

Avoid negative news media in favor of your mental peace

The news reader starts the 6 PM news with “good evening” and then goes on with the details proving the contrary. Be it the newspaper, radio or television, the more inhuman the news, the better are its’ chances to make the headlines. News reporters always want to create a sensation, at times even distorting facts and manipulating situations. The 1997 movie “Mad City” starring John Travolta and Dustin Hoffman depicts this tendency vividly. Protected by the first amendment media people are quick to infringe on anyone’s privacy. During the live coverage of 2010 Chilean mine workers’ rescue, media did not miss the opportunity of dissecting the personal lives of trapped miners and repeatedly aired the details of strife between the wife and mistress of one of the trapped miner. This constant bombardment of negative news comes with a social cost. There are several studies that have identified excess exposure to media as a cause of mental depression amongst viewers.

<http://www.telegraph.co.uk/technology/twitter/5429167/24-hour-news-streams-and-constant-Twitter-updates-causing-brain-overload.html>

The tendency of news media to create sensation is a clear example of “smart for one, dumb for all” pitfall. Advertisement is the major source of revenue for news media. The numbers of advertisements as well as the price fetched by time slots for advertisements depend directly on the number of viewer watching that channel at a given time. Every channel thus tries to attract more viewers by spicing up its programs. Other channels have no option other than following suit, or they risk losing a substantial portion of their viewership. In this war only the channels with most aggressive reporters and anchors survive. Channels frequently lure reporters and anchors away from rivals with multi millions dollar remunerations. This further increases the aggression in reporters often sacrificing the ethics of responsible journalism.