

Effects of watching too much tv essay sample

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



Television has become the most popular kind of media all over the world. Most people, who watch too much TV for different kinds of reasons, do not know nor care about the effects that may happen to them. Nowadays, the majority of people over the world spend more than five hours watching TV every day. Watching TV for long time is one of the most serious problems that affect the human body. Also, there is a significant impact on a person's eyes and health, which leads to huge sufferance. Spending much time watching TV causes immense problems and disadvantage for the human body such as obesity, brain damage and stress. One of the negative effects of watching TV in excessive amounts is obesity. In fact, it is one of the worst results that comes from spending too much time watching TV. The human body needs physical activity in order to burn the food and calories, but by setting every day more than five hours watching TV that can affect the whole body because there is no locomotion, and that decreases the blood movement. Also, that may cause many troubles in a person's heart such as: heart attack, cardiac arrest, and weak heartbeat. For example, if a student spends in classes more than seven hours, after that he or she comes back home and watches too much TV, their bodies will get obvious effects and disadvantage.

Furthermore, people who watch TV for long time every day their brain may get damage. When a person spends too much time watching TV, and gives a lot of focus and attention his or her brain will lose a lot of neuroses. This makes the brain by the time so weak to understand or to think. For instance, we can see many students who watch too much TV cannot focus in classes, even if the class so easy, but on the other hand they can understand and

focus on TV shows and movies, which means that their brains are weak in the real life and damaged. Moreover, people who spend much time watching TV every day they get stress quickly in their daily life. For example, if a person spends too much time watching TV every day, when he or she goes to work they will feel tired and under pressure because every day when they watch TV for a long time, their bodies and brains get effects, so they cannot work well. In addition, it does not matter what is the type of a program that they watch on the TV, as long as they spend much time their brains and their bodies can get effects.

However, people who spend much time watching TV every day, they may not see what happen to them right moment, but by time they will know that they got a lot of problems in their bodies and health. As a result of spending too much watching TV, the health of the human body will become very weak, which is so bad for any person because that will cause sick vulnerability for the body. Also, it is very important for any person to have a healthy life, so everyone can do its work very well every day. Although, there is a very serious problem may effects a person who spends much time watching TV every day that he or she might lose their eyes because spending everyday much time focusing in the TV screen will effect a person's eyes, and it will become weak day after day such as a person who is smoker he or she loses their health day after day. All in all, spending too much time watching TV will affect any person whatever hi or her age. People who watch too much TV every day, their bodies and health will get effect and that will cause them extreme problems and disadvantages.