments were held.
2.   For 2023, the number of tournaments is expected to increase by an average increase, i.e., 863 + 46.5 = 909.5 tournaments.
3.   Then, for the following years, each year an increase by an average increase (46.5 tournaments) is assumed, resulting in projected values for each year.

Obviously, this is a simplified model, and the actual number of tournaments can change under the influence of various factors, including the growing popularity of esports, the organization of new tournaments, changes in sponsorship, and other variables.   The forecast for the number of tournament participants for the period from 2023 to 2030 is shown in Chart 4.
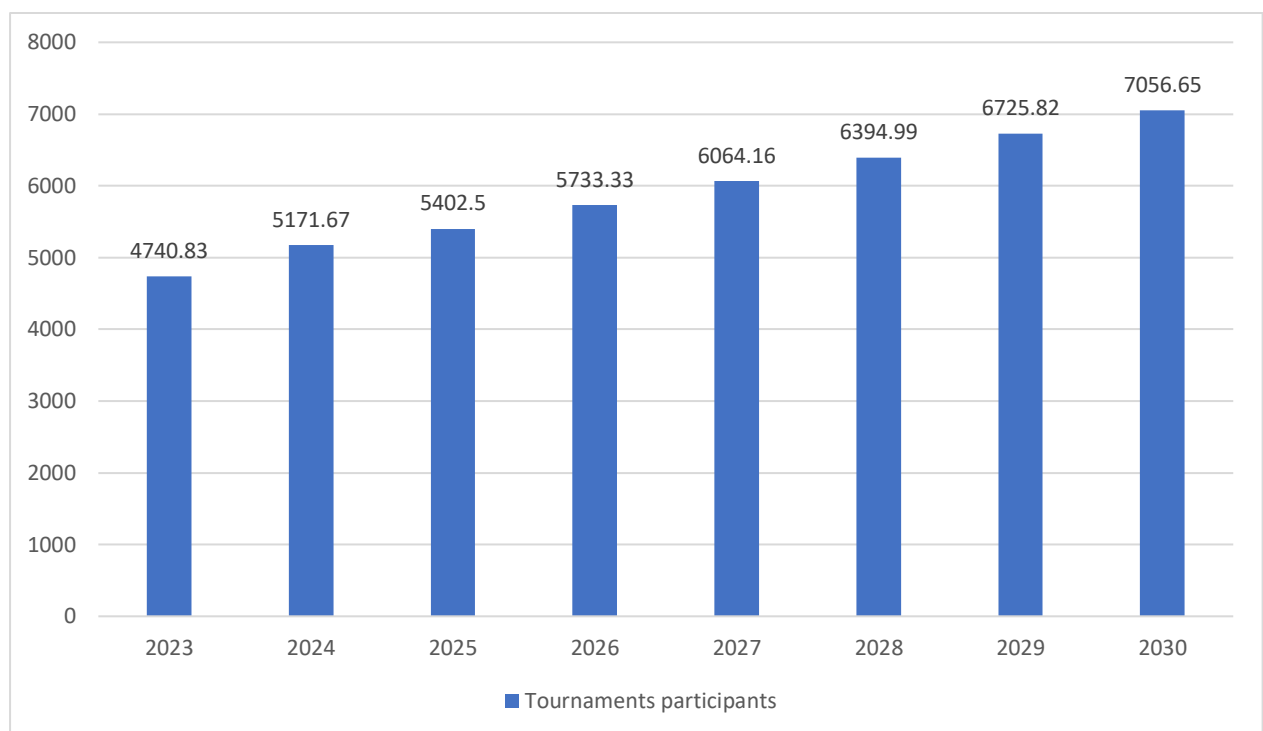
Chart 4 - Forecast of the number of tournament participants for the period from 2023 to 2030

The forecast for the number of participants in tournaments is based on the average values of changes in the number of participants over previous years (from 2016 to 2022).

The average increase in the number of participants in tournaments during these years was 330.83 participants per year.

The projection for each year from 2023 to 2030 is based on this average increase:

In 2022, 4409 players participated.

For 2023, the number of participants is expected to increase by an average increase, i.e., 4409 + 330.83 = 4740.83 participants.

Then, for the following years, an increase by an average increase of 330.83 participants is assumed each year, resulting in projected values for each year.

It is a model that uses averaged changes over past years to predict future values. However, it is worth remembering that the actual number of participants can change due to many factors, such as changes in the popularity of games.

The forecast of prize money for tournament participants for the period from 2023 to 2030 is shown in Chart 5.

