Scot Matson

No TV for Three Days

1. Was it easy or difficult for you to break away from television/media? Why or why not? What did you learn about your consumption habits? Describe the media or television viewing (addicted) culture in the U.S. How did it feel to be purposely "disconnected" from this technology/television focused culture?

Disconnecting from the television for a few days was fairly trivial given my busy life. Perhaps if I was younger or less motivated this would have left me with feelings of emptiness or boredom but as a married man in his 30's I have many hobbies which often do not involve television. I decided in addition to no TV to also take a break from my favorite media outlet Reddit as I felt that would be more impactful for this assignment. Ultimately though with work, my love of reading and going for walks and spending time with my wife and our Chorkie it was really not that difficult to forget all about TV. The only downside is that we have been prepping for the return of the X-Files by binge watching the original X-Files series on NetFlix as I had not watched that growing up. So I do feel the need to make up for lost time now. Got to keep to our schedule! Reflecting on that statement, it is clear that in some ways that the on-demand culture of TV has definitely changed the way to watch TV. Rather than scheduling to watch our favorite shows we spend countless hours binge watching and consuming new media.

2. What did you do with the empty "TV time"? Did you seek out interactions with other people or simply different media (computer, radio, CDs, etc.) Be sure and describe how not watching television or consuming media affected your other life habits (eating, socializing with family and friends, news gathering, etc.)

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My wife and I went for long walks on the trails around our apartment complex with our Chorkie. Spent time cooking together and played cards while listening to music. Honestly this is fairly normal for us though.

3. Describe your interaction with other people during this assignment. How did people treat you because you were actively removing yourself from the mainstream? What was it like to interact (or not interact) with people based upon viewing/consuming (as opposed to other reasons: race, gender, class, etc.) What did you learn about our mediated culture? Briefly describe the television viewing culture and what it is like to attempt to avoid that culture or become a member of the non-viewing culture. Or describe the technology "connected" culture and what it is like to attempt to avoid that culture or become a member of the non-viewing culture.

I'm admittedly anti-social and very much okay with this. I spent many years working as a Paramedic and became burned out on giving so much of my self to others. I'm actually now studying to be a Computer Scientist and currently work as a Security Researcher and for the most part my colleagues work autonomously. Most people I associate with are intellectual and outgoing and typically do not spend a great deal of time discussing sitcoms and the like. I understand Star Wars right now is a pretty big deal and a childhood friend of mine does not understand why I have yet to see it. Perhaps I will this weekend. Until then I will continue to be viewed upon as an outsider I guess.

4. Have your consumption habits been altered by the experience? That is, did you (will you) go back to the old ways ("normal") or are you more reflective and selective?

I'm fairly well balanced. If I have blocks of time to indulge in TV then that is pretty cool.