



A study of effects of television on psychosocial health of adolescent students

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Abstract

Adolescent students are immediately affected by any social and emotional event. Puberty is a stage that brings new changes in the life of a student. In this stage, for the first time, the student experiences the world that he has not experienced. These students are sometimes full of confidence and sometimes confused. Initially, when considering the physical changes that take place in children, the nipples start to break, growth in height is seen, and hair growth starts on other parts of the body. In case of girls these physical changes happen. These physical changes affect the emotional world of these children. This stage is called the period of stormy stage due to the fact that the student in this stage is facing a lot of psychological changes. During this period the mental state is such that he is not mature enough to take his own decisions. In the case of these students, parents and teachers should clinically observe their behavior and explain the changes in them. Efforts should be made to increase their confidence. Automatically, these students will be able to communicate freely with their parents and teachers. It will clear their doubts. Due to this, it is necessary to be aware of the effects of television and give proper guidance during this period.

Keywords: adolescence, television, mass media, effects of television

Introduction

In the present times, the speed of the society towards modernity has become faster. Never before has the technological development been so enormous that it has become difficult to think about it. Earlier in childhood children used to play various games e.g. Gotaya, Vitidandu, Lagori, Lapachpi, Langdi etc. Today, however, such a picture has become rare. Maturity is seen everywhere in children's behaviour and speech. Parents are also trying to make their children grow up and mature as soon as possible in this age of competition. Many call it the effect of modernization and globalization. In fact, if we look seriously, we will find that various factors in the social environment not only influence the students, but at the same time, the greatest influence of the media is seen everywhere today.

Puberty is a stage that brings new changes in the life of a student. In this stage, for the first time, the student experiences the world that he has not experienced. These students are sometimes full of confidence and sometimes confused. Initially, when considering the physical changes that take place in children, the nipples start to break, growth in height is seen, and hair growth starts on other parts of the body. In case of girls these physical changes happen. These physical changes affect the emotional world of these children. This stage is called the period of stormy stage due to the fact that the student in this stage is facing a lot of psychological changes. During this period the mental state is such that he is not mature enough to take his own decisions. In the case of these students, parents and teachers should clinically observe their behavior and explain the changes in them. Efforts should be made to increase their confidence. Due to this, it is necessary to be aware of the effects of television and give proper guidance during this period.

Puberty is a very important phase of life. During this period, students go astray. Everything that is seen seems to be true and one tries to imitate the same. Students have various hobbies during this time. This period of students is delicate

and mentally confused. If we take a survey today, it will be seen that in adolescence, children like to watch movies, listen to songs, and watch various action programs. Some students watch television for hours. Overall, television is the most influencing factor in this period. You know that television has both good and bad effects on students. Television now called idiot box. Maybe this is a negative thought. However, some may think that the ideological change of the youth in the society is seen negatively with the majority. But we know that this is not true at all. Overall, television is considered to be the most influential medium for students at a critical stage such as puberty. During puberty, students' behaviour and speech are constantly changing. Watching television during such times has various effects on their mental and social health. Now it is based on the students what they see on television and how they relate it to their thinking. Through the present research, an attempt has been made to study different perspectives on how television affects the psychosocial health of adolescent students.

Research problem

A Study of Effects of Television on Psychosocial Health of Adolescent Students.

Objectives of the research

1. To study the effects of television exposure on the mental health of adolescent students.
2. To study the effects of television on the social health of adolescent students.
3. To study the perspective of parents and teachers regarding the relationship between television and students' psychosocial health.

Need and importance of research

Adolescence is considered to be a very important period in human life. A person's way of thinking and philosophy of

life matures during this period. From this point of view, it is constantly considered in the education process.

In today's scientific age, various media are constantly influencing people's thoughts and lives. Among them, the most popular medium at present is television because it is an audio-visual medium. Also various programs, songs, movies, competitions etc. Can be seen and heard at the same time. Of course the most effective medium of entertainment is television. It is through this entertainment that a person's thoughts are also stimulated.

Also, children's behaviour is most influenced by television characters.

Adolescent children, when they watch television, identify with its characters. They also try to imitate the same. Overall, television has a deep effect on the minds of these children. This affects the mental health of children.

How some characters behave, speak, behave in any situation, etc. in a TV movie or a program. Effectively see these values.

They observe it and think about it continuously. Many times these children prefer the negative role more. This may include the effectiveness of the role, the grandeur, the freedom to act like one, etc. It affects these students.

Overall, television is as important a tool of entertainment as it is a source of knowledge about the world. It also affects the psychosocial health of students. Through the research presented from this perspective, how and what are the effects of television on the mental and social health of adolescent children? What are the views of parents and teachers about this? Etc.

You will get important information on the basis of which various measures can be taken.

Scope and limitation of the research

1. 50 adolescent students and 20 secondary school teachers of Nashik city have been selected for the present research study.
2. The present research is limited to Nashik city only.
3. In this research, the perspective of teachers regarding the impact on psychosocial health of adolescent students has been studied.

Research method

This research is qualitative in nature. Therefore, survey research method has been used for the present research.

Sample selection

After determining the problem and method in the said research, the researcher has selected 50 adolescent students and 20 secondary school teachers of Nashik city as a sample for the study.

Research tools

The present research study examines the effects of television on student behaviour, social health, and mental health. In this regard, the opinions of secondary school teachers and students in adolescence have been sought. For this mainly questionnaire and interview techniques have been used.

Discussion techniques have also been used.

Collection and interpretation of information

After determining the problem for the research study, the researcher determines the instruments of data collection.

Information was collected through questionnaires from primary secondary teachers and actual adolescent students. After collecting all the information, descriptive analysis and interpretation of all the information was carried out quantitatively and qualitatively.

Findings of the research

1. All the respondents selected for the present research have agreed that television affects the psychosocial health of students.
2. The fact that 80% of the students like to watch television for maximum time shows the influence of television on these students.
3. From the point of view of 70% of teachers, television has a negative effect on these students. Whereas 30% teachers do not think so at all.
4. According to the teachers, 60% effect of television is seen on the behaviour and speech of these students.
5. Television has a profound effect on the mind and behaviour of students.
6. According to 80% teachers these students neglect their studies due to television.
7. According to most of the teachers, mental maturity of students is faster with age. The main reason for this is television.
8. 60% of adolescent students are influenced more by negative roles on television. Also like to watch action and fighting programs. Due to this, the mentality of those students is disturbed.
9. Due to the influence of television, these children constantly try to imitate the characters in their behaviour and speech. This creates many obstacles in socialization in the future.
10. Many times these students become mentally confused due to sexually suggestive pictures and programs on television. Curiosity also increases. This causes a sudden change in their behaviour.
11. Teachers and parents try to keep students away from television as much as possible.
12. According to the teachers, the social and mental health of the students is getting endangered day by day due to television. Of course, negative social behaviour is more visible in these students.
13. Violent scenes on television also have a negative effect on the minds of these students, so the possibility of cultivating violent thoughts at this age cannot be ruled out. Due to this, these students become mentally unstable.
14. Although the programs on Television bring about proper and rich cultivation of the personality of the students, the quantity and purpose of the same is very little.
15. According to the teachers, there is difficulty in inculcating social, cultural, religious and moral values in the students because there is a huge gap between the environment created to inculcate these values and the programs on television. Of course, students give more importance to television programs than listening to elders.
16. Overall, from the response of teachers and students, it can be seen that the impact of television on the mind, social life and health of the students in this period of adolescence is very deep but less positive and more negative.

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