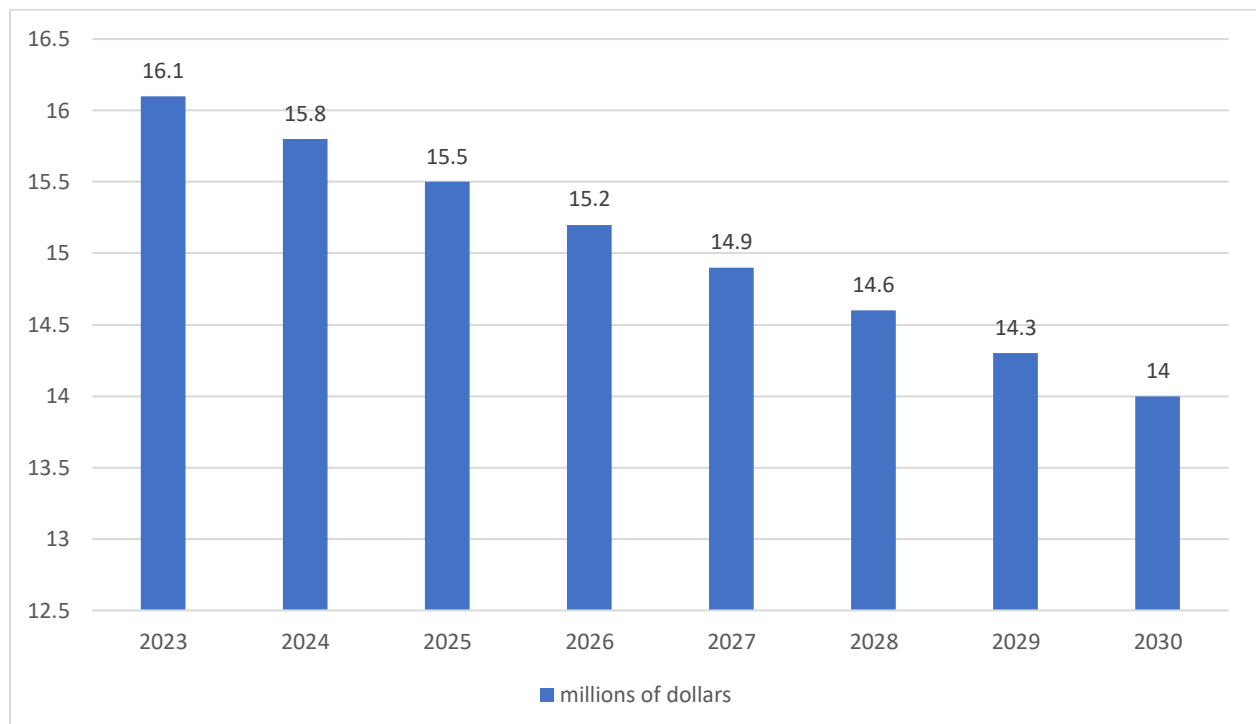Chart 5 - Forecast of prize money for tournaments for the period from 2023 to 2030, in millions of dollars

The prize money forecast, presented in millions of dollars, is derived from the average annual changes in prize money from 2016 to 2022. Over these years, there has been a consistent average decline of $0.3 million per year. Based on this historical trend, the projection for each year from 2023 to 2030 is calculated. In 2022, the prize money amounted to $16.4 million. The forecast for 2023 anticipates a decrease by the average annual value, resulting in $16.1 million (16.4 - 0.3). Subsequently, for each subsequent year, a decline of the average amount ($0.3 million) is assumed, leading to projected values for each year. It is crucial to note that this is a simplified model, and actual prize money figures can vary due to factors such as sponsorships, esports popularity, tournament structure, and other variables.

A general conclusion based on the forecast of the number of tournaments, participants and prize money is related to the growth and development of esports and its impact on the psychological aspects of players:

Increase in the number of tournaments. According to the forecast, the number of tournaments in esports will grow from 863 in 2022 to 1235 in 2030. This growth is indicative of the constant expansion of the esports industry and increasing popularity. As the number of tournaments increases, so does the competition between teams and players, which puts additional pressure on mental toughness.

Increase in the number of participants. According to the forecast, the number of tournament participants will grow from 4409 in 2022 to 7056.65 in 2030. An increase in the number of participants can put additional pressure on players as competition becomes fiercer and players must maintain their mental toughness to stay at the top.

