Literature Review:

Reality television has dominated mainstream television programming for the past several years. Amongst various kinds of TV programs reality television shows are relatively economical entertainment (Gardyn, 2001). Merriam-Webster defined the word ‘Real’ as ‘not artificial’ and ‘reality’ as ‘something that is neither derivative nor dependent but exists necessarily’. The concept of the “real” in reality shows is purposefully contrived. In other words, the “real” is confrontational; reality television, however, has the effect of distancing viewers from that confrontation. Reality-based entertainment has a history in human civilisation. It starts from Roman circuses where harmless people watched the depravity. The first reality television show is generally agreed to be the American comedy program Candid Camera. The show used hidden cameras to film innocent ordinary people confronted with uncomfortable situations - such as a coin glued to a footpath or a talking mailbox, which only they could hear. When the embarrassment got to its peak, the camera would be revealed with the line, 'Smile, you're on Candid Camera!' (darrenarcher.name/ftv/PDF's/ Reality%20Television.pdf)

2.1 Reality TV shows: Studies and perspectives

Since the beginning of the 21st century, reality TV has begun to take over primetime television programming schedules. In this context reality TV is defined as a show without ‘actors’ in which the ordinary people has access to becoming a contestant on the program.

Some reality television practitioners use participants to create entertaining programming by constructing conflict-driven scenarios. The broadcasters screen those contents to secure high rating and commercial success (Dyer, 2010). From another perspective it can be said that in the television business reality TV is the most
profitable form of television programming because it has lower production costs and often brings in more viewers and more advertising revenue than scripted programs (Hirschorn, 2007).

Dyer (2010) had conducted a study among the young adult viewers of reality television show. In focussed group discussion it was revealed that they had felt competition-style reality shows were more justifiable than other types of reality shows. While in reality television the drama is comparatively little, in scripted dramas the problems encountered by the characters are often so extreme that they hardly feel something like that could actually happen.

However, the degree to which the subjects of this focussed group relate to a show does vary by the show and how outrageous it is. In case of competition style reality shows, they tend to choose any particular competitor with whom they tend to identify more or also have more sympathy for than others. Therefore when that contestant loses the audience support and consequently has to leave the show, it might be a painful experience to the viewer. Later in the session these subjects were asked whether they continued to watch a competition style reality show once their favourite contestant had been voted off, they answered in two ways. Some of them, who told that they kept watching, stated that they were able to pick up a new favourite. Those who could not lose interest after the contestant they had identified themselves with was gone. When asked about how they felt regarding ‘reality stars’ and how the media capitalize on these stars, the subjects mentioned the fact that in the past they had only bona fide stars but having ‘reality stars’ was still a new concept. They added that usually it takes a year for the traditional celebrities to get themselves established, while these real people can afford to achieve fame in a much quicker fashion. The subjects made it clear that when these real people were regularly put through the grind

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in the show, the audience too wanted to judge them. As a direct effect of such quick
celebrity status, the reality show participants, more often than not, find it hard to
accept the reality once they are voted off. In the process, their lives get more affected
by the shows they participate in than professional actors who act in scripted dramas as
a career. Therefore, more sympathy is showered on people in reality programming,
especially the really young because their lives are put on display.

However when asked if they themselves wanted to join any such show, some
of these subjects replied in positive since they wanted to have a fan following. Others
strongly declared that they would never be on a reality program. Nevertheless all of
them were of the same opinion that the main reason why people choose to participate
in reality programs was to get noticed along with achieving easy and quick fame. In
the sphere of reality television, the evidences laid out in this article indicate that the
reality show production process can pose some real threats to the mental health and
physical safety of its contestants (Dyer, 2010).

