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Essay#2: The Trouble with Television

EFFECTS OF TELEVISION

According to psychology, children are becoming lazier as a result of television. Children learn a lot and form their attitudes primarily by observing events and people around them. Nowadays, television is primarily concerned with content that affects the children's mindsets. Marie Winn, the author of *Unplugging the plug-in drug* has described eight different ways that tells how TV affects the development of children's attitudes and even families. I mostly agree with three points made by Marie Winn about the effects of children's behavior when watching TV. However, I partially disagree with the statement that TV has fewer valuable resources, causing children to become less civilized.

Firstly, I strongly agree with the point "TV keeps families from doing other things" which tells families and children are watching TV screens for more extended periods and waste their free time without doing any productive things in the day. To support that point, Winn described "Reduction effects" (Effect on one thing over the other) from Urie Bronfenbrenner, which clearly states that watching TV can affect the activeness of the families and children. I agree with this point because due to technological advancements in this modern generation, many blue screen devices like cell phones, laptops, and smartwatches are available for everyone. Unlike TV, these

small-screen devices can be carried and watched anywhere easily, wasting time for a more extended period than in the olden days. I believe this habit can be reduced if people follow strict discipline towards watching TV and being more active throughout the day. It is also not the fault of the TV. Families and children using these gadgets wrong way in their daily lives. They can do useful things like cleaning the home, knowing about each other, going out for vacation, etc., instead of spending hours sitting in front of a large blue screen and fierce eyes to that UV rays.

Secondly, I strongly agree with this point "TV is a hidden competitor for all other activities," which is a tricky point to understand, but Winn explained it in a clear-cut way. Winn claims that whenever anybody wants to start any helpful activity, TV would be an obstacle. It is because most people prefer to relax than work. To understand this point, Winn also says, "Whenever another activity is proposed, it had better be special; otherwise, it is in danger of being rejected.". It means children always prefer watching TV because it is easy and relaxing. Parents always think twice about suggesting new activities to children because children quickly reject those suggestions. I also believe that most parents would feel hard to suggest children to use the time effectively for quality things rather than sitting and surfing the channels. I observed children in my neighborhood always watch social media on their smartphones before going to bed instead of planning some creative stuff for next day. TV is becoming a hidden competitor indirectly to everyone's life. Children are willing to watch TV for hours than doing any other activities. According to the Statica website, every individual spends almost 5 to 8 hours in a day watching the flickering screen and wasting their valuable time throughout the day. As everyone knows, time never

comes back. Life of families and children would be easier and beneficial if they utilize their quality time doing productive stuff instead of watching hours of the flickering screen.

I totally agree with the point that "TV addiction may be serious addiction" because people often watch TV to relax after finishing their hectic work schedule without realizing that they are surrendering themselves to the TV. It is easy for children and families to sit on the couch and scroll the channels for more extended periods. In this point, Winn tries to convey to the audience the power of addiction to TV and its effects. After people finish watching TV, they always feel regretful for wasting time on some stupid programs. TV addiction is greater than life-threatening addiction (tobacco, drug, and alcohol addiction) because nobody won't be able to realize that they are being addicted to TV. According to the Reddit website, Human brains strongly release Dopamine when scrolling channels. Dopamine is a chemical agent which is responsible for creating interest in the human brain. The main reason for releasing Dopamine is because it reacts to colors. As each pixel in TV consists of millions of colors, Dopamine is released in large amounts, which increases the chances of addiction to TV. In a personal experience, I always used to watch smartphone in my free time. After some days, I realized it had been an addiction to me. I can score good marks in my assignments and quizzes if I have been studied in my free time without watching my phone for longer periods. I also realized that there is a decrement in my remembering power at such small age. People from my age group have been suffering from the same problem for a long time. I advise everyone to limit themselves from watching the blue screen. No one should indeed blame themselves

for not realizing that they have been addicted to TV. However, after realizing it is their responsibility to come out of that addiction and start succeeding in their lives.

I partially agree with point “TV makes children less resourceful”. Children are spending potentially huge amount of time watching TV shows which decrease their brain activity. Children don’t know what to do if there is no TV. Winn also tells those parents are also disappointing on children due to their inactiveness. Parents are giving opportunity for children to develop new resources, to enlarge their horizons and discover the pleasures of doing things on their own. But, Children are being lazier in doing things on their own things without expecting any help from others. I partially disagree with the point because these are the cases in the olden days, but technology is drastically improved in such a short time. Children now able to listen their classes online. As we know, CoVID has been affecting children education because they are unable to go to school and listen classes physically. In this scenario, Smart TV helps the children to continue their education online. Now a days, Smart TV’s have internet which allows them access more resources on the internet. They can also expand their network easily by sitting in the home. They can also help parents pay electric bill, internet bill and gas bill without going to office through smart screen devices. They can easily establish a virtual business like YouTube channel without any investment and earn good amount of money. Winn views are correct because those views are assumed in 19th century. At those times, TV is not so smart which only used for entertainment. Therefore, I believe that TV is making children to be resourceful in this modern generation.

According to Winn, it is difficult for families and children to abandon the blue tube, but the benefits that children and parents gain from that time away are unimaginable. I agree with the majority of Winn's points because they all deal with the disadvantages of television. Currently, television is becoming smart and a valuable asset for those who use it correctly. I believe that television in this generation is like a double-edged sword which has both advantages and disadvantages. It is determined by people's mindset and how they use television. Children should not devote their entire day to watching television. Children should spend time with others which helps them to improve their communication skills. Children can become more civilized and cope with society when their valuable time is used for acquiring knowledge, learning about changes in world and spending quality time with family. It is a fact that children are the future adults. Therefore, it is our responsibility to make them to move in right path.