Reduction of prize money. The forecast shows a decrease in the amount of prize money from $16.4 million in 2022 to $14.0 million in 2030. This may mean that with the increase in competition and the increase in the number of participants, you must fight for prizes. It also creates additional psychological challenges, as players must manage their emotions and stress in order to perform at a high level.

Thus, it can be concluded that the growth of the industry and the increase in competition can increase the pressure on players and highlight the importance of mental preparation. Psychologists in esports are becoming an increasingly integral part of teams, helping players cope with stress, maintain high mental toughness, and stay fit in the face of increased competition.

3.3   Analysis of the Impact of Psychological Support on Players' Performance

Psychologists working in this field develop and apply a variety of methods and techniques aimed at strengthening mental toughness, increasing concentration, managing emotions and stress. They help players develop the skills they need to compete successfully and provide psychological support during important matches and tournaments. By analysing the impact of psychological support on players' performance, it is possible to identify how effective these methods are, and which psychological aspects have the greatest impact on success. This allows both players and teams to improve their preparation, as well as develop individual strategies to manage the mental aspects of the game.

Measuring the level of anxiety as a personality characteristic is of great importance, especially in the context of esports. This characteristic greatly affects the player's behavior. The level of anxiety is different for each esports player, and there is an optimal level of anxiety that is considered the best for achieving high results in competitions. This optimal level is called beneficial anxiety. The player's assessment of their own level of anxiety plays an important role in self-regulation and self-development. Personality anxiety is a stable individual characteristic that reflects a player's propensity for anxiety and their ability to react to different situations as potentially dangerous. As an initial predisposition, personal anxiety becomes more pronounced when perceiving certain stimuli that the player perceives as threatening their self-esteem and success in the game context (Luchinkina A.I., Petrovskaya M.N 2019). Situational or reactive anxiety is an emotional state that a player experiences in response to stressful situations. His emotions may include tension, anxiety, concern, and nervousness. The intensity and dynamism of this state can vary from time to time (Luchinkina A.I., Petrovskaya M.N 2019). Players who have high levels of personality anxiety may react with high anxiety to a wide range of situations, especially when they are assessing their competence and prestige. If the results of a psychological test show a high level of personality anxiety in a player, then this may indicate the likelihood of anxiety in various game situations, especially those related to his own playing ability and status.

The most well-known tool for measuring anxiety is the Spielberger Questionnaire, known as the STAI (State-Trait Anxiety Inventory), and we will take a closer look at this diagnostic method. This questionnaire, also known as the "Spielberger-Hanin questionnaire" in Russian-language literature,

consists of two parts. The first part assesses personal anxiety, while the second part assesses situational or reactive anxiety. Each part of the questionnaire consists of 20 statements.

In the personal anxiety section, the subject is asked to rate how often he experiences certain feelings or is in a certain state by choosing one of four answer options: "Almost never," "Sometimes," "Often," "Almost always." In the Situational Anxiety section, the subject assesses the degree of his or her anxiety at a given point in time by looking at a series of statements and selecting the answers that best describe his or her current state.

Both parts of the questionnaire include both statements aimed directly at anxiety (e.g., "I am anxious") and inverse statements (e.g., "I am satisfied"). The results of both parts are summed up, and then the sum of the points of the first part is subtracted from the sum of the points of the second part. A specific number is then added to the result to get a final anxiety score that stays within positive values. The level of personality anxiety can vary significantly in healthy people and range from 25 to 60 points. There are usually three categories of personal anxiety: low (less than 30 points), medium (31 to 45 points), and high (more than 45 points).

I conducted a study of esports players from the Russian Esports Federation in the Chelyabinsk Region (resf74, 2016)

The study involved 5 people, three males and two females. They were asked to answer 40 questions (see Annexes 1 and 2). Before starting the study, it was explained that you need to carefully read each of the given sentences and cross out the number in the corresponding column on the right, depending on how they feel at the moment. The names of the participants have been changed. Thus, Anton – 23 years old, Elena – 18 years old, Dmitry – 31 years old, Oksana – 24 years old and Sergey – 27 years old took part in the survey.

The results of the respondents' responses are shown in tables 4, 5, 6, 7 and 8.