The very fact of achieving fame, even for a brief period nevertheless, at a
tender age with their personality being in a growing phase leads to a deeper question.
Putting their life on public display via reality TV show which, more often than not
involves an act of elimination from the show itself has these young minds exposed to
some sudden changes that they often are unable to cope with. Does it tend to leave
any scar on their mental health? Since it is our personality that helps us to cope with
adverse situations, the question remains: what kind of personality make up do these
young ones have? As it seems, this otherwise well-written article has not much
foccussed on the Performer’s perspective and psychological aspects as well.
In a Law review article it has also been mentioned that Reality shows continually push the limits of contestants’ mental health to achieve the ratings they desire. Producers frequently use several psychological strategies to keep their shows interesting for viewers at the expense of their contestants’ mental health (Blair, 2010). Reality show producers select contestants whom they consider to be capable of producing high ratings for their shows (Kaufman, 2009). While contestants have their own reasons for seeking to participate in a reality show, their participation is based on how well they serve this interest. Therefore contestant’s participation in a reality show serves the interests of the show’s producers (Blair, 2010). According to psychologists and media experts taking part in reality television shows can adversely affect participants’ psychological well being. Many participants face immense pressure during the time of filming (Dyer, 2010). Despite being rather procedurally vulnerable to the strategies of the show-producer and hence risking their mental health, young people keep auditioning for such shows with a good number of them being able to make the cut eventually. It calls for a deeper look into the psychological features that drive them to go for such reality shows.

Focussed on the emergence of the reality show *Kid Nation*, another article (Cianci et.al, 2009) in law journal brought the centre of concern to the recruitment and handling of participants mainly because the show’s participants were children. *Kid Nation* drew much flak due to the health and safety issues of its participants. The criticism was mainly directed to the audacity of show-producers and the carelessness of parents who signed their children up for it. According to some critiques it became a glaring example of society’s obsession with fame, money, and being entertained even at the expense of its most innocent members (Cianci et.al, 2009). Hence dealing with junior participants of reality shows demands a special kind of treatment in the sense
that their physical as well as psychological well-being should be taken care of. However, these young people are regularly urged and consequently sent by their parents to join the show. Since the parents can well be taken as aware of the inner machinations that such shows involve and which threaten the well-being of the contestants, the personality make-up of the parents concerned needs to be looked into.

Our temperament directs us to engage with certain course/s of action. Do such parents have a temperamental structure markedly different from the ones who do not send their wards to such reality shows? These are aspects that did not find much place in this article.

One of the leading daily newspaper (Times of India) article regarding little performers of reality TV shows questioned the boundaries of these children which get violated. According to the article child performers were unaware of what their suggestive thrusts mean to adult viewers of reality television. Unsurprisingly, the rash of reality shows with underage participants became raising concern.

But the law seems to offer little remedy. Aata, an item dance show on a Telugu channel, continued to be telecast on the strength of a court stay order. If it would get negated the Andhra Pradesh human rights commission's ban on the programme. Sudha Sundararaman of the All India Democratic Women's Organization (AIDWA), the women's wing of the CPM, said clear guidelines should govern the use of children in television shows. Sundararaman, also campaigned for new guidelines and raised her voice against use of children in adult entertainment shows which exploits children in a voyeuristic, commodified manner. These shows pushed the children to deny their childhood and parents also to force their wards for money and, as is said, 15-minutes of fame. The Aidwa memorandum on Aata raised an objection claiming that the depiction of young children in it was provocative and insulting.
Sundararaman was of opinion that the gestures and the attire they were made to wear were improper for the children. Participants were visibly supposed to quarrel with each other using filthy words. The judges would routinely compare the girl participants to film vamps. In report it also mentioned that, these behaviours had a very definite impact on children. Psychologist Sharma said that children usually could not express their suffering. They react to the altered reality of their lives by changing their identities. The camera altered child participant’s behaviour and they made to wear clothes that reflect the mood of the programme rather than their own. Unsurprisingly, the children start to believe in make-believe. They are tutored to be coyly provocative, given lesson in demeanour that are suggestive, at times apparently as innocuous as how to look at the camera, but having a prolonged impact on their conduct. Eventually, they begin to incorporate the 'misbehaviour' into their own. In the report the psychologist Sharma also mentioned that the education system had started to eliminate competition from the school curriculum but under the full glare of camera and huge audience people started to create failure. These junior participants face lots of pressure to succeed. If by any chance failed they felt that they've disappointed their mentors as well as their parents. The increasing anxiety about underage participants of reality TV in India, intriguingly enough, almost coincides with the American state of Pennsylvania pondering laws to control child labour in such shows. Psychiatrist Michael Brody of the Television and Media Committee of the American academy of Child and Adolescent Psychiatry had said that future could be a real disaster for the children who did not have a proper childhood. The disaster that he talks about has roots into the child's twisted sense of reality. On one hand, the screen role is the thing that most of the participants begin to believe in. Simultaneously, the adverse impact of tough routines, unkind comments and verdicts
passed by the judges, unsuccessful endeavour along with the constant fear of failure, interspersed with fleeting success take its toll. This article argued that children's participation on reality TV is something that the state itself should take note of (Sinha & Sengupta, 2010).

