

The paper "Effects of Television on Children" is a wonderful example of a psychology essay. The Television (TV) is a landmark scientific innovation which has enlightened the communication sector hence it has become a fundamental part of our daily life operations (Edward Tia, 2008). It is among the most important electrical appliance in most of our homestead such that approximately all folks get exposed to it (David, 2008). According to a recent survey, it is shown that young kids spend on average three hours watching television set each day (Peter, Helen, and Mark Blades, 2003). The positive effect of television on children. Television has its excellent services which range from entertainment, education and opening up a new world for young children. Therefore young kids will learn more about different cultures, beliefs, and ideas that are unique with those in the immediate environment (Peter, Helen, and Mark Blades, 2003). It has developed into a crucial domestic product that has influenced the physical activities of the children (Ellen, 2007). Despite the fact that it is a potential medium of mass communication it has slice kids off from the world at a very tender age (Ellen, 2007). The children are exposed to diverse cultural experiences and communities of the world that are unique to that of their immediate environment, hence keep them attentive to contemporary events and news (Ellen, 2007). It complements to school teaching whereby watched educational programs help to convey knowledge, values, and lessons to the kids hence faster learning (Barrie McAleer, 2007). A child is able to spend a great moment with family members; for example watching the same television program hence promoting cohesion and stronger bonding within them (Ellen, 2007). The negative effect of television on children. The obscene sexual content on TV renders kids to an unrated acquaintance about sex at a premature age that is detrimental to their psychological health (Merrilyn, 1996). Excessive television viewing triggers violence or aggression in children and as a result causes extensive behavioral changes (Ellen, 2007). Watching of violent scenes by the kids makes them frightened of the world and has a mind assumption that every person is mean (Edward Tia, 2008). Hence they become slow in taking decisions on their lives. The concept of gender-role and racial stereotypes can be imparted to children and later used them (Peter, Helen, and Mark Blades, 2003). Moreover, it can lead to depression as the kids tend to underestimate each other as they pay more concentration to their overall outlook. Indeed, it influences the psychological, socio-cultural and intellectual well-being among the children (Merrilyn, 1996). The early stages of life are fundamental for the mental development of a child hence excessive television watching can hamper their usual physical and social activities like playing, singing, reading and spending quality time with the relatives (Ellen, 2007). Smoking, use of alcohol and use of drugs in inviting terms are extensively portrayed in TV programs and commercials which leads the children to feel that those activities are usual and up to standard (Barrie McAleer, 2007). Consequently, these children are expected to replicate and build up to an unhealthy lifestyle at a tender age (Ellen, 2007). In addition, it is a major contributing factor to obesity among children due to the increased popularity of junk foods through commercials (Merrilyn, 1996). Conclusion To conclude we should ensure that TV is moderated and become a foundation of healthy entertainment and enhancement of knowledge. Setting a time limit for children to watch TV programs and encouraging them to participate in outdoor activities; which includes playing and reading books (David, 2008). Parents ought to take into account the program reviews and television ratings to avoid obscure shows to their children. A program that reinforces family values ought to be encouraged (Edward Tia, 2008).