



**INFLUENCE OF TELEVISION VIEWING ON MENTAL HEALTH OF
ADOLESCENTS**

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Abstract

The research was done to study the influence of T.V viewing on mental health of adolescents. A sample of 400 students was randomly selected from different schools of taran taran city. Sample was divided into two categories, being adolescents who watched T.V less than 2-4 hrs/day were considered, not to be influenced by T.V viewing whereas adolescents who watched T.V more than 5-6 hrs/day were considered, to be influenced by T.V viewing. The purpose of the study was to compare the mental health of these two categories. The results depicted that mental health of adolescents boys and girls did not differ from each other irrespective of their being watching more or less T.V. Overall result showed that mental health of adolescents under the influence of T.V viewing is good as compared to those not influenced by T.V. Parents and teachers, both can derive benefits from this study as they can help adolescents to improve their T.V viewing patterns without ignoring their studies.

Key Words: *Influence, Television, Mental Health, adolescent*

Introduction: Television is considered as an electronic carpet which seems to transport millions of persons each day to far off places. This electronic medium ensures its visibility without any global discrimination. It is reported that television made its visibility some more than sixty years ago. Over a short span of time, however, it emerged as a remarkable medium

of communication, entertainment, education, found its space in all countries of the world and has transformed our planet into a 'gigantic electronic village' bringing various people and continents close. The idea was primarily education and access to rural population. Today, average Indian home has cable and satellite access and the viewer gets information from local, national and global networks. It is generally believed that television has become a very powerful medium and its contact, no doubt, can change the likes and dislikes, learning and social habits. T.V has become the part and parcel of human life. Now a days, life without television is considered to be similar to the rose without fragrance. But too much of everything is bad. T.V is a good and cheap source of entertainment, information and knowledge .The educative programmes shown on television prove to be a good source of achieving higher academic record. Channels like discovery, animal planet, national geographical channel etc. discloses the natural phenomenon. T.V acts as media of securing the culture of different regions by showing the local culture of the place. On the other hand, television has many negative influences on the mental health of adolescents. There are some channels that exploit the minds of the adolescents as they expose every aspect of sex life of adults. Television viewing frequently limits children's time for vital activities such as playing, reading, learning to talk, spending time with peers and family, storytelling, participating in regular exercise, and developing other necessary physical, mental and social skills. . There is concern that increased access to violent movies and games – especially at an early age – can lead to increased violence and aggression in children and adolescent. More generally, increased television viewing is associated with higher levels of depression and anxiety, although it may be that these mental health problems led children to watch more TV. Mental problems linked to too much TV viewing include autism, poor concentration and Alzheimer's in adulthood. It also causes short sightedness and disrupts hormonal balance and leads to increased risk of cancer and premature puberty. It also slows down the metabolism which is linked to increase in obesity.

Media immersion absolutely affects our adolescent's physical health. It contributes to obesity, eating disorders, attention deficit disorders, addictive behaviours and declining levels of fitness. There's a direct link between hours of media consumed and calories consumed. Young girls — who see hundreds of thousands of T.V and magazine ads about physical appearance — are more likely to practice risky dieting. Anorexic fashion icons and steroid-pumped sports stars can

distort a sense of normal body image, which can lead to lower self-esteem and unhealthy decisions. There is positive effect of T.V. viewing on the various aspects of development of an individual. Singh and Sudarhan, 1996; Singh and Kaur, 1997; Taj and Masthan, 1998; Aggarwal, 1999; Shastri and Mohite, 2001; Floud, 2002; Martino Collins, Kanouse and Elliott, 2005; Turner, Finkelhor and Ormrod, 2006; Kappos, 2007; Anh and Fedewa, 2010; Strasburger, Jordan and Donnerstein, 2010; Sey, 2013; Collins, Elliot, Berry, Kanouse, Kunkel, Hunter and Miu, 2014. In contradict to the above mentioned studies some shows negative effects of T.V. viewing. Singh and Kaur, 2000; Sharma and Dhaliwal, 2001; Coon and Tucker, 2002; Anuradha and Bharti, 2003; Collins, Elliot, Berry, Kanouse and Kunkel, 2004; Silva, Mckinzie, Harpham and Huttly, 2005; Kappos, 2007; Martino, Collins, Elliott and Kanouse, 2009; Zimmerman and Bell, 2010; Fitzpatrick, Pagani and Barnett, 2012. It is, therefore, worthwhile to make an objective study at this moment to highlight the influence of T.V viewing on mental health of adolescents. Hence, the investigator felt inspired to undertake the present study.

