

Warning: watching
television can be
hazardous to well
being



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Warning: Watching Television can be Hazardous to Well Being In the modern world, activities of daily living are accomplished at faster rates, primarily due to the presence of technological gadgets--from microwave ovens for easy cooking to vacuum cleaners for instant cleaning. Still, television remains one of the most popular innovations that catches man's interest. Basic profiles may change, from vague, black and white images to sharp, colored ones; but people remain inactively glued to TV sets from sunup to sundown. In this context, watching televisions may appear to vastly entertain the people worldwide, but its health impacts may give them second thoughts on the wisdom of such habit. As watching television remains the chief pastime for most people, certain ramifications can be also derived with excessive practice. On a monthly average, Americans tend to spend almost 151 hours in front of their television sets, roughly 5 hours of viewing per day (Winslow). The study attests to the staying power that television holds for vast majority of audience. On the lighter side, the habit of watching the colored sets brings constructive benefits in a person's life, especially during the growing-up years. Possessing a highly entertaining characteristic, televisions cover educational materials for advanced learning, targeting both children and adult viewers. Ranging from a variety of topics, information provided by television makes it possible to be knowledgeable on the events and culture diversities existing in distant countries (Boyse). Cognitive stimulation and social awareness are among the positive aspects of fully watching television shows. Despite the vivid accounts on the beneficial elements of watching televisions, current studies reveal otherwise. With much inactivity accompanying television exposure, reports show that in a sample of 1000 subjects, 15% can develop high serum cholesterol, while 17% are in danger

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of being obese (Sigman 16). Accordingly, in a report by the American Heart Association, people bring themselves near the face of death with every hour of television viewing. As 11% risk is accounted for “ premature death from all causes of death, a higher rating (18%) is considered for heart-related deaths, while half of it (9%) enhances the probability of developing cancer of all types. Surprisingly, even healthy individuals are prone to such outcomes, should they continue the unhealthy lifestyle of watching television for more than one hour (Barr et al.). In the end, the sedentary way of living kills the people’s chance to maintain healthier disposition, and in the long run, a prolonged life span. On the psychological side, behavioral alterations are also observed. Several studies conclude that early exposure to television causes brain development interruptions. As a result, attention span is significantly shortened; up to the point where others are clinically diagnosed as having attention deficit hyperactivity disorder (ADHD)., or even autism. Relatively, “ shorter sleep duration (and) sleeping disorders” are associated with television exposures (Sigman 13-14). As these events continue, behaviors may tend to be lethargic and irritable, as part of man’s need is adequate rest and sleep. The practice of uncontrolled television viewing, thereby, can change the mental status of individuals globally. All in all, the physiological and psychological impact of watching television remains to be at the negative perspective. Granted, intelligence and social interaction can be developed along the way, but the retribution it brings seems to overpower the cognitive and social benefit of television. Regardless of impending threat to general well being, people tend to ignore such warnings in pursuance of their desire--to watch television according to their hearts’ content. Works Cited Barr, E. L., et al. “ Sedentary TV Time to Cut Life Short.” <https://assignbuster.com/warning-watching-television-can-be-hazardous-to-well-being/>

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Outline on the Television Essay I.

Introduction A. Thesis Statement: Watching televisions may appear to vastly entertain the people worldwide, but its health impacts may give them second thoughts on the wisdom of such habit. II. Body: A. Positive Effect of Watching Television 1. Provides highly educational materials for better learning. 2. Enhance knowledge on a variety of cultures for improved social awareness. B. Negative Effects of Watching Television 1. Physiologic a. Places people at risk for high serum cholesterol levels and possibility of becoming obese. b. Enhances probability of earlier death from all causes of death. c. Raises potential for developing chronic diseases such as cardiovascular and cancer-related conditions. 2. Psychological a. Interrupts brain development in children, possibly leading to attention deficit hyperactivity disorder (ADHD) or autism. b. Disrupts sleeping patterns and/or causes sleeping disorders. III. Conclusion: A. The physiological and psychological impact of watching television remains to be at the negative perspective. However, regardless of impending threat to general well being, people tend to ignore such warnings in pursuance of their desire--to watch television according to their hearts' content.