

## Effect of Television on Adolescents

**Mrs. Alpana Tripathi**  
Research Scholer  
(M.A. M.Ed.)  
VSSD College Kanpur

**Dr. Vivek Kumar Pandey**  
Reader  
VSSD College Kanpur

### INTRODUCTION

“All play and no work makes jack a mere toy”. This is practical case happening in all younger ages. Youn prefers indoor games a T. V. Shows rather than outdoor games. Also most of the market products are aimed at young people.

The television takes us to hypnotic state. Also watching television shifts our brain work from Left brain to Right side of the brain. Thus as right side of rain does not analyze the incoming information. The right side of the brain is responsible for Emotional feelings. Thus, this makes us to feel that everything in T. V. as real and true. The right side of the brain releases few chemicals which make us to feel good, which later reduces brain activity and its intelligence.

Watching T. V. not only affects brain activities but also health. This results in lack of concentration. Also the characters replicates on the younger ones, either good or bad character. Young behave more violently and they become addict to T. V. this teaches young both good and bad things. Now days, the world is up-to-dated on T. V. Many things are taught through T. V. It's powerful communicating media.

The children are addicted to more cartoon channels, and the consequences are obesity, eye power, health hazards, etc. Thus our children have to be limited on watching T.V. and they have to be concentrated more on outdoor games. By practicing this, young get involved in to society and also they will lead a healthy life, both physically and mentally.

When children are very young, the television can be found on many programs. Turn on the television and flip through the channels and there is a good chance that you may come across some of the following situations:

- Violence, crime or fighting scenes
- Explicit sex scenes or conversations about the topic
- Alcohol, cigarette or drug use
- People making bad decisions such as dating someone dangerous
- Cursing or other verbal obscenities
- Descriptions of stereotypical characters such as the girl who sleeps around with everyone or the bad boy
- Unhealthy reflections of [[Teen Health and Beauty body image]]

Each of these situations can affect teenagers differently. A University of Iowa Children's Hospital [study](#) from 1993, states that during the average year, youth are exposed to more than 14,000 sexual jokes, over 1,000 beer/wine commercials and over 1,000 types of crime on television.

Whether good or bad, television has found its way into the lives of people all over the world and it an important part of life for many. Some consider it to be a great invention while others say that it harms people and society.

### DISADVANTAGES

Children can be exposed to programming that is not appropriate for their age. Adult themes of sex and violence are far too easily accessed and they destroy the innocence of children. Adults frequently spend many hours each day watching television to the detriment of work or family life.

Television is often the main or only source of information about current events and biased or inadequate reporting can deliver inaccurate or misleading information and opinion.

Some of the companies use it for sex TV films and programs, and that of course cause a lot of social problems.

Family discussion and conversation can be reduced or eliminated with by the television being the focus of attention. Because of violent news, such as Killings and bombings, we may develop and inflated sense of danger the more that television is watched, the less exercise people tend to get. Television is often blamed for the rise in obesity in the western world.

Content that contains sex or violence can cause a belief that such behavior is normal and acceptable.

### ADVANTAGES

Television is without doubt the most effective medium to deliver information to large numbers of people very quickly. News in one part of the world can be seen within minutes or even seconds in any other part of the world. The variety of channels available offers a way to get several different views of events. Having a single editor's opinion forced upon us is unlikely in most parts of the world. Information is available to far more people with the use of television. People are able together information on politics, science, history, geography, culture in a way that has never before been possible.

Television is a source of entertainment that is affordable. Before television, visual entertainment meant a trip to the theatre to watch a movie or play. Today, movies, drama, comedy and music are all delivered straight to the home.

### REFERENCES

1. Diggs-Brown, Barbara (2011) [Strategic Public Relations: Audience Focused Practice](#) p.48
2. Bilitewski, Bernd; Darbra, Rosa Mari; Barceló, Damia, eds. (2012-01-05). [Global Risk-Based Management of Chemical Additives I: Production, Usage and Environmental Occurrence](#). ISBN 9783642248757.
3. <http://www.displaysearch.com/cps/rde/xchg/displaysearch/hs.xsl/index.asp>
4. [Television Frequency Table](#), CSGNetwork.com., a Division of Computer Support Group.
5. [This study describes a relationship between Television Viewing and Attention Problems In Children](#) retrieved 19 July 2012
6. ["Paul Nipkow"](#). Bairdtelevision.com. Retrieved 2012-11-02.
7. ["Paul Nipkow and John Baird: The Inventors of the Mechanical Television"](#). Juliantrubin.com. Retrieved 2012-11-02.
8. ["History of the Cathode Ray Tube"](#). About.com. Retrieved 4 October 2009.
9. ["World Analogue Television Standards and Waveforms – section – Timeline"](#). Historical television data 2011. Retrieved 29 January 2011.
10. R. W. Burns, John Logie Baird: television pioneer, IET, 2000 ISBN 0-85296-797-7 pp. 73, 88
11. Mr ali283280 says: (8 October 2009). ["World's First TV Recordings"](#). Tvdawn.com. Retrieved 18 June 2010