Table 4 – Anton's answers

ST	PT

№	Answer	№	Answer	№	Answer	№	Answer
1	4	11	4	21	1	31	1
2	4	12	1	22	5	32	4
3	1	13	1	23	4	33	4
4	1	14	1	24	4	34	4
5	4	15	4	25	1	35	1
6	1	16	4	26	4	36	1
7	1	17	1	27	4	37	4
8	4	18	1	28	1	38	4
9	1	19	4	29	4	39	1
10	4	20	4	30	1	40	1

Table 5 – Elena's answers

ST	PT

№	Answer	№	Answer	№	Answer	№	Answer
1	1	11	1	21	3	31	3
2	3	12	2	22	2	32	3
3	2	13	2	23	3	33	3
4	2	14	2	24	3	34	3
5	3	15	1	25	2	35	3
6	2	16	1	26	3	36	3
7	2	17	2	27	3	37	3
8	2	18	2	28	3	38	3
9	2	19	1	29	3	39	3
10	1	20	3	30	3	40	2

Table 6 – Dmitry's answers

ST	PT

№	Answer	№	Answer	№	Answer	№	Answer
1	4	11	4	21	1	31	1
2	4	12	1	22	4	32	4
3	1	13	1	23	4	33	4
4	1	14	1	24	1	34	4
5	4	15	4	25	4	35	1
6	1	16	4	26	4	36	1
7	1	17	1	27	1	37	4
8	4	18	1	28	4	38	4
9	1	19	4	29	1	39	1
10	4	20	4	30	1	40	1

Table 7 – Oksana's answers

ST	PT

№	Answer	№	Answer	№	Answer	№	Answer
1	3	11	3	21	2	31	2
2	3	12	2	22	2	32	3
3	2	13	2	23	3	33	3
4	2	14	2	24	3	34	3
5	3	15	3	25	2	35	2
6	2	16	3	26	3	36	2
7	2	17	2	27	3	37	3
8	2	18	2	28	3	38	3
9	2	19	3	29	3	39	2
10	3	20	3	30	2	40	2

Table 8 – Sergey's answers

ST	PT

№	Answer	№	Answer	№	Answer	№	Answer
1	3	11	3	21	2	31	2
2	3	12	2	22	2	32	3
3	2	13	2	23	3	33	3
4	2	14	2	24	3	34	3
5	3	15	3	25	2	35	2
6	2	16	3	26	3	36	2
7	2	17	2	27	3	37	3
8	2	18	2	28	3	38	3
9	2	19	3	29	3	39	2
10	3	20	3	30	2	40	2

After analysing the answers and from the transcript, using the key to the Spielberger-Hanin questionnaire given in Appendix 3, it is possible to draw the conclusions indicated in Table 9.

Table 9 – Results of the study

Name	Personality Anxiety	Situational anxiety
Anton	40	15
Helena	28	10
Dmitriy	52	20
Oksana	33	9
Sergey	45	18

The results shown in Table 9 reflect the level of personal and situational anxiety of each player.

Based on Anton's answers to the Spielberger-Khanin questionnaire, the following conclusions can be drawn:

Personality Anxiety: Anton's personal anxiety level is 40 points, which is considered an average level of anxiety. This means that he may have a little anxiety, but it is not high.

Situational anxiety: Anton's situational anxiety level is 15 points, also corresponding to the average level of anxiety. This suggests that in specific situations, depending on the circumstances, he may experience a little anxiety.

General conclusion: Anton has average anxiety both on a personal level and depending on situations. He is prone to moderate anxiety, which can be both a positive and a negative aspect of his esports activities. Anxiety levels can affect his ability to manage stress and produce the highest performance in competition.

Based on Elena's answers to the Spielberger-Khanin questionnaire, the following conclusions can be drawn:

Personal anxiety: Elena's level of personal anxiety is 28 points, which is considered an average level of anxiety. This suggests that she has a certain level of personal anxiety that can manifest itself in everyday life.

Situational anxiety: Elena's situational anxiety level is 10 points, which corresponds to a low level of anxiety. This means that she doesn't usually experience much anxiety in specific situations.

General conclusion: Elena has an average level of personal anxiety and a low level of situational anxiety. This can be a positive aspect for her esports performance, as a medium level of personal anxiety can help her maintain balance and focus, while a low level of situational anxiety can promote confidence and mental fortitude during competitions.

Based on Dmitry's answers to the Spielberger-Khanin questionnaire, the following conclusions can be drawn:

Personal anxiety: Dmitry's level of personal anxiety is 52 points, which indicates a high level of personal anxiety. This suggests that he has a tendency to frequent worries and anxiety in everyday life.

Situational anxiety: Dmitry's situational anxiety level is 20 points, which corresponds to an average level of anxiety. This means that he may experience some anxiety in certain situations, but not to the same extent as personality anxiety.

