Chapter 6
Conclusion
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Since the creation of culture increasingly sophisticated methods of communication have been evolved. The desire to get the touch with a wider audience encouraged the development of new methods: from cave paintings to symbols pressed into clay or drawn onto paper; from words printed in books to those transmitted by radio waves, the circle of contact increased. With the advent of television, speech and pictures were combined in a medium which would succeed to excite, stimulate, interest, agitate or provoke people at some time or another. Elaborating the subject of the research – Impact of Television Viewing on Health and Behaviour of Children and Teenagers-Comparative Study of Audiences of Patiala city and Rajpura town.—the present role of television

Parents, health professionals, and other adults have largely remained engrossed on the issue of influence of the media on children and teenagers for many decades. Exposure to media is inescapable. It is part of enculturation, of learning, and a part of society. Media provide the main vehicle for education and information sharing and for almost all forms of entertainment. Researcher has studied the possible impact on health, attitudes, beliefs, and behaviours of children and teenagers emanating from watching television.

The significance of the present study lies in understanding the impact of television viewing on children and teenagers which is also the crux of the study.

Effective tool have been used in the study survey to deal with the objectives and the hypotheses in terms of six demographic variables- Area, Gender, Age, Marital status, Economic status, Literacy level, the results of which have been described in subsequent paragraphs.

Objective 1: To know the reach and extent of exposure of children and teenagers to various modes of mass communications.

Mass media refers to communication devices, which can be used to communicate and interact with a large number of audiences in different languages. Be it the pictorial messages of the early ages, or the high-technology media that are available today, one thing that we all agree upon, is that mass media are an inseparable part of our lives. Entertainment and media always go hand in hand, but in
addition to the entertainment, mass media also remain to be an effective medium for communication, dissemination of information, advertising, marketing, and in general, for expressing and sharing views, opinions, and ideas. Mass media is a double-edged sword which means that there are positive as well as negative ramifications of it. These include Print Media, Electronic Media, and New Age Media.

The media when it first made an impact on the world was a tool used for two major causes - advertising and broadcasting news. Entertainment slowly followed in pursuit, because entrepreneurs saw it as a way to pull in the masses using the same technique media had when it came to news and advertising. There was a time when the radio was solely one's source of fun and amusement, with talk shows and music making it first out into the world as the primary go-to medium but now listening radio among most of the children is least preferred. 7.75% children and teenagers from Patiala and 7.75% from Rajpura respectively are glued to their television sets day in and day out and maximum of them 26.12% from Patiala and 28.62% from Rajpura among children and teenagers and 23.5% from Patiala and 31% from Rajpura according to the parents of 4-7 years prefer to watch entertainment based programmes among children and teenagers. Secondly internet is playing a major role in the life of children and teenagers as 19.37% children and teenagers in both areas love to spend most of their leisure time in playing or surfing on internet. Moreover, internet has become the most widely used technologies in this era.

**Objective 2: To understand the comparative influence of dd and other satellite channels on the health and behaviour of children and teenagers.**

Today one or the other set of television is almost in every home and is getting telecast by DTH and Cable. We are living in an era where newspaper, TV, Radio, Music, Movies, magazines and books can all be found on the internet or otherwise. However, television continues to be an original source of edutainment, entertainment and information. It was seen that 31.62% from Patiala and 33.25% from Rajpura have DTH connection among children and teenagers. Among parents 29.4% from Patiala and 34% from Rajpura have DTH connection. These days more and more people are opting for DTH services as compared to cable.

Albert Bandura's social learning theory was based on the fact that children could easily learn and model their behavior to what they have observed in film or television. He claimed that children who have watched programming filled with violent actions
have a tendency to imitate those actions. Laboratory experiments have also demonstrated that soon after watching violent programming children are more likely to show an increase in their own levels of aggression.

