

## D.W.A. Essay

Pokemon Go was released in the summer of 2016 and has quickly gained its popularity. Document C by Manulife, Document D adapted from ProCon.org, and Document E adapted from Psychology Today. This game is a mobile app used outdoors and has many stops/gyms. Many people would say the dangers of this game. I however say it's doing the opposite. It's helping people in positive ways. The three reasons that support my claim are, the healthy benefits, people are exploring the community, and it decreases social anxiety.

First of all, my first reason why Pokemon Go is "good" for our society is because the healthy benefits it has on people. Not many people spend time outdoors enough. Pokemon Go has started getting people to do their physical activities more often. Document C by Manulife shows the statistics of the impact, "84% of people have increased their daily physical activity by 30 minutes or more since starting to play." These statistics show the increase of people who started to play the game. This will help those who have not been doing any physical activities often, boosting their health. During a week, not many are physically active. But the people who started playing this game, they have been more active. Demonstrated in document C, the statistic shows, "62% of people are physically more active for 5 or more hours a week." The statistic shows that the game has made more people physically active. This will be crucial in the future because of the people physically active helping their health. These two quotes all explain how this game is giving health benefits to the people.

Second of all, the second reason why Pokemon Go is "good" for our society is because people are exploring the community. Many "couch potatoes" stay in their homes not knowing what their community is holding for them. Those who play the game have it quoted in Document

C, “78% of the people who explored their community more often.” Pokemon Go has driven those to explore the community and get to know them more often. The people will get to see new places in their community and meet new people to interact with. Sitting on your computer or couch won’t bring people closer to you. Document D has proven what the outcomes are when exploring the community. “Others say that the game is bringing people together and creating a sense of community. By exploring their communities and sharing information about where to find creatures, players are interacting with strangers and finding new friends.” This game has impacted the people in ways they couldn’t have imagined. For instance, this kid is shy while playing the game and could meet new people who play the same game thus making new friends. These two quotes explain the significance the game has had on the community.

Lastly, the last reason why Pokemon Go is “good” for our society is because the game helps decrease social anxiety. People with social anxiety won’t talk to people that will help them. As it is quoted in Document E, “Amid all the talk about the game craze’s numbers, there have also been suggestions that the app can actually help people with depression.” Depression has been decreasing due to the fact of Pokemon Go. A person is playing and can’t find the pokemon they want and another person can show where to find it, thus making the person more happy. While playing this game, people can earn special rewards. According to Document E, “Supporters say that the pros of playing such a game is that it provides positive rewards, promotes structures that helps define goals and stepwise levels, and is an easy conversation starter that can help decrease social anxiety.” The benefits of this game has multiple ways to make people happy. However, from the perspective of person who thinks it has negative impacts, the game can make go to dangerous areas. An example of this can be indicated in Document A,

“Players could get hurt searching unsafe areas- a dark alley or along a river, for example- particularly while staring at a smartphone screen.” This can become a habit for the user and could have negative impacts.

To conclude, people who play Pokemon Go will have multiple beneficial ways while playing. It will have healthy benefits, people are exploring the community, and it decreases social anxiety. This can reduce the amount the people play indoors vs. the people who play outdoors.