Overall conclusion: Dmitry has a high level of personal anxiety, which may affect his emotional state and ability to cope with stress. His situational anxiety is at an average level, which means that certain situations can cause him anxiety. Psychological support and training can help him manage his anxiety and increase his mental toughness in esports.

Based on Oksana's answers to the Spielberger-Khanin questionnaire, the following conclusions can be drawn:

Personal anxiety: Oksana's level of personal anxiety is 33 points, which corresponds to the average level of personal anxiety. This means that she may occasionally experience some anxiety in her daily life, but the level of anxiety is not too high.

Situational anxiety: Oksana's situational anxiety level is 9 points, which indicates a low level of situational anxiety. This means that she most likely doesn't experience significant anxiety in certain situations.

General conclusion: Oksana has an average level of personal anxiety, which may affect her emotional state, but her level of situational anxiety is low. These indicators may indicate that she is more balanced and able to cope more effectively with emotional pressure in esports.

Based on Sergey's answers to the Spielberger-Khanin questionnaire, the following conclusions can be drawn:

Personal anxiety: Sergey's level of personal anxiety is 45 points, which indicates a high level of personal anxiety. This means that he is prone to frequent worries and anxiety in everyday life.

Situational anxiety: Sergey's situational anxiety level is 18 points, which corresponds to the average level of situational anxiety. This means that he may experience some anxiety in certain situations, but not always.

Overall conclusion: Sergey has a high level of personal anxiety, which can affect his emotional state and ability to cope with stress. His level of situational anxiety is average, which means that his emotional response may vary depending on the situation. In esports, this may require additional psychological support to manage emotions and stress effectively.

Based on the results of the Spielberger-Khanin questionnaire for 5 members of the team of the Russian Federation in the Chelyabinsk Region, the following general conclusions can be drawn:

1. Personality Anxiety: Levels of personal anxiety range from medium (28-40 points) to high (45-52 points) levels. This means that there are players in the team with different levels of propensity for worries and anxiety. High levels of personality anxiety can increase stress and anxiety levels during competitions.

2. Situational anxiety: Situational anxiety levels range from low (9-10 points) to medium (15-20 points). This means that some players may be calmer in situations that require a reaction, while others may experience more pronounced anxiety.

Thus, I can conclude that each player has their own level of personal and situational anxiety, which makes their psychological portrait unique. High levels of personal anxiety may require additional psychological support and training to effectively manage stress and emotions during competition. Understanding the individual psychological characteristics of players will help coaches and psychologists develop more effective strategies to improve their sports performance in esports.

4   RECOMMENDATIONS AND PRACTICAL APPLICABILITY

Based on the results of the survey using the Spielberger-Khanin questionnaire, the following problems and features can be identified among the players of the Russian esport Federation team in the Chelyabinsk Region. Some players have high levels of personal anxiety (above 45 points), which indicates increased anxiety in everyday life. This can affect their emotional state and ability to manage stress during competition. The situational anxiety of the players also varies. For some, it is at a low level (less than 10 points), indicating a relatively low level of anxiety in specific situations, while for other players, situational anxiety is higher. Based on this data, the team can develop a more personalized and targeted approach to training, preparation, and psychological support for players. This will allow you to solve psychological problems related to anxiety, stress management, and increase the psychological stability of players in esports. For players with a high level of personality anxiety (above 45 points), the following set of practical recommendations is offered:

1. Psychological support. Working with a psychologist becomes especially important for players with high personality anxiety. A psychologist will help players understand the sources of anxiety, develop strategies for managing it, and increase psychological stability.

2. Relaxation and breathing exercises. Learning relaxation techniques and breath control can help reduce anxiety levels. Regular practice of deep breathing and relaxation can be beneficial both in everyday life and during competitions.

3. Self-regulation of emotions. Players should learn to recognize and control their emotions, especially in stressful situations. This will help them make more objective decisions and avoid unnecessary anxiety.

4. Rational thinking. Learning rational thinking techniques will help players change negative beliefs and reduce perfectionism, which often accompanies high levels of anxiety.

5. Planning and structuring. Helping to develop plans and structure tasks can reduce anxiety related to uncertainty. It's helpful for players to know in advance what to expect and what steps they should take.

6. Team support. Team coaches and co-players can play a key role in supporting players with high anxiety. Emotional support and understanding from the team can reduce pressure and help players feel more comfortable.