**Children were mostly affected by the following:**
- Context and messages of violent movies
- System of punishment seen in these movies
- Reinforcement of the filmed aggressor
- The presence of an adult in the viewing context
- Real life situations

So while dealing with the objective study revealed following influence on health and behaviour:

**Aggressiveness:** In case of behavioural influence it was also observed among children and teenagers that children from Rajpura feel more aggressive than as compared to children of Patiala. Girls are psychologically stronger than boys in adapting negative emotions like aggression. As their age increases their aggression also increases irrespective of their family status. Rather according to parents in age group of 4-7 years there is no such big issue of aggression among children. Nuclear family generally holds the view of aggression more firmly among their children as they have observed more as compared to joint families.

It was seen that television does contribute to aggressive behavior among children and teenagers and especially in nuclear family. However, we must also keep in mind one very important fact: television is just one of many potential causes of aggression. There are several other factors that can affect kids, including age, sex, family practices, and the way violence is presented.

**Illness:**

**Patiala males:** Boys of any age group living in joint families fall ill very really as compared to girls even after viewing TV for > 3 hours. But they are plumier than children living nuclear families. Small children feel more pain after watching television for more than 3 hours than bigger children. More small Children living in nuclear families watch for > 3 hours than joint family children. Overall we can say that health is more affected in smaller children than in bigger children.
**Patiala girls:** As the age of children increases, their immune system also increases. Due to this, smaller Patiala girls fall ill more than young girls. Weight usually increases for all girls who watch television > 3 yrs per day. This trend is more in girls living in joint families than girls living in nuclear families except for the age group of 16-19 yrs.

It is also found that girls living in joint families watch more television than males living in joint families in Patiala.

**Rajpura Males:** In Rajpura, smaller boys who are living in joint families watch more television than boys living in nuclear families. The case is reverse in bigger boys. Chances of weight gain are very high for boys watching TV > 3 hours. Immune system increases as the age increases but pain gets stronger in smaller kids and in young group of boys. Middle teenager boys are healthier than other age group boys.

**Rajpura girls:** Rajpura girls of any age group living in joint family watch more TV than girls living in nuclear families. Probability of gaining weight or feeling pain is more than falling ill in such cases. Smaller girls are less healthy than bigger ones and this is true for girls living in joint families also.

**Unhealthy Eating habits:** Another concern related to health is, junk food eating habit which is also common among all the age groups and in both cities of any gender do feel eating junk food excessively while watching television. Their appetite is increasing as their age increases. But this pattern is closer to nuclear family children than among joint families children.

**Objective 3:** To study the role of different categories of parents in respect of growth and development of children and teenagers vis-a-vis their exposure to television.

In the development stage children face two major problems—relating to eating and learning. In development stage, children pose two major problems—one relates to eating and other to learning. Some children don’t match well in terms of quality and quantity. Eating is very important for physical and mental growth but right food, of right quality, in right quantity and at right time is a perpetual problem. Second aspect is learning. Every child is unique, and each one is good in one thing or other and no child is beyond hope. Some children may be action oriented. They cannot sit long. Likewise every child has different attitudes and behaviour. What make the child to stand out instead of stand back are self confidence; self esteem and initiative. Mere
knowledge and intelligence without those traits make the child diffident and insignificant.

Parents need to focus on the role television plays in the lives of their children. Television’s availability, variety and ease of access make it unique. It can serve as a source of information, education, entertainment or escape. Television can function as a baby sitter, helping out lonely and isolated youngsters. Today’s children spend most of the time in watching television and surfing net. They generally need to learn:

- How to differentiate fact from fantasy, dreams from reality, docudramas from history, television is not real.
- There are certainly better ways to deal with people and solve problems than those presented on television.
- Parents generally play a major role for what their child should watch and what not
- Staying involved and being aware; by monitoring viewing patterns and knowing which shows children like and why.
- Get to know which programs are upsetting to your child or are not appropriate
- Watching television with child is the major part parents can create their own involvement with them.

