

Reality behind reality tv

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



Working in the field of media, I feel embarrassed to admit my fascination with reality television yet I happen to know that most of reality television is not reality at all. Some ‘reality’ television shows are rumoured to be scripted such as, The Hills or the former LBC’s Perfect Bride, however all reality TV shows are edited. Through the process of editing, bits and pieces of filmed ‘reality’ are selected to form an altered reality. Scientists also believe in a quantum theory, whereby observation alone influences reality. So there is scientific evidence that supports the fact that peoples’ actions are altered due to the presence of a camera, thus further extracting from the sense of ‘reality’. Many reality programmes do document real life events, however as I watch these programmes I question whether reality shows are just low-cost entertainment that verifies viewers that a real world does exist and that they need to join it? After watching an episode or two I ask myself, what do I gain? Many reality programmes revolve around the lives of the rich and famous, which many of us are not, such as Paris Hilton’s Dubai BFF. It is pleasing to see audiences take interest in others’ lives but I question whether we, the viewers, have taken it too far. In this article I aim to investigate what viewers can gain from reality TV experiences. Many reality shows can be educational and motivational, such as; The pan-Arab reality show Stars of Science and Discovery Channel’s Survivor Man, yet other shows can be boring and predictable. Shows like The Human Race can bring much excitement and entertainment to the screen. And for those viewers interested in the field of fashion; America’s Next Top Model can be both entertaining and educational. Some programmes might offer insights to the lives of the rich and famous moreover provide an opportunity to realise the similarities that exist

between viewers and Reality Television stars. Simultaneously, such shows offer a false sense of reality because most of the viewers watching have very different lifestyles. Another evident disadvantage reality television possesses is that of questionable moral values that can be observed on many reality shows. There are many types of reality shows that offer different types of entertainment. Working in the realm of media and entertainment, I can say that reality TV has brought about a new niche of film and art, but as a viewer I find myself questioning, at the end of each reality show, ‘What have I learned in the last half an hour that will improve the standard of my life?’ Most times, the answer is ‘nothing’ other times the emotions experienced during the show are well worth the usual reply. I just hope I learn how to evaluate the cost and worth of my time efficiently because the reality in reality TV is different than the one that is my own, that I know for sure, because my reality is now. Thus I question, ‘Is my reality worth watching others’ ‘realities’ or worth creating my own?’ So before you spend time in front of the television, why not question what significance the show will have in your reality.