

# The negative effects of watching tv too much for the children essay sample

[Media](#), [Television](#)



Television is a modern media which brings to us many benefits. Besides, it also causes several negative effects. According to a recent survey, a child watches television more than 4 hours / day, and they are very hard to change this habit. It is very harmful. Children watching TV too much can face to many diseases and other psychological problems as clarified in the following essay

The first harmful from watching TV too much is that it can reduce the ability of concentration and awareness. Actually, watching television causes many serious effect to the child's focus that is not good at the development of their body and mind.. Symptoms such as impulsive behavior, reduced concentration, hyperactivity ... usually begin to appear when the child reach school age. It will lead to a series of serious consequences on the psychological and mental health such as lack of concentration, impulsive behavior and violence. In addition, watching TV too much will affect child's reading ability.

The second negative effect of watching TV is that it can make the health of children bad. Children watching television more than two hours a day increases the risk of becoming obese (17%), cardiovascular system problems (15%) and increases cholesterol in the blood (15 %). Besides, according to research by British scientists, if the children watch TV more than 2 hours per day, they will have asthma risk twice higher than other children who watch TV less than 2 hours per day. The scientists discovered when the children spend hours eyes on TV screen or computer, their retinal blood vessels will be narrowed .

The final harmful is that children watch TV too much can only get the one-way information. In fact, they may have good comprehension but no reflection back that causes they are slow to speak. Delayed language development will lead to mental retardation in the absence. In the kindergarten, children can approach the numbers and music programs for children, but they must communicate with the other people, because television can not replace reading and playing which are very necessary for this age.

In conclusion, watching TV too much can bring three important negative effects such as reducing the ability of concentration and awareness, making the health of children bad, getting the one-way information. Television is a good media but we need to know how to use it to bring positive effects. Let's take care your children by a best way!