So, while dealing with the objective the study revealed that among 7-19 years television viewership for two cities is approximately same and children prefer to watch television for one to two hours only. Among female children they watch television for maximum two hours only but male children watch for more than two hours. As the children age increases, their viewership for more than three hours also increases. Among joint families television is watched more as compared to nuclear families. So the impact of television is more on children and teenagers of joint families as compared to nuclear families.

Among 4-7 years, it was seen that maximum parents spend less than one hour with their child in watching television along with them. The trend is seen in all variables that from one to three hours they prefer to watch television with their child. But generally it is seen that maximum parents watch less than one hour. It may be due to the fact that life is becoming busier especially nuclear families and parents getting over involved in their own jobs. As compared according to the parents of 4-7 years duration of television watched by their child is generally in all categories is 1-2 hours.
As the literacy level of parents increases the same pattern is followed by the parents who think their child spends less time with television. The same is true with any profession, family structure and economic status. It may be due to the fact that this age group love to play with friends and siblings and is more interested in toys and adventures.

Television is a force that we cannot afford to ignore today, more so in the days to come. It is only by working together that we can moderate its influence and change its course in a more positive and healthy direction.

**Objective 4: To understand correlation between genders, occupation, economic status and family patterns as a consequence of television viewing habit of children and teenagers.**

Television is the most widespread communication system which to modern society is exposed: its main function is to entertain and inform. It was seen that with every variable there is a relationship among themselves in regard to television viewing habits among children and teenagers.

To understand the

1. Relationship between child gender & family pattern of children and teenagers:
   - Out of 800 children, 411 are boys & rest are girls.
   - Out of 800 children, 462 live in nuclear and rest of 338 live in joint families.
   - Out of 411 boys, 243 live in nuclear families and 168 live in joint families.
   - Out of 389 girls, 219 live in nuclear and rest of 170 in joint families.

2. Relationship between child gender and family pattern etc of children of 4-7 age group:
   - Out of 200 children, 160 are males and 40 are females only
   - Maximum parents are happily married
   - Parents generally possess graduate or higher qualifications.
   - It is seen that business persons normally prefer to live in joint families.
- Single parent (divorcee or widower) mostly live in joint family and are earning members of society.
- Divorcee cases are minimum with parents having girl child.
- 3% children have parents who are just up to 8th class and earning between 2 lakhs to 5 lakhs per annum.
- 3% children have parents who are just up to 12th class, living in nuclear family are earning between 2 lakhs to 5 lakhs per annum.
- 6% children have parents who are 12th pass, lives in joint family, and are earning between 1.5 lakhs to 5 lakhs per annum.
- 22.5% children have parents who are graduates, living in nuclear family, are earning between 1.5 lakhs to 11 lakhs per annum.
- 18% children have parents who are graduates, living in joint family, are earning between 1.2 lakhs to 12 lakhs per annum.
- 17.5% children have parents who are postgraduates, living in joint family, are earning between 1.2 lakhs to 11 lakhs per annum.
- 27.5% children have parents who are postgraduates, living in nuclear family, are earning between 1.5 lakhs to 10 lakhs per annum.
- Diploma holder parents earn living in either joint or nuclear family, are earning between 2 lakhs to 5 lakhs annually only.
- 33.3% post graduate parents earn more than 5 lakhs per year.
- 18.5% graduate parents earn >= 5 lakhs per year.
- Only 5.5% children have parents who are just 12th pass and are earning more than 5 lakhs per year.
- This means that as qualification increases, income also increases.
- There were no case of divorcee or widower in the families who are less qualified i.e. not even graduates.
- Divorcee graduate parents have an income between 1.2 lakhs to 2 lakhs while widowers have income between 2 to 3.5 lakhs only per year.
Objective 5: To trace various types of efforts and regulation focusing on educational programming, media literacy based on content rating.

