

Effects of watching television to children

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



EFFECTS OF WATCHING TELEVISION TO CHILDREN AGES 8-10 IN THE CITY OF SANTA ROSA LAGUNA IN THE YEAR 2013 A Research Paper Presented to Dr. Antonio Yango College of Business and Accountancy University of Perpetual Help System Laguna In Partial Fulfillment Of the Requirements for Communication Arts 2 BY CAMILLE HERNANDEZ UNIVERSITY OF PERPETUAL HELP SYSTEM LAGUNA JANUARY, 2013

Introduction In a study done by the Department of Pediatrics at the University of Iowa Children's Hospital that today's children spend more time watching TV (15, 000 hours) than they do in school (11, 000 hours). Children's fascination with television has been a concern for researchers, parents, educators and others dealing with children's well-being ever since it was first introduced. The public has been concerned with the impact of media violence and television's negative effects on reading skills. There have also been worries about the television's impact on children's physical condition. It has also been linked to obesity in children and has been compared to a drug, while some have claimed excessive viewing makes children stupid. Television (TV) has its good side. It can be entertaining and educational, and can open up new worlds for kids, giving them a chance to travel the globe, learn about different cultures, and gain exposure to ideas they may never encounter in their own community. However, the reverse can also be true: Kids are likely to learn things from TV that parents don't want them to learn. TV can affect kids' health, behavior and family life in negative ways. Children who spend more time watching television spend less time interacting with members of their family. Watching too much television can contribute to sleep problems, poor grades, behavior problems and risky behavior. Advertisers target children, who

watch many adverts for unhealthy snack foods and drinks among others. In shows and movies on television children also see their favorite characters smoking, drinking, getting engaged in sexual situations and other risky behaviors, which can affect their own behavior. A balanced TV diet is something that many parents sensibly strive for by restricting time, monitoring program content, quality and delivery(e. g. via digital TV recorders) and maximizing their interaction with their children about what they have watched.