WHAT PARENTS SHOULD KNOW ABOUT ESPORTS

by:
CATHREN DANICA E. RICAPLAZA
Teacher III, Bonifacio Camacho National High School

“Why does my kid play on his mobile phone most of the time?” “Why can’t I disturb him while playing?” “Should I be worried?”

These are some of the many questions that parents and guardians have these days because of the emergence of mobile games like Mobile Legends Bang Bang (MLBB or ML), League of Legends: Wild Rift and Call of Duty Mobile (CODM) and. These games are some of the many online games that eSports offer. Esports generally refers to a multiplayer video game played competitively for spectators, typically by professional gamers. (Oxford Dictionary) The gamers who compete nationally and internationally are called professional esports athlete or simply, pro player. They earn as much as Php 50,000 per month as their salary plus prizes won from different competitions which they share among the team. They also get lots of sponsorship from different brands like Nike, Adidas, TikTok, Oppo, Smart and a lot more. Aside from that, they may also earn more with their YouTube page which can gain many subscribers or viewers who watch their livestreams and vlogs as they play. People who frequently watch live streams and online competitions are called eSports enthusiasts. They are merely spectators who hope to be as good as their idols in the gaming world.

Is eSports good for my child? All kinds of sports have their own advantages and disadvantages or benefit and consequences. Traditional sport like basketball promotes overall physical fitness improvement, however, there may also be potential serious injuries in the arm, hand, knee, toe, or ankle while playing it. Same goes with esports. ESPORTS encourages team sport and promoted well-connectedness among its team members. On the other hand, the amount of time that one needs to improve oneself in...
becoming a professional athlete is too high. Pro esports players admit that they need 8 to 12 hours of practice per day. There is also not much time for rigorous physical exercise because they would want to sleep rather than sweat it out.

Should I let my child engage in eSports? If your child shows enthusiasm and positivity while playing online games, then you probably should. It may be a morale boost for him to experience winning and learn the value of teamwork at an early age. Unfortunately, this will also mean that there is more screen time for him and less time for physical fitness activities. As a parent, it will still be your responsibility to make sure that your child has a balance life when it comes to studies and having fun.

References:
