

## Abstract

**Background:** Gaming is becoming more of a popular leisure time activity. „Multiplayer Online Battle Arena“ (MOBA) games have become one of the most played video games in 2022, MOBA games became even more popular than one of the most researched genre of games, „Massively Multiplayer Online Role Playing Games“ (MMORPGs). Some authors state that MOBA games have the biggest potential for becoming addictive for it's players. However, reaserch does not show the magnitude of playing popular MOBA games on the quality of life of it's players.

**Objectives:** The main goal of this work was to find out the relation between the quality of life and playing MOBA videogames – to figure out how the quality of life of MOBA game players differs from the quality of life of standart population, to find out how the quality of life differs according to their potential hazardous gaming or addiction to gaming, and to find out how the quality of life of MOBA games players differs regarding the time spent playing MOBA games.

**Methods:** Respodents filed in a questionnaire, which was accessible on social networks in online communities of MOBA games players. The sample consisted of 571 mainly Czech players of MOBA games with the average age of 21,7 years. The quality of life was measured with SQUALA (Subjective QUALity of Life Analysis) questionnaire. The potential of addiction rate was measured with AICA-S (Assesment of Internet and Computer game Addiction Scale) questionnaire, which divided the players into three groups: „without an addiction“, „problematic users“ and „addicted“. ANOVA, one- factor analysis of dispersion, was used to find out the significant differences in the quality of life.

**Results:** MOBA games players, considering the norm of the regular population, show increased quality of life in the field of abstract values (the feeling of safety, justice, freedom, beauty and art, truth) and basic needs (enviroment and housing, money, food).

Significant differences between groups divided by a degree of dependence were in the dimensions of health (health, physical independence, mental wellness, taking care of oneself) and close relationships (family realitonships, love, sexual life). The group „without addiction“ has reached the best quality of life if the dimension of health, the group „problematic users“ follows and the lowest quality of life is seen in the group of „addicted players“. In the dimension of close relationships, curiously, the highest quality of life is seen in the group of „addicted“, the group „without addiction“ followed and the lowest quality of life in this dimension is shown in the group of „problematic users“.

The quality of life due to the time spent playing a MOBA game only differed in the dimension of abstract values, where the longest playing players reached the highest quality of life.

**Conclusion:** According to the results of the study, the quality of life of players of this potentially addictive videogame is not generally lower. There is a possibility of the diagnostical tools wrongly defining intense players as „addicted“. The results of this work might be distorted, reasons are discussed in. It is possible that researchers overestimate negative consequences of playing videogames. To create a complex model of influence on a person by various types, genres and ways to play videogames further reaserch is needed. Said reaserch should focus on potentially positive impact of playing MOBA video games as well.

**Keywords:** internet gaming disorder, videogames, Quality of Life