2.2 Reality TV Show and Celebrity

According to Roscoe (2001) reality TV promotes new reflections on theorizing production strategies of celebrity. Mainly it deals with the everyday performance and does not with talent of the participants as such. Reality programming has undermined the exclusiveness of celebrity also. It turns the star quality into ‘fungible’ where the economic value of celebrity needs to be modified regularly. What is new with reality TV is that it constructs a new category of celebrity, which generates novelty out of audience self-reflexivity with minimal risk and temporal flexibility. This lower stratum of celebrity value affords both surplus for cultural industries and the maintenance of the larger system of celebrity valorization, which, as with other commodities, is based on scarcity (Roscoe, 2001).

Thus, celebrity needs to be seen as a cultural product that is born out of a vast ‘reservoir’ of cultural workers who are ready to work without wage retainers in which very few ‘make it’ and whose success is neither predictable nor necessarily sustainable.

From another perspective Reality TV provokes new ways for theorizing celebrity as a cultural commodity whose economic value is based on potential exchange. Many reality shows that generally seek to be on top of the chart boasting the presence of celebrities often serve to satisfy the audience's basic inquiries vis-à-vis these celebrities and with answers coming straight from these celebrated people, the audience usually try to follow them (Sapra, 2014). Reality TV is changing the
concept of celebrity. Becoming celebrity at young age may influence children’s judgement regarding self.

2.3 Self and Society

Most of the people are generally focused on what is happening to them, and its implication to their lives as well as to others. Hence, they find themselves outstanding on different counts. Sometime it is not easy for the people to perfectly evaluate how much of their actions and gestures are noticed by others. They tend to get biased regarding their own actions and appearance which as they think are being paid close attention by other people. The number of observing people -- as they take it to be -- is often much more than is in fact the case. This phenomenon is known as the 'spotlight effect' (Gilovich, Medvec, Savitsky, 2000). This might serve as a conceptual tool to gauge the performers’ perspective/s of reality shows which make their lives stand exposed to the liking and non-liking of the audience.

Ross and Sicoly's (1979) significant work on responsibility allocation established the fact that they tend to get biased in their own favour as far as the issue of being responsible is concerned. This research focussed on the egocentric biases in people's evaluations of what become obvious, but their judgments of how prominent their own endeavours are to others might well have a similar strain of thought.

In a research study (Gilovich, Medvec, Savitsky, 2000) participants were asked to wear T-shirt with unusual images likely to grab people's attention. The study shows that these people pegged the possible number of observers who would be able to recall the image on the shirt at a much higher level. In a group discussion participants also overestimated how their demeanours were taken note of by other members. Study also supported an anchoring-and-adjustment explanation of the spotlight effect. In
particular, people seem to depend on their own phenomenological experience and consequently prove themselves unable to take into account the perspective of others. Reality show has a large number of viewers who continuously assess the participants. Hence, the participants have a self-observation, coupled as it is with observations on the part of the viewers, the judges and the other organizers. Their inner experience may link to spot light.

