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Pokemon Go Essay

Pokemon Go was a huge hit last year and still today is popular for lots of teenagers. However, the success of the game/app brought up questions regarding if the game had benefits towards teenagers, or if it caused dangers amongst them. The truth is, that the game actually is creating benefits for young teenagers playing Pokemon Go. This game benefits teenagers, by making them get up and become more active, allowing them to meet their community and local area as a whole, and they can forget about feeling depressed. A few sources, such as “Manulife”, Procon.org, and Psychology Today, tend to agree with this claim. Some people may think that Pokemon Go has multiple bad effects toward teenagers, but in my opinion, the positives outnumber the negatives.

First of all, some people think of video games as being a lazy hobby, where you just sit around all day and basically do nothing. Pokemon Go changed the view of this for many people, as the game encourages you to go outside and walk. According to an infographic by “Manulife” it states that 84% of people have started to go outside for at least 30 minutes since they started playing the game. This will make teens exercise, with most of them not even noticing it. It makes parents happy that their children are outside getting sunlight and enjoying the day opose of staying indoors in the room. “Manulife” also includes that with fresh oxygen, the brain functions

better and properly. This is also contributed by Pokemon Go and it does a great job at encouraging you to get some fresh air. Doing good in school is something that everyone should want to do, and to do that we need our brain to function properly, and to do that we need Pokemon Go.

Another benefit that the app provides, is a better united community. A community that everybody wants, is to be peaceful and everybody wants to know each other. For teenagers, most of them that play video games only know a small portion of their neighborhood. This game on the other hand shows teenagers around their community in a fun and exciting manner. According to an article by Procon.Org, it states “As people explore their towns while playing the app, they are discovering new stores, shops, restaurants, and local places.” Teenagers could be so used to one area in their town, but they don’t realize that there is much more than just that one restaurant that they go to every day. Pokemon Go helps them realize that, by not giving them rare Pokemon in their local area, but rather in an maybe unseen area of their community. According to Procon.org, it states “Some business owners are very happy about the game claiming that Pokemon Go has brought a lot of customers to their business.” Along with meeting new people, Pokemon Go gives teenagers the opportunity to give low income earning businesses people even more popularity. Teenagers may enjoy the place they went to visit and sometime even go when when they want to and not even while playing Pokemon Go. Business owners will be very happy to see this game stay popular. The last way that this game benefits teenagers, has to do with not feeling depressed or sad. Games for some teenagers are a way to keep them in a happy tone. Pokemon Go is no exception, as it is a happy tone and is non-violent. According to an article written by psychology today, it states, “The app has the potential to benefit people who would

not otherwise be motivated or able to leave the house due to fear or anxiety.” This proves to be a possible anti-depression method simply by having fun and not harming yourself. Nobody wants to have depression, and Pokemon Go could be the solution to this. According to psychology today, it states, “Supporters say that the pros of playing such a game is that it provides positive rewards, it promotes structure, that helps define goals and stepwise levels, and is an easy conversation starter that can help decrease social anxiety.” Depression risks can be cut off due to Pokemon Go. Maybe if everyone started playing Pokemon Go, nobody would have depression. In conclusion, Pokemon Go provides more positive outcomes rather than negative ones. Although there can be some negatives to the game, in this case the positives definitely outweigh the negatives.