The youth of today and the sports of tomorrow

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Abstract
Objective of the study was to pinpoint the characteristics of student sports engagement with innovative computer technologies in sports, particularly the prevalence of esports games among students.
Methods and structure of the study. The research into the prevalence of esports and digital sports among young people is based on the findings of scholarly publications. To gauge the preferences of students at Ufa State Petroleum Technical University (USPTU), a survey was conducted, which included a questionnaire on their choice of these sports.
Results and conclusions. Our investigation, which draws upon the scientific literature and the perspectives of USPTU students, reveals a growing trend among young people towards computer games and competitions in digital disciplines that utilize advancements in game development, esports, robotics, augmented and virtual reality, information technology, and artificial intelligence.

Keywords: *computer games, phygital sports competitions, innovative computer technologies in sports, physical activity based on computer technologies.*

Introduction. In the context of the general development of innovative computer technologies, eSports is gaining wide popularity all over the world. The International Sports Federation of eSports was founded relatively recently, in 2008. By the order of the Ministry of Sports of the Russian Federation dated April 29, 2016 No. 470, eSports was included in the All-Russian Register of Sports. The Ministry of Science and Higher Education of the Russian Federation oversees the implementation of eSports as an educational discipline. The most important point in the development of such a phenomenon is its interdisciplinary nature and inclusiveness, which allows for the creation of wide ranges of events without territorial restrictions, and the barrier to participation in tournaments is exclusively a set of gaming skills [3].

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Results of the study and discussion. Modern student youth, the so-called generation Z, are engaged in traditional sports and physical activity, in accordance with the curriculum. The period of growing up and adaptation of the younger generation to new living conditions while studying at a university is accompanied by the formation of new value orientations, motivational needs, professional self-determination, incentives for personal development, changes in the psycho-emotional state, that is, in general, the acquisition of social adaptation. As V.V. Kasyanov and co-authors note: «… social adaptation of youth presupposes the optimal functioning of the individual in interaction with the environment, optimal self-realization in interaction with the environment, the degree of

personal integration in the interaction of the individual with the social environment» [2]. There are certain problems of adaptation of youth to a rapidly changing society. «The most typical problems of young people include unrealistic life aspirations, a mismatch between expectations and real opportunities. Therefore, too often, in case of difficulties on the way to the set goal, they have such a tendency as the need to distance themselves, to immerse themselves in the world of illusions and fantasies» says M.P. Chelombitskaya [5]. The most common form of escape from negative emotions and stress of the younger generation is immersion in virtual reality.

One way or another, virtual reality allows a young person to consider himself successful, to achieve what he wants in his own virtual presentation, helps to find solace in interactions in online communications. The types of virtual reality in which modern youth prefer to participate are currently developing and improving. In virtual reality online, you can interact in social networks, participate in virtual games, in e-sports, in sports games in the «phygital» format.

There is a certain opinion of psychologists who consider absolute immersion in the virtual world for a young person undesirable and dangerous because he can no longer live in the ordinary world, interact with ordinary people. Further ordinary life may seem hopeless to him, there will be a shift in value orientations, spiritual devastation. However, there is another point of view, indicating that full-fledged social adaptation of youth, arising as a result of successful interaction in network communications, is beneficial for shy people, having a hidden inferiority complex, unable to create real personal contacts, etc. Such virtual interaction with people similar to oneself prevents the formation of various social deviations and is a preventive measure against deviant behavior among youth.

According to our own research, modern youth, or Generation Z, people of the era of information and digital technologies, do not distinguish between real and virtual spaces - in their view, these are complementary worlds, if not even a single, integral world. Faced with a large flow of information every day, they have learned to quickly analyze and process it, cutting off all the unnecessary and leaving the essence. Their life priorities are maximum comfort and safety, in conditions in which self-identification and self-realization are possible for them [6]. The rapid development of communication and information technologies entails changes in the forms and methods of functional activ-

ity of young people. A major breakthrough is observed in the shift of attention of young people, namely student youth, from virtual games to participation in eSports and sports games in the «phygital» format. The official website of the eSports Federation provides a definition of the term «computer sports»: «eSports, electronic sports (English esports) is a type of competitive activity and special practice of preparation for competitions based on computer and/or video games, where the game provides an environment for interaction of control objects, ensuring equal conditions for competition between people or teams». Virtual reality in eSports is a world artificially created by means of computer technologies, with which a person (athlete) can interact, fully or partially immerse himself in it using immersive devices (helmets, gloves, headphones, etc.) and information input devices (keyboard, computer mouse) [1].

