TV AND INTERNET ADDICTION.

It is a known fact that most people and especially young people waste a lot of time watching TV or browsing the internet.

With the advancement in technology, Social media sites, you cannot help yourself from addiction unless you purpose to do it.

- How many parents are complaining about their children being addicted?
- How many Students feel that they waste a lot of time on the television or Social media sites?
- How many employers are complaining about their employees' addiction to Internet?

The world is in turmoil as many people struggling with the addiction waste most of their valuable time which could have been put into proper use to develop oneself.

HOW TO BREAK THIS ADDICTION?

1. **MONITOR AND TRACK HOW MUCH TIME YOU WASTE ON TV AND ON THE INTERNET.**

"You cannot manage or improve something until you measure it, Likewise you cannot make the most of who you are –your talents, resources and capabilities – until you are aware of and accountable for your actions" – Darren Hardy.

It means, rather than always being told that you are wasting a lot of your time on the Television or the internet, by other people take responsibility and track your time.

Remember you are gaining very little from the TV or the Internet unless you are reading or researching for your exam or the assignment given to you.

You might be wasting a lot of time and that way you are not scoring well in your exams or assignment which have been assigned to you.

2. DEVELOP A SENSE OF PURPOSE AND MISSION FOR YOUR LIFE.

A purpose driven life is the one which is always safeguarded and distractions eliminated.If you don't have a Vision or your vision is blurred, then you have nothing to wake up from your comfort and go out to accomplish. If your principles are not well defined, you might end up wasting a lot of time, which could have been used constructively to build your life.

To avoid Television and internet addiction, you only need to check your goals, dreams and aspirations again and discover whether by over watching TV or over engagement in Social media will add value or derail you.

"Human beings are purposeful creatures. We are hardwired to live purposefully, to have direction. Without a target to shoot at, our lives are literally aimless. Without anything productive to do, without positive goals and a purpose, a human being languishes. And then one of two things happens. Aimlessness begins to shut a person down in spiritual lethargy and emptiness, or the individual lashes out and turns to destructive goals just to make something happen" –Tom Morris.

3. REALIZE THAT TELEVISION AND INTERNET IS STEALING YOUR LIFE.

Apart from the relaxation and entertainment you get from the TV and chatting with your friends. What value do you get from that Addiction? If for example, you spend 3 hrs. Watching TV, for what value?

- Will you add marks in your assignments?
- Will you add marks to your exams?
- Will you become wealthy?
- Will complete a book you are writing?

There is a small space for TV and Social media in our lives, but most of life's accomplishing roles are out of that place, in books, in meetings, in discussions.

4. FIND ALTERNATIVES TO WATCHING TV AND SOCIAL MEDIA.

"Too many vacations that last too long, too many movies, too much TV, too much video games playing, too much undisplined leisure time in which a person continually takes the course of least resistance gradually waste life. It ensures that person's capacities stays dormant, that talents remains undeveloped, that the mind and spirit becomes lethargic and that the heart is unfulfilled" – Stephen Covey.

Idle minds are devils workshop, most people knowing that they end up being glued to their television sets, and their internet gadgets many hours and some even days. What they forget is that they can use that time to develop their talents and gifts.