Although children are classified as passionate viewers, this isn't completely true. For children, TV is just one of many other activities which are why, in the beginning; children only glance at the TV content. Later on, when they start understanding it, their attention grows. Not every type of content occupies their attention with the same intensity. Some of the most attractive TV content for children is informative, signalling content that children are likely to find relevant or entertaining. Educational television programs are those designed around a curriculum with a specific goal to communicate academic or social skills, teach their intended lessons. While Media literacy is the process of accessing, analyzing, evaluating and creating messages in a wide variety of forms. It uses an inquiry-based instructional model that encourages people to ask questions about what they watch, see and read. Media literacy education is one means of developing media literacy. So while dealing with the objective, the study revealed that 51% total respondents in both areas according to children and teenagers believe that television is a better medium of gaining knowledge. 53.5% respondents from Patiala and 48.75% from Rajpura treat television as a better medium of education. It is also seen that in nuclear families in both areas maximum respondents consider television as a better medium of gaining knowledge as compared to joint families. In case of gender also the males prefer television as a better medium of gaining knowledge as compared to females. To elaborate it further, it may be understood that nuclear families prefer television as a better medium for media literacy and educational programming. It is also seen that parents also watch television along with children to keep an eye on their choice of program and satisfy their queries related to content. 05% parents are seen who show no such efforts in controlling viewership of television among children and teenagers so it is seen that maximum children among them fall ill and are gaining weight. Besides television is considered as a source of education and effective way of reaching large number of audience especially children and teenagers as its audio visual proness creates interest among them and increase their learning.
Objective 6: To locate role and responsibilities of various categories of health professionals in taking care of holistic health of children and teenagers.

The role of health professionals is relatively a new cultural influence on their young patients especially, children and teenagers, to educate parents and advocate for improved healthier media. Physicians who treat children or adolescents take a media history especially when seeing patients with a history of aggressive behaviour or school difficulties.

So while dealing with the objectives of the study, it was revealed that patients among children and teenagers generally approach psychiatric, physicians and other health professionals related to the aggressive and destructive behaviour, decreased concentration and health related issues like weight gain, disturbed sleeping pattern, pain, eating disorders Health professionals when consulted regarding the research study revealed that these queries are generally asked from the patient:

- How many hours a day do you watch television?
- How do you decide what shows and movies to watch?
- Where is the television?
- Are there any rules in house regarding television viewing (eg, no viewing until all homework is completed)?
- What are your favorite television programs?
- Are there rules regarding playing video games and for music videos?
- Who watches television with children?
- Do you surf the Internet

Another role and responsibility of health professionals is to educate parents by accomplishing using media education materials from a variety of organizations like:

- American Academy of Child and Adolescent Psychiatry
- American Academy of Pediatrics (AAP)
- Center for Media Education

In addition, health professionals can serve as role models by using television sets and DVD’s in their waiting rooms for educational programming only. Finally, physicians are important community resources for schools (media education programs), local television stations, and parents (Parent Teacher Associations).
Hypotheses

The study has been carried out keeping in mind certain hypotheses to provide a cushion as well as delimit its scope in terms of viability and reliability. The status of these hypotheses arrived at during the course of study is as follows:

1. **The various modes of mass communication have a definite effect on our children and teenagers as they are relatively widely exposed to mass communications, especially television.**

   This hypothesis holds true as according to the findings of the study, different modes of communication have a definite effect on our children and teenagers. As internet and television both play major roles in the life of children and teenagers. According to the findings of the study, television has been broadly perceived differently by different people. For some, it is entertainment, it generates awareness, invokes liking or in some cases simply gives information, for some it created behaviour change, stress and effect on mental health, for some it is best leisure time. Compared to other media i.e. radio, newspaper.

2. **Satellite channels, including d.t.h. services, are influencing the health and behaviour of children and teenagers more as compared to others means of mass communication.**

   This hypothesis does not hold true, as there is no doubt that television has an impact on all of us, especially on children and teenagers but impact of internet is more on health and behaviour of children as compared to television. In the beginning, there were only three principal broadcast networks; today, there are hundreds of channels available. Initially, television came to be accompanied with criticisms and concerns, especially because of its strong impact on children's development. Children absorb every type of media that comes within reach, from TV to computers, video games, print media, videotapes, music. It was found that 19.375% use internet out of 800 while 15.5% watch television and 3.875% like radio.