Thus the relationship between self and society is reciprocal (Stryker, 1980). The self impacts society through the actions and in turn gets influenced by the society via its shared communication. Self-esteem is the evaluative constituent of self knowledge. High self-esteem may be taken as a correct, reasonable, impartial appreciation of one’s worth as a person. However it can also be considered an inflated, arrogant, unnecessary sense of vanity over others. On the other hand, low self-esteem can be either a proper understanding of one’s deficiencies as a person or a twisted, sometimes pathological sense of insecurity and inferiority. The humble correlations between self-esteem and school performance do not lead to any such proposition that high self-esteem leads to good performance.

In the Oxford English Dictionary the word *floccinaucinihilipilification* is considered to be the longest word. It is defined as the habit of estimating something as worthless. The definition of low self esteem involves low-worth judgment about the self. There is mounting evidence till date that people with low self-esteem do not simply hold negative views about themselves. They put across a generally negative attitude toward many facets of the realities around them- events, circumstances or people. To put it differently they have a tendency toward floccinaucinihilipilification. The reason why the self-esteem movement has been especially significant in American schools is the assumption that raising self-esteem will lead to
improvements in children’s academic performance. There are probable reasons for thinking that high self-esteem will lead to good schoolwork. People having high self esteem may set higher target than people with low self-esteem (Baumeister, Campbell, Krueger & Vohs, 2003).

Correlational study findings hint that more recent studies have led to similar conclusions. Using standard achievement tests, Davies and Brember (1999) found significant though weak positive relationships between self-esteem and academic performance in a large \( N=3,001 \) British sample. The correlations ranged from .10 to .13, and averaged .12.

In another study authors have inferred that significant correlations between self-esteem and school performance support the opposite causal conclusion, namely, that good work in school leads to high self-esteem. Specifically self-esteem was measured after the school grades were obtained in semester. The positive correlation appears to be consistent with the view that self-esteem is a result, not a reason behind good performance in school (Bowles, 1999). This conclusion was further supported by path analysis which indicated that there was no direct causal path from self-esteem to achievement. However, if this self esteem is affecting our mental health or not is a proposition one can hardly arrive at basing on these findings.

2.4 Self esteem and mental health

Self esteem is related to our mental health. In a study on the effect of low self-esteem on depression among the adolescents has revealed that self-esteem scores in early adolescence (age ranged 11 to 15 years) predict depression at a later point of time (specifically at the age of 26 in the study mentioned above; Trzesniewski et al., 2006). This finding was supported by both clinical interview measure of major depressive disorder and an informant-report measure (e.g., ratings by a best friend,
relationship partner, or family member) of depressive affect. Likewise, another study on adolescents, Southall & Roberts (2002) has revealed that low self-esteem predicts an increase in depression measured after 3 months. However, a few studies have not been able to establish that self-esteem predicts subsequent depression. Many theories of depression postulate that low self-esteem is a defining feature of depression (e.g., Abramson, Seligman, & Teasdale, 1978; Beck, 1967; Blatt, D’Afflitti, & Quinlan, 1976; Brown & Harris, 1978). Numerous studies have recognized strong coexisting relations between low self-esteem and depression (Joiner, Katz, & Lew, 1999; Kernis, Grannemann, & Mathis, 1991; Lewinsohn, Hoberman, & Rosenbaum, 1988).

In a few other studies with college students it was revealed that self-esteem was not longitudinally related to depression (Butler et al., 1994; Lakey, 1988; Roberts & Gotlib, 1997), and in a study on adolescents, self-esteem at age 14 did not predict depression at age 18 (Block, Gjerde, & Block, 1991).

The studies mentioned above can lead to two different propositions: one, low self esteem may be an indicator of poor mental health; two, self esteem is correlated to temperament.