Some foreign researchers characterize eSports as «a type of sport in which the main aspects of the sport are facilitated by electronic systems; the input of players and teams, as well as the output of the eSports system, are mediated by human-computer interfaces» [7]. In November 2022, the All-Russian Phygital Sports Federation (ARPS) was established in Russia. It is a public organization that aims to develop, promote, and organize mass sports in the format of functional-digital all-around competitions. Special software superimposes virtual elements on the real world, mixing digital content with the user's physical environment. These technological advances have opened up new opportunities for integrating digital elements into traditional sports and expanded the range of impressions received from competitions. What is important in phygital sports is that competitions include not only interaction with the digital environment, but also the transition to real competitions. Thus, players can initially compete in a video game format, and then go to a site designed for football, basketball, hockey, or martial arts competitions. One way or another, at present, eSports is a world where virtual battles become real events, uniting millions of spectators and fans around the globe.

The format of the competition in phygital disciplines involves the use of developments in the field of game development, eSports, robotics, augmented and virtual reality, information technology and artificial intelligence. Each of the disciplines is a combination of dynamic sports with the most popular video games and technologies [4].

The eSports club of the Ufa State Petroleum Technological University began its existence in October 2017. In total, the university team consists of 69 people of all areas and profiles of training. According to our students, eSports is not just a game, it is a culture where each participant becomes part of a large, exciting process that can change lives and inspire new generations of gamers.

Training is conducted on the Faceit platform, providing players with access to the best conditions for training and improving their skills. USPTU students actively participate in competitions. Over the past year, they have taken part in the All-Russian Student Cybersport League (RSCL), the Republic of Bashkortostan Cybersport Championship, the Russian Cup in Electronic Sports, the Universiade of Universities of the Republic of Bashkortostan, and the Ufa tournament in phygital sports. Competitions become a platform for fighting for titles and recognition, where each match brings new emotions and unpredictable turns of events. Disciplines such as Dota 2, Valorant, FIFA, NHL, and NBA create unique platforms for demonstrating skill and strategic thinking. Players playing Counter-Strike and Tom Clancy's Rainbow Six Siege learn not only to repel enemy attacks, but also to develop their own tactics, turning each competition into an exciting spectacle. League of Legends and Star Craft require intelligence and quick reactions, while Tekken and Overwatch require skill and creativity, where every move matters. In the nearest future, it is planned to launch several more disciplines: World of Tanks, MLBB, Deadlock. We studied the opinion of student youth on the importance of sports activities based on computer technologies for them, analyzed the choice of types of participation in them, etc. Among the student youth of USPTU, 300 students aged 18-21, boys and girls of various fields of study were surveyed. Of these, 205 people (68,3%) note that they fully accept the philosophy of eSports, 16 people of them have already repeatedly participated in eSports games, the rest – 189 people, plan to take part in such games in the future. 29 people (9.7%) do not see the need to engage in «such nonsense», the rest – 66 people (22%), have not decided on this issue, but do not refuse to be spectators, if there is a pleasant company.

Conclusions. Currently, competitions in phygital-disciplines, implying the use of developments in the field of gaming, e-sports, robotics, supplemented and virtual reality, information technology and artificial intelligence, find more and wider support in the youth environment.

Based on the results of an analysis of scientific literature, many students from leading universities in the Russian Federation are members of the All-Russian Student Cybersport League and participate in Russian computer sports cups and the University Universiade in phygital sports.

According to the survey results, the majority of USPTU students surveyed support the choice of modern youth to play eSports and phygital sports.

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