   The presence and intensity of media influences—television, radio, music, computers, films, videos, and the Internet—are increasingly recognized as an important part of the social ecology of children and teenagers, and these
influences have become more visible and volatile in recent decades and are influencing the health and behaviour of children and teenagers. It was seen that among those who watch television 41.1% falls ill, 29.03% complain about pain or discomfort, 45.1% behave aggressively and 38.7% feel lonely as compared those who are found of net surfing 33.5% fall ill, 53.5% are aggressive, 40% feel lonely and 21.9% complain about pain and discomfort. Similarly who are fond of radio 35.4% complain about pain and discomfort, 45.1% are aggressive, 58.0% fall ill.

So it is not only satellite channels which are influencing more on health and behaviour but also the other means of communication which are also affecting i.e. internet use. Children and teenagers are more exposed to internet usage and that influence more on health and behaviour of them as compared to television.

It was also seen that watching television make children health conscious generally to some extent as maximum parents feel that there is no such conscious awareness related to health very much among their children.

3. The growth and development of children and teenagers depends much upon their parents in respect of their television exposure time.

The hypothesis holds true as according to the findings of the study the impact of television on children can be controlled if programmes are watched in the presence of parents and there is adequate interaction and discussion. A co-viewing adult can make television viewing an active process and can facilitate learning from it. The findings indicated that parental education is a critical factor. In the households where parents had comparatively higher levels of education, the children spent more time watching television. Educated parents also had more interaction and discussion with their children about TV programmes. A positive image of television as a healthy source of entertainment and information prevailed among the parents, mainly due to a substantial amount of transmission time being allocated to programmes of educational significance. In every variable maximum viewership is between one to two hours. Most parents’s restricted viewing, but more to restrict viewing of certain programmes considered undesirable. It was seen that
maximum children in joint families watch television more as compared to nuclear families it may be due to more controlled viewership. In the economic structure, it was seen that viewership increases in number of hours it may be due to separate television set for every individual.

4. Variables like gender, occupation, economic status and family pattern have direct impact on t.v. viewing habits of children and teenagers.
   The hypothesis holds true as according to the findings it is revealed that Single parents children and teenagers watch more television, government/ private employees children also watch more television as compared to those who are not working especially among housewife mothers and in family pattern nuclear families children watch more television and maximum change is seen in behaviour and health among nuclear families children as compared to joint families. In economic status higher economic status viewership is more and impact on television viewing habits is more it may be due to the separate availability of television set.

5. Timely regulations, educational programming and media literacy are definite tools of modern times to fight the ill effects of t.v. viewing.
   The hypothesis hold true as according to the findings it is revealed that timely regulations of television viewership is related to the time parents regulate watching television among children and impact of educational programmes and television as a better medium of gaining knowledge. 26.25% children and teenagers prefer to watch educational programmes and consider television as a better medium of gaining knowledge. It is observed that timely regulation by the parents and children who watch television less than one or two hours are relatively getting less health and behaviour related problems.

6. Health professionals and health organizations have a definite role in taking care of holistic health of children and teenagers
   To test this hypothesis interview was used as a research technique to collect the data. Health professionals were approached so as to compare the result of surveyed data from children and teenagers and the patients who generally
approach doctors regarding health and behaviour issues related to exposure of different means of mass communication. The inferences therefore are as follows:

According to various health professionals children are exposed to various health as well as behaviour disorders due to excessive television viewing. Patients among children and teenagers approach them regarding these issues:

- Obesity
- Eye sight
- Loneliness
- Irregular sleep
- Pain or discomfort
- Behavioural problems
- Impaired academic performance
- Violence
- Less time for playing

According to the health professionals in various fields it is generally observed among patients that more Television a child watches, the greater his or her risk is of becoming overweight. Children also develop an appetite for junk food promoted in TV advertisement, as well as overeat while watching TV. It is also observed that the more TV children watch, the more likely they are to have trouble falling asleep or to have an irregular sleep schedule. Sleep loss, in turn, can lead to fatigue and increased snacking.