2.5 Self esteem and Temperament

A study conducted among 2075 Norwegian adolescent sample (age ranging between 15 to18 years) has revealed that Norwegian version of the JTCI has good psychometric properties in terms of internal consistency, a reasonable factor structure and significant correlations with depression, self-esteem, and self-efficacy (Vangberg et al., 2013).

Another study done among delinquent adolescents ($n = 187$) and controls ($n = 103$) in Russia has revealed that on UCLA Loneliness Scale, Beck’s Hopelessness Scale, Rosenberg’s Self-Esteem Scale, and Cloninger’s Temperament and Character
Inventory (TCI) delinquents differed from the controls in most of the variables under investigation. Delinquent’s Self-esteem appeared to be exclusively related with self-directedness of TCI (Ruchkin, Eisemann, Hägglöf, 1999).

These two studies serve to infer that temperament is related to self-esteem. However, there has not been any in-depth study as far as the nature of relation between self esteem and temperament & character among the performers of reality TV show is concerned.

2.6 Parent’s temperament and children’s temperament

Child rearing practice is a reflection of parent’s temperament. Parent’s temperament is related to children’s temperament. Temperament and psychopathology were assessed in a total of 175 children (97 boys, 78 girls; mean age, 10.99 years; SD, 3.66 years) using composite scores from multiple informants of the Junior Temperament and Character Inventory. Parents’ temperaments were assessed using the adult version of the Temperament and Character Inventory. Results indicate that interactions between child and parent temperament dimensions had predicted higher levels of externalizing, internalizing, and attention problems. Children’s high novelty seeking tendency and mothers’ high novelty tendency were associated with children’s attention problems, whereas children’s high harm avoidance disposition and fathers’ high harm avoidance dispositions were associated with children’s internalizing problems. The association between a child temperament trait and psychopathology can be dependent upon the temperament of parents (Rettew et al., 2006).

Hence it can fairly be stated that parent’s temperament is related to children’s temperament. However, putting it into the context of reality show, the question remains that what the nature of relation between junior participant’s temperaments
and their parent’s temperament is. Paucity of research in this aspect leaves room for some deeper study.

2.7 Parent - child relationship

Of the different interpersonal relationships established at various points of the entire life-span, the relationship between parent and child is one of the most important ones. A study was conducted in India among 753 twelve grade higher secondary school students in order to see the correlation between parent-child relationship and self-confidence using parent-child relationship scale (PCRS) and Agnihotri’s self confidence inventory (ASCI). Findings revealed that on Pearson’s product moment coefficient there was no relationship between parent-child relationship and self-confidence of the children (Verma and Khan, 2014).

Another study was conducted to determine the effect of gender and academic achievement on Mother-Child Relationship of secondary school students in the Shimla district of Himachal Pradesh (Sharma, 2012). Parent Child Relationship Scale (PCRS) was administered on a sample of 160 secondary school students selected through random cluster sampling technique. The result of t-test analysis has indicated that boys and girls differ significantly in mother-child relationship on symbolic punishment and object punishment. Further it was found that students with low and high level of academic achievement differ significantly in mother-child relationship on loving, symbolic reward, indifferent, symbolic punishment, object punishment, demanding and neglecting areas of mother child relationship.

Similarly Shaban and Mattoo (2012) had conducted a study among adolescents at Anantnag of Jammu and Kashmir aiming to investigate the relationship of adolescent boys and girls with their parents. Data were collected from a sample of 40 male and 40 female respondents on Parent-Child relationship Scale (PCRS)
developed by Nalini Rao (1989). The results revealed that a highly significant difference was there among the uses of symbolic punishment, rejecting, and loving dimension respectively and also between the gender of the subjects while no significant difference was found when protecting dimension. Consequently it can be said that children’s perceptions of their parents differ in different samples. Since parents play a significant role in sending their children to reality TV shows, so how these junior participants perceive their parents is an area that has hitherto been not focussed.

2.8 Frustration and aggression

Perception of the individual regarding their parents, their temperament and situation can influence their expression of frustrations as well as aggression too. According to Dollard et al. (1939) frustration always leads to aggression and that aggression is object-directed or self-directed.