7. Regular inspections. It is necessary to regularly assess the level of anxiety of players and analyze the effectiveness of the methods used. This will allow you to adjust the psychological support according to the needs of each player.

So, a combination of psychological support, relaxation techniques, emotional support from the team, and individual anxiety management techniques can help players with high levels of personal anxiety achieve psychological stability and improve performance in esports.

For players with varying degrees of situational anxiety, the following practical recommendations are offered.

For players with low situational anxiety (less than 10 points):

1. Conscious training. Maintain a high level of confidence in your own abilities. Regular training and practice will help build self-confidence.

2. Formation of strategies. Develop detailed strategies and tactics for different game situations. This will help reduce anxiety associated with uncertainty.

3. Work with a psychologist. The support of a psychologist can help players with low situational anxiety develop emotional resilience and adapt stress management strategies.

For players with high situational anxiety:

1. Relaxation techniques. Learning relaxation techniques and breath control can help reduce situational anxiety. Regular practice of these techniques can be helpful in stressful situations.

2. Self-regulation. Players with high situational anxiety benefit from learning to recognize and control their emotions during competition. This can reduce the impact of anxiety on gaming performance.

3. Failure handling. Working with a psychologist will help players develop strategies for dealing with failures and disappointments to avoid unnecessary anxiety after losses.

4. Team support. Team coaches and co-players can provide emotional support and understanding to players with high situational anxiety. This can help them manage stress in a team environment.

5. Anti-stress techniques. Players can use anti-stress techniques such as meditation, mindfulness, and positive thinking to reduce anxiety during competition.

So, the development of psychological skills and the support of a psychologist can help players with varying degrees of situational anxiety increase their emotional stability and improve their performance in esports.

Thus, it can be concluded that the developed recommendations based on the results of the study allow the team of the Russian Federation in the Chelyabinsk Region to create individual strategies to support players, taking into account their psychological characteristics and needs. This contributes to more successful performances of the team and improved psychological well-being of players in the world of esports.

4.1 Discussion of the practical applicability of these recommendations

The discussion of the practical applicability of these recommendations turns out to be a very valuable aspect in the context of training esports players. All the proposed strategies and techniques have a high potential for increasing the success and psychological comfort of players. However, despite their theoretical effectiveness, practical application may face a number of challenges and requirements.

First of all, it is important to understand that each player is unique, and the reaction to psychological support will be individual. This implies the need to personalize methods and strategies for each player. For example, players with high personality anxiety may require more intense attention and prolonged accompaniment, while calmer players may limit themselves to a minimal level of psychological support. Another key factor is the availability of qualified psychologists on the team. Psychologists should have not only experience working with esports players, but also an understanding of the specifics of this activity. They will be responsible for assessing the psychological state of the players, developing individual support plans, as well as conducting regular consultations. Without highly qualified psychologists, the implementation of recommendations becomes difficult.

One aspect of practical applicability is the financial resources of the team. Structured training, psychological support, and monitoring may require additional financial investments. Gaming organizations should be prepared to allocate a budget to provide all the necessary conditions for the psychological preparation of players.

For the successful implementation of the recommendations, players must also show active participation and interest in psychological support. They must be ready to work on themselves, apply techniques and strategies not only during competitions, but also in everyday life. Effective collaboration between players and psychologists is key to success. It is also important to comply with ethical and confidential standards to ensure the applicability of the recommendations. Psychological and player data must be kept confidential and not disclosed without their consent. This is an important aspect of psychological support and trust. Another important element of practical applicability is the existence of clear mechanisms for monitoring and evaluating results. The effectiveness of psychological support and training should be regularly assessed and, if necessary, adjusted. This will allow the team to improve their mental preparation over time.

Ultimately, to ensure the practical applicability of these recommendations, teams must integrate psychological aspects into their internal culture and values. Psychological work should be an integral part of training and competitions. The conscious implementation of psychological strategies and methods contributes to the successful implementation of recommendations and, ultimately, to the improvement of the professional level of esports players.

To maximize the practical applicability of the recommendations, teams and players can take advantage of a number of innovative methods and technologies. One such tool is psychological apps and online platforms designed to monitor and manage psychological state. Such apps allow players and their psychologists to keep logs, analyze emotions, and track changes in their psychological state. For example, players can use diary apps to record their emotions and reactions to various events. This can be useful for more detailed monitoring and analysis of their psychological state. Another innovative tool is biometric devices that can monitor physiological parameters related to emotional state. For example, smartwatches and bracelets can measure heart rate, blood pressure levels, and even sweating levels. This data can be useful for assessing players' reactions to stressful situations and for preventing overwork. Psychologists and coaches can use this data to develop individualized support and training plans.