OBJECTIVES

1. To study the influence of T.V viewing on mental health of adolescents.
2. To compare the influence of T.V viewing on mental health of adolescents in relation to their gender.
3. To compare the mental health of adolescents who are influenced and not influenced by T.V viewing.

HYPOTHESES

1. There is no significant difference in the mental health of adolescent boys and girls influenced by T.V. viewing.
2. There is no significant difference in the mental health of adolescent boys and girls not influenced by T.V. viewing.
3. There is no significant difference in the mental health of adolescents who are influenced and not influenced by T.V. viewing.

RESEARCH DESIGN: Descriptive survey method was used for the present study. The adolescents were selected from different schools of tarn taran city. The sample was divided into two categories, being the adolescents who watched T.V less than 2-4 hours per day were considered, not to be influenced by T.V viewing whereas adolescents who watched T.V more than 5-6 hours per day were considered, to be influenced by T.V viewing.

SAMPLE: A sample of 400 students was selected randomly from different schools of taran taran city.

RESEARCH TOOLS

1. To find out adolescents influenced by T.V viewing following questions were prepared by the investigator.
2. Does your child watch T.V. less than 2-4 hours a day?
3. Does your child watch T.V. more than 5-6 hours a day?
4. Mental Health Battery by 'Arun Kumar Singh' and 'Alpana Sen Gupta' 1983.

STATISTICAL TECHNIQUES USED: Mean, Standard deviation, Standard error of mean and t-test was used to analyse the data.

ANALYSIS AND INTERPRETATION

HYPOTHESES I

There is no significant difference in the mental health of adolescent boys and girls influenced by T.V. viewing.

Table 1.1

Gender	N	Mean	S.D	D	σD	t-ratio	Level of Significant
Boys	45	87.48	13.40				
Girls	31	91.58	9.06	4.10	2.57	1.59	Insignificant

It can be seen from the above table that t-value is 1.59 which is insignificant at 0.01 level & 0.05 level. It indicates that mean score of mental health of boys & girls influenced by T.V. viewing has no significant difference. Thus, null hypotheses is, "There is no significant difference in the mental health of adolescent boys and girls influenced by T.V. viewing of descriptive study is accepted." It can be concluded that mental health of boys and girls, though both being influenced by T.V viewing, did not differ from each other.

HYPOTHESES II

There is no significant difference in the mental health of adolescent boys and girls not influenced by T.V. viewing

Table 1.2

Gender	N	Mean	S.D	D	σD	t-ratio	Level of Significant
Boys	105	90.65	1.08				
Girls	124	92.59	0.72	1.94	1.29	1.50	Insignificant

It can be seen that t-value is 1.50 which is insignificant at 0.05 & 0.01 level. It indicates that mean score of mental health of boys & girls not influenced by T.V. viewing has no significant difference. Thus, null hypotheses are *"There is no significant difference in the mental health of adolescent boys and girls not influenced by T.V. viewing of descriptive study is accepted."* It can be concluded that mental health of boys and girls, both being not influenced by T.V viewing, did not differ from each other.

HYPOTHESES III

There is no significant difference in the mental health of adolescents who are influenced and not influenced by T.V. viewing.

Table 1.3

Category	N	Mean	S.D	D	σD	t-ratio	Level of significant
Influenced	229	92.70	9.58				
Not Influenced	76	85.15	10.60	7.55	1.37	5.51	Significant

It can be seen that t-value is 5.51 which is insignificant at 0.05 & 0.01 level. It indicates that; mean score of mental health of adolescents who are influenced and not influenced by T.V. viewing has significant difference. Thus, null hypotheses is, *"There is no significant difference in the mental health of adolescents who are influenced and not influenced by T.V. viewing is rejected."* The mean score of mental health of adolescents influenced by T.V. viewing is 92.70, which is higher than the adolescents not influenced by T.V. viewing whose mean score is 85.15. Mental health of adolescents under the influence of T.V viewing as compared to those not influenced by T.V viewing.

CONCLUSION

1. Irrespective of being or being not influenced by T.V viewing, the mental health of boys and girls show no significant difference.

2. Mental health of adolescents under the influence of T.V viewing is good as compared to those not influenced by T.V viewing.

EDUCATIONAL IMPLICATIONS: The findings of this study have some implication for all those concerned with the growth and development of adolescents. Parents should monitor the T.V. viewing patterns of their children and encourage them to watch educational channels as it has positive impact on their academic performance. Teachers can also be benefited from the findings as they can improve the conditions of teaching and learning by adopting television as a teaching aid to enrich the knowledge and information of the student. At last but not the least students themselves are benefited from the findings of the study, as they can improve their T.V. viewing patterns and devote sufficient time to studies.

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