



The Effects of Television

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Due to the quarantine, people are confined within their homes, on a regular basis. These long periods of boredom have led to a strong, and sudden surge in TV watching, as well as online streaming, people constantly searching for the latest form of digital entertainment to excite their daily routines. Although this addictive hobby may serve certain benefits, it indeed produces harmful effects towards those who engage in excessive TV watching, as well. Thus, it is important that one becomes aware of the advantages, as well as drawbacks associated with staring at a screen for hours upon end, allowing them to reevaluate their TV-watching habits.

A majority of children partake in virtual learning; due to this, students are often required to remain on a device for long periods of time, ranging from 5 - 10 hours, per day. This, as a result, poses many health concerns, such as eye strain and exhaustion, which, can cause headaches. For example, on Thursdays, as I have to engage in web-based learning, as well as virtual extracurricular activities, I often find that I have a migraine by the end of the day. In regards to video games, playing strands of violent video games in general, will, undoubtedly, perpetuate aggressive thoughts and behaviours in children, prompt poor social skills, lower one's grades, and decrease one's quality of sleep.

Watching T.V, additionally, for long periods of time can lead to issues associated with one's physical, and mental health. For instance, watching certain programs may encourage irresponsible, sexual, and indecent behaviour. Excessive television watching may also have deleterious effects on learning, and academic performances. Often, TV shows paint violence, alcohol, drug use and sex in a positive light; the average American child will witness 200,000 violent acts on television by age 18. Thus, children will develop poor social skills on account of lack of interaction with others. TV watching, lastly, and other sedentary activities are associated with a greater risk of heart attack, diabetes, cardiovascular disease, and death.

In conclusion, excessive TV watching serves harmful effects to children, as well as teens, in many ways, resulting in certain diseases, minor forms of discomfort such as headaches, changes in behaviour, and violence. And thus, what we can conclude is that one should limit their screen time to about 1 - 2 hours a day, as this will result in various benefits, such as improved physical health, increased time to try new activities, and an enhanced mood, keeping you fresh, and happy in your daily life.