According to the psychiatrists it is observed that children less than the age of 8 years who spend more than two hours a day watching TV or using a computer are more likely to have emotional, social and attention problems. Exposure to video games is also linked with an increased risk of attention problems in children. Too much exposure to violence through media — especially on TV — can desensitize children to violence. As a result, children might learn to accept violent behaviour as a normal way to solve problems. Excessive screen time leaves less time for active, creative play among children and teenagers.

As a doctor they recommend that your child's total screen time might be greater than you realized. Start monitoring it and talk to your child about the importance of sitting less and moving more. Also, explain screen time rules — and the consequences
of breaking them. In the meantime, take simple steps to reduce screen time. For example:

- **Keep computers and television out of the bedroom.**
- **Don’t eat in front of the TV.**
- **Reduce background Television**
- **Set school day rules.**
- **Talk to your child's caregivers.**

Health professionals also feel at the age of 3-4 years child starts assuming fantasy as reality and excessive television watching leads to certain behaviour related issues among children which in future affect the child as well as family. We should not treat television as a baby sitter. There are many ways in which television can help child in forming his personality, awareness and knowledge. This only depends how we groom our child.

Generally in patients it is observed that children who watched more than two hours of television per day from age 2 until age 5 generally develop sleep, attention, and aggressive behaviour problems. There is also an impact on child social skills also as a result of watching excessive television.

It shows that results of the study on impact of television viewing on health and behaviour of children and teenagers matches with views of health professionals. As patients generally approach them with these kinds of health and behaviour related concerns as a result of exposure to different means of mass communication.

- **To sum up:**
  - 13% children watch TV for more than 3 hours.
  - 14% children parents along with their children watch TV for more than 3 hours.
  - 26.5% parents think that their child watches TV for more than 3 hours.
  - 14.5% children watch News Channels.
  - 22% children watch educational programs.
  - 54% children watch entertainment programs.
  - Only 9.5% watch other kinds of programs.
  - 35% children’s sexual curiosity is fulfilled by watching TV.
✓ Only 18% parents say that watching TV as medium of education is safe for children.
✓ 23% children like junk food during TV watching and out of them more than 51% fall ill. very frequently and make the immune system weak.
✓ 50% of children who watch TV for more than 3 hours feel lonely.
✓ Around 61% of children who watch TV for more than 3 hours have weak immune system.
✓ 50% children have disturbed sleeping pattern if they watch TV more than 3 hours.
✓ 77% children are more aggressive & destructive if they watch TV more than 3 hours and the pattern is more prominent for nuclear family children than for joint family children
✓ 65% children are more violent if they watch TV more than 3 hours and the pattern is more prominent for nuclear family children than for joint family children

**Demographic Reflection of Children View:**
The demographic survey was done under normal conditions. The following are the results for the survey:
1. In both the cities, there are equal numbers of boys and girls.
2. Children of Rajpura generally live in nuclear families while Patiala children are distributed in both types of families.

**Demographic Reflection of Parents View:**
The demographic survey was done under normal conditions. The following are the results for the survey:
3. In both the cities, boys are more in number than girls.
4. Parents of children of age group 4-7 are highly qualified, prefer jobs as profession and all are happily married.
5. Girl child parents are not divorced and most of them do jobs.
6. Working parents are approximately homogenously divided to live as nuclear or joint families.
7. Business families are very less and they prefer to live in joint families.
8. Single parents are earning and independent in living.
Impact of Television Viewing for more than Three Hours on Behaviour Aspect:

- Junk food is favourite for children of all age groups.
- Awareness, curiosity is increased while watching TV.
- Sharing is done mostly with friends but small children do share it with their moms, also. Young boys share more with father than mother.

