American's consuming unhealthy amounts of t.v., video games, and web surfing

Americans Consume Unhealthy Amounts of T. V.., Video Games and Web Surfing It is generally acknowledged that many Americans are addicted to electronics specifically T. V.., Video Games and Web Surfing. Addict is a word that is seldom used to describe a healthy situation. The term generally evokes the assumption of a drug or alcohol dependence but other types exist all with the potential to cause varying degrees of personal destruction. For example, these three activities contribute to obesity, a life threatening condition. As if this weren't enough to cause concern, playing violent video games could lead to violent behavior.

Inordinate amounts of time spent on the computer, watching television and playing video games leads to higher rates of obesity. Lifestyle preferences such as a being a ' couch potato' usually involve overeating which, not surprisingly, contributes to weight gain. In addition, another byproduct of being a ' couch potato' is a lack of exercise which is a major factor in obesity. The problem is not simply aesthetic in nature. It's a major health problem in this country which has wide reaching affects.

Obesity has been linked with at least 30 adverse health conditions. Arthritis of the knees, back, hips and hands are common ailments of the obese. Breast cancer is twice as prevalent among obese women and men as compared to those of comparable gender that maintain a relatively stable weight as an adult. The obese also have a higher risk of contracting other cancers such as colorectal, esophageal, gastric and endometrial. The risk of cardiovascular disease is greater because obesity has a direct correlation with high cholesterol levels which blocks the arteries of the heart. In addition, the veins of the obese are more constricted which slows oxygen to the tissues of the body and prompts complaints of breathing problems,

sleepiness and general fatigue. (" Overview of Obesity", 2007). Obesity is the precursor of many significant health risks which costs individuals their lives at an early age and costs everyone else billions of dollars. In 1995, for example, obesity cost taxpayers almost $100 billion, about half of this figure is costs related to health care services, the other half in indirect expenses such as the total economic production lost due to time off work. (Wolf, 1998: 97).

Playing violent video games and watching violent television programs, in the short term, appears to affect hostility by prompting aggressive thoughts. Long-term effects are liable to be longer lasting as well because the player is trained then practices aggressive acts that become progressively easier to access on a sub-conscious level for use when confronted by future aggravating circumstances. Repeated exposure to violent video games and shows has been revealed to, in effect, alter the person's basic personality structure. (Braun & Girioux, 1989, p. 101). In a very real sense, violent video games and television supply a comprehensive learning atmosphere for " aggression, with simultaneous exposure to modeling, reinforcement, and rehearsal of behaviors" (Loftus & Loftus, 1983).

The adverse physical and psychological conditions created by becoming addicted to T. V.., Video Games and Web Surfing addictions is a great burden to the overall health of persons and by extension others as well. All addictions such as television, web surfing and video games are self-inflicted, almost entirely preventable by the afflicted yet their lack of social and personal responsibility burdens all closely associated with them including society as a whole. These addictions lead to inactivity which leads to obesity, a very harmful condition. Violent video games and television shows begats

violent behavior. The amount of t. v.., video games and web surfing Americans consume is unhealthy and certainly the outcomes of these addictions are unhealthy as well.

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