Communication platforms and video conferencing are also important tools for the practical applicability of the recommendations. They allow players to be in touch with psychologists and coaches in real time, even if the distance between them is significant. Such communication tools facilitate online psychological support sessions and training. Another key aspect of the practical applicability of the recommendations is the training and development of psychological skills in the players and the team. Psychological trainings and seminars, held regularly, can help players learn the skills of self-regulation, emotional management, and stress resistance. Psychologists and trainers can play a key role in conducting such trainings.

In order to successfully integrate recommendations into the daily activities of the team, it is important to create a system of motivation and rewards. For example, you can introduce a system of bonuses or rewards for the active participation of players in psychological training and compliance with recommendations. This can encourage players to take a more responsible attitude towards psychological work. To discuss the practical applicability of these recommendations, we can take a closer look at how they can be implemented in a real esports environment, and what results can be expected.

1. Psychological support and online consultations. In an esports environment where players and teams may be located in different parts of the world, it is important to take advantage of the power of online consultations. Psychologists and coaches can conduct sessions remotely, communicate with players via video conferencing, and provide access to online resources for self-study. This allows players to receive support and advice without leaving the team home or training location.

2. Individual approach. Every player is unique, and their psychological needs may vary. Psychologists and coaches should strive for an individual approach to each team member. This includes analysing the results of psychological tests, developing personalised support and training plans, and regularly updating strategies to suit the player's needs.

3. Self-regulation training. Recommendations for self-regulation of emotions and stress resistance can be integrated into training programs. For example, players can do practical exercises on relaxation, breathing techniques, and thought control as part of their workouts. This helps them learn skills and put them into practice.

4. Analysis and monitoring. Online platforms and apps can be used to monitor changes in the psychological state of players. For example, psychological questionnaires and questionnaires can

be conducted regularly, and data can be analyzed to identify long-term trends and the effectiveness of the methods used.

5.   Support from the team. Teams can actively support the participation of players in psychological work. Creating an atmosphere of understanding and openness in the team can reduce the stigma around psychological support and encourage players to actively participate in psychological training.

6.   Interaction with physiologists. Particular attention should be paid to the interaction of psychologists and physiologists. Working together can help determine how physiological parameters (e.g., heart rate) relate to the psychological state of players. This allows for more comprehensive support programs that include aspects of physical and mental health.

7.   Regular updates and adaptations. Applying psychological advice is a process that requires constant learning and adaptation. Psychologists and coaches need to be flexible in their approach and willing to make adjustments to strategies based on experience and player feedback.

It can be said that the discussion of the practical applicability of these recommendations shows that the integration of psychological support and training into esports activities requires an integrated approach, individual customization and an active role of players and teams. Regular monitoring and analysis allow us to optimize processes and achieve maximum results in improving the psychological stability and professional efficiency of players.

Thus, it can be concluded that esports are a complex and multifaceted sport, where the psychological readiness of players plays a key role. The approach to psychological support should be individual, and its successful implementation depends on the competent interaction of psychologists, coaches, doctors, and researchers, which contributes to ensuring the level of highly qualified performances of esports players.

5   CONCLUSION

In the course of the final qualification work, a study was conducted to analyze the impact of psychological support on the results of esports players. This work is intended to provide important answers to questions about the influence of psychological factors on the performance of players in esports. Esports is becoming more and more competitive and requires a comprehensive approach to training and preparation, which includes aspects of psychological support. The thesis examined the impact of personality and situational anxiety on players and offered practical recommendations for improving psychological training in this area.

The study revealed the relationship between the level of anxiety and the performance of players, as well as offered several practical recommendations for improving psychological preparation in esports. In the course of the analysis, key problems related to the personal and situational anxiety of players were identified, and appropriate practical recommendations were developed. The first problem identified in the work is the high level of personal anxiety in some esports players. This can have a negative impact on their ability to manage stress and emotional well-being during competition. Psychological support, relaxation techniques, emotional self-regulation, and psychological stability can significantly improve the situation. The second problem identified in the work is the different levels of situational anxiety among players. The level of anxiety varies from situation to situation, which can affect players' ability to make decisions in stressful moments. Working effectively with psychologists, teaching relaxation strategies and managing situational anxiety can help players improve their performance.