Repercussion on Physical Health

- Boys of both cities watch more TV than girls.
- It is also found that girls living in joint families watch more television than males living in joint families in Patiala.
- Physical health of boys of both cities is more deteriorating than girls who watch TV for more than 3 hours.
- Immune system of children living in joint families is better than children living in nuclear families in spite of watching television for >3 hours.
- Weight gain is generally there for all children who watch TV for more than 3 hours.
- Children feel pain after watching TV for >3 hours. The intensity varies with respect to area and gender.
- It was seen that 68.75% Junk food is liked by all children generally. Out of them 69.42% fall ill frequently as compared to 23.14% who do not like junk food.

Effects on Mental Health:

- Boys of both cities watch more TV than girls.
- It is also found that girls living in joint families watch more television than males living in joint families in Patiala.
- TV viewing affects children on aggressiveness and destructive parameters.
- Social status is very important for today’s children specially living in joint family.
- Children feel more comfortable in getting information from their elders although now they also consult TV information.
- Sleeping pattern also gets disturbed when you watch TV for more
than 3 hours and it is more for joint families. (54% for TV > 3; 34% for TV 1-2 hours; 37% for TV 2-3 hours)

- While watching TV for more than 3 hours, it becomes mandatory than some of the attributes for mental health gets affected.

**Impact on Stress:**

- 13% children watch television for more than 3 hours
- Out of them 76.9% feel lonely. It is also found that loneliness is more for children living in nuclear families than in joint (12 & 8 out of 20 children)
- 88.46% children’s study pattern gets disturbed
- 61.5% says that their concentration (paying attention) gets disturbed mostly nuclear family kids complaint it more
- 88.46% are effected by advertisement
- Extra curricular activities are more effected than outdoor activities when children watch television >3 & this trend is more in nuclear families than joint ones

**Views of Health Professionals on Impact of Television Viewing:**

Children who watched more than two hours of television per day from age 2 until age 5 generally develop sleep, attention, and aggressive behavior problems. It is not in this particular age group but in every age excessive television watching leads to health and behavior related problems. There is also an impact on child social skills also as a result of watching excessive television.

Problems among children and teenagers include

- ✓ Obesity
- ✓ Eye sight
- ✓ Irregular sleep
- ✓ Dental problems
- ✓ Behavioral problems
Impaired academic performance
Violence
Less time for play

Health professionals generally suggest parents that:

- Children should be encouraged to criticize and analyze what they see in the media. Families should be encouraged to explore media together and discuss their educational value. Parents can help children differentiate between fantasy and reality, particularly when it comes to sex, violence and advertising.
- Child should not be allowed to have a television, computer or video game equipment in his or her bedroom.
- Television watching should be limited to less than 1 hour to 2 hour per day. Parents may want to consider more active and creative ways to spend time together.
- Parents should explain why some programs are not suitable and praise children for making good and appropriate choices.

The present study has been prosecuted in a well planned, meticulously executed as per scientific method, duly supported by near accurate data collated and collected through multidimensional approach based on survey of television viewing habits of children and teenagers of two cities namely Patiala and Rajpura. Various aspects and effects (good and bad) have been analysed of television viewing on the target group in joint families and nuclear families. Results achieved support the hypotheses to a large extent. Though, every study, no matter how well it is concluded, has some limitations. In fact, no study can be complete in absoluteness as there remain certain areas that are yet to be explored. Besides since the present study also dealt with children of different age groups, the responses/ opinions/ views may vary for they are not as accurate as lab experiments. Moreover, such respondents are not so much enlightened with all the aspects and this become a challenge for the researcher to understand, appreciate, interpret and analyse their opinions. The present study does contain references from previous works in the similar field. However, the researcher is sanguine that future research scholars have a lot of scope to explore in the genre and arrive at new logical conclusions.