In a Kolkata based study, sample comprised two groups of children (N = 60) of 4 to 6 years old. All of them belonged to nuclear families and were from same socio-economic backgrounds. One group of nursery class children had employed mothers (N = 30) and stayed at crèche during daytime. Another group of nursery class children (30 non-crèche ones) had non-employed mothers and used to stay at home. Both groups were administered with Raven's coloured progressive matrices test to measure the intellectual level (of the children). They were also given the Bengali version of the Indian adaptation of Rosenzweig picture-frustration study to see the degree and pattern of children’s aggression. On t-test analysis significant amount of differences were located in two dimensions of Ego-Defensive (E-D) aggression and externalised (E) direction of aggression. Non-crèche children had higher ego-defence
and crèche children showed greater magnitude of external direction of aggression (E) (Sanyal & Bhowmik, 1992). This otherwise significant study would have got another dimension had the children’s perception about their mother been included.

In another India based study consisting of 20 institutionalized children of both sexes, age ranged between 10 to 14 years. They received two remedial therapies (physical exercise and learning vocal music) to combat their aggression. Results indicate that on repeated measurement on Rosenzweig picture frustration test after 3 months of receiving treatments, experimental group significantly increased its group conformity ratings after the treatment. Also the experimental group significantly reduced its extrapunitive responses as the direction of aggression is concerned. On the reaction of frustration, the experimental group improved its ego-strength after the treatment. The results are indicative of a better level of adjustment by the experimental group as a result of the therapies (Kanchana et al., 1993). In this study knowledge regarding personality of the subjects may enrich the outcome.

Dhall (2012) conducted another study in India. 220 secondary school students (110 boys and 110 girls) were administered Rosenzweig picture – frustration study, non-verbal test of creative thinking and group test of general mental ability. The findings of the study revealed that reactions to frustration are related positively with creativity, such relationship does not exist in case of boys and girls if analysed separately. Further no significant relationship between creativity and academic achievement was investigated, if the effect of intelligence is taken out. A significant positive relationship was found between reactions to frustration and academic achievement of secondary school students (Dhall, 2012).
Mukherjee et al., (2014) conducted a study on Indian context consisting of thirty sample (15 juvenile delinquents and 15 normal controls without any other behavioural problems), aged between 9 to 13 years, and were administered Child Behaviour Questionnaire (CBQ), children's Parent-Child relationship Scale (PCRS), Ego-identity Scale and Rosenzweig Picture Frustration Test. It was revealed in t-test analysis that delinquents had significantly low ego-defense and impunitiveness but significantly higher need persistence. It indicates that low-ego defense and impunitiveness, high need-persistence, coupled with poor ego-identity and negative perception of parents, might make juvenile delinquents act more impulsively on their needs and commit acts against law (Mukherjee et al, 2014).

It can be said that the nature of frustration and expression of aggression differ in different samples. In the competitive type reality television shows any performer can be defeated and the camera will cease to follow him/her right from that moment. They agree to join the show while having full knowledge of these facts. Hence the images of their reaction to frustration and expression of aggression may differ from the samples of the above mentioned research work. Any clearer view in this regard is not available due to the want of research work carried out hitherto.

On the basis of the above literatures it can be concluded that various psychological aspects (temperament, frustration reactions, self image and perception of parent-child relation) regarding junior reality television show performers’ are need to be studied since they are in a vulnerable stage. However, study regarding their mothers’ temperament, self image and also relation between mothers -child temperament are needed to be studied. Scarcity of research in these specific aspects prompt to undertake a thorough and systematic study that would yield information
regarding difference between junior performers of reality television show group and
junior music learners’ group on- temperament, self image, children’s perception of
parent child relation, direction of aggression and reaction to frustrations. Furthermore,
the information regarding group difference between their concerned mothers on
temperament, self image would also provide another dimension. This is particularly
so because in the Indian context the junior reality shows are on the rise.