The overall conclusion emphasizes the need for an individual and systematic approach to psychological support in esports. The importance of collaboration between psychologists, coaches, doctors, and researchers is confirmed as a key element in the successful psychological preparation of players. The development of esports requires attention to psychological aspects and a willingness to help players in their personal and professional growth.

The study made it possible not only to identify differences in anxiety levels among esports athletes, but also to offer specific practical recommendations for their improvement. Strategies have been developed for players with high personality anxiety, as well as for those with varying degrees of

situational anxiety. Based on the results of this work, it can be argued that psychological support and training will become an integral part of the training programs of esports players. Effective management of anxiety and emotions can increase their level of self-confidence and contribute to better athletic performance.

Thus, it can be concluded that the goals and objectives of the final qualification work have been achieved and solved. Esports is gaining more and more popularity and recognition, and psychological aspects play an important role in the success of teams and players. We hope that this work will be useful for specialists and coaches in the field of esports, as well as for the players themselves who strive to achieve outstanding results in this area.

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APPENDICES

Appendix 1: Situational Anxiety Scale (ST)

№	Judgement	Never	Hardly ever	Often	Almost always
1	I'm calm	1	2	3	4
2	I'm not in danger	1	2	3	4
3	I'm on my toes	1	2	3	4
4	I'm inwardly shackled	1	2	3	4
5	I feel free	1	2	3	4
6	I'm frustrated	1	2	3	4
7	I'm worried about possible failures	1	2	3	4
8	I feel peace of mind	1	2	3	4
9	I'm alarmed	1	2	3	4
10	I feel a sense of inner satisfaction	1	2	3	4
11	I'm confident in myself	1	2	3	4
12	I'm nervous	1	2	3	4
13	I can't find a place for myself	1	2	3	4
14	I'm on edge	1	2	3	4
15	I don't feel stiff or tense	1	2	3	4
16	I'm satisfied	1	2	3	4
17	I'm concerned	1	2	3	4
18	I'm too and uncomfortable	1	2	3	4
19	I'm happy	1	2	3	4
20	It is my pleasure	1	2	3	4

Appendix 2: Personal Anxiety Scale (PT)

№	Judgement	No, it's not	Perhaps so,	Faithfully	Exactly
21	Sometimes I'm in high spirits	1	2	3	4
22	I can be irritable	1	2	3	4
23	I get frustrated easily	1	2	3	4
24	I'd like to be as lucky as others	1	2	3	4
25	I'm very worried about troubles and I can't forget about them for a long time	1	2	3	4
26	I feel a surge of energy and a desire to work	1	2	3	4
27	I'm calm, cool, and collected	1	2	3	4
28	I'm worried about the possible difficulties	1	2	3	4
29	I worry too much about trivial things	1	2	3	4
30	I'm quite happy	1	2	3	4
31	I take everything to heart	1	2	3	4
32	I lack self-confidence	1	2	3	4
33	I feel defenseless	1	2	3	4
34	I try to avoid critical situations and difficulties	1	2	3	4
35	I get the blues	1	2	3	4
36	I'm happy	1	2	3	4
37	All sorts of trifles distract and excite me	1	2	3	4
38	Sometimes I feel like a failure	1	2	3	4
39	I'm a balanced person	1	2	3	4
40	I get anxious when I think about my affairs and worries	1	2	3	4

Appendix 3: The key

ST	Responses				PT	Responses			
№	Never	Almost always	Hardly ever	Often	№	Almost always	Hardly ever	Often	Never
ST					PT				
1	4	1	3	2	21	4	3	2	1
2	4	5	3	2	22	1	2	3	4
3	1	4	2	3	23	1	2	3	4
4	1	4	2	3	24	1	2	3	4
5	4	1	3	2	25	1	2	3	4
6	1	4	2	3	26	4	3	2	1
7	1	4	2	3	27	4	3	2	1
8	4	1	2	3	28	1	2	3	4
9	1	4	2	3	29	1	2	3	4
10	4	1	3	2	30	4	3	2	1
11	4	1	3	2	31	1	2	3	4
12	1	4	2	3	32	1	2	3	4
13	1	4	2	3	33	1	2	3	4
14	1	4	2	3	34	1	2	3	4
15	4	1	3	2	35	1	2	3	4
16	4	1	3	2	36	4	3	2	1
17	1	4	2	3	37	1	2	3	4
18	1	4	2	3	38	1	2	3	4
19	4	1	3	2	39	4	3	2	1
20	4	1	3	2	40	1	2	3	4