

# Essay On Violence On TV

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## Introduction

Television has long been a popular form of entertainment for people of all ages. However, over the years, concerns have been raised about the amount of violence that is portrayed on TV. Research has shown that violence on TV is a prevalent issue, with many programs, including both fictional and non-fictional content, containing scenes of violence. Studies have found that children and adolescents are particularly vulnerable to the effects of violence on TV. Exposure to violence on TV has been linked to a range of negative outcomes, including aggression, desensitization to violence, and increased fear and anxiety.

## The Effects of Violence on TV

The effects of violence on TV have been a topic of concern for decades. While some argue that exposure to violent content can desensitize viewers to real-life violence, others argue that such content has no lasting impact on behaviour. However, research suggests that exposure to violent content on television can have negative effects on children and adults alike.

Numerous studies have indicated that exposure to violent content on TV can have negative effects on viewers, including desensitization to violence, aggressive behaviour, and increased fear and anxiety. Children who are exposed to violent programming are more likely to become desensitized to violence, which can lead to an increased tolerance for militancy and violent behaviour.

The effects of violent programming are not limited to children, however. Adults who regularly view violent content on TV may also experience increased hostility, anxiety, and fear. They have a higher risk of developing anxiety and post-traumatic stress disorder.

Violence on TV can have a range of negative effects on viewers of all ages. While it may not be possible to eliminate violent content from TV, parents, educators, and policymakers need to be aware of its potential impact and take steps to mitigate its effects. This may include limiting children's exposure to violent programming, providing education on the risks associated with violence on TV, and advocating for increased regulation of violent content in the media.

## The Role of Media in promoting violence

The role of media in promoting violence has been a topic of discussion and

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debate for many years. While it is true that media can play a positive role in promoting peace and understanding, it can also contribute to the normalization of violence and aggression.

One way in which the media promotes violence is through the portrayal of violence in news, sports, and entertainment. The news media often focuses on violent events, such as crime and conflict, which can create the impression that violence is a common occurrence. This can lead to a perception of a dangerous world and increase feelings of fear and anxiety among viewers.

In sports, violent behaviour is sometimes celebrated and even encouraged, with athletes being praised for their aggressive and combative behaviour. This can contribute to a culture of violence, where violence is seen as an acceptable way to solve problems.

In entertainment, violence is often depicted in movies, TV shows, and video games. While these media forms are fictional, they can still have an impact on viewers, especially young people who may be more susceptible to their influence. Constant exposure to violence can lead to desensitization and a perception that violence is a normal part of life.

The normalization of violence in media is another way in which the media can promote violence. When violence is constantly portrayed as an acceptable means of conflict resolution, it can contribute to a culture in which violence is normalized and even celebrated. This can have serious consequences, as it can lead to an increase in violent behaviour and a decrease in empathy and compassion.

## **Regulation of violence on TV**

The regulation of violence on TV varies by country and region. In the United States, the Federal Communications Commission (FCC) has rules regarding indecency and obscenity on broadcast television and radio. However, the FCC does not regulate violence on TV, as it is considered protected under the First Amendment.

Instead, the television industry has implemented self-regulatory measures through the use of content ratings and advisories. The TV Parental Guidelines, established in 1996, provide ratings for TV shows based on their level of violence, language, sexual content, and other factors. These ratings, such as TV-14 (suitable for viewers aged 14 and up) and TV-MA (mature audiences only), are meant to help parents make informed decisions about what their children watch.

One potential policy change is the implementation of stricter regulations on violence on TV, similar to those that exist for indecency and obscenity. This would require legislative action and would likely face opposition from free speech advocates. Another potential change is to reform the current self-regulatory system to make it more effective. This could include requiring mandatory content

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warnings for shows with a certain level of violence or establishing an independent body to oversee the rating system.

Implications of these changes would likely include a reduction in the amount of violent content on TV, potentially leading to a decrease in exposure to violence and its potential effects. However, such changes could also be seen as limiting artistic expression and freedom of speech and could face opposition from the television industry and viewers who enjoy violent content.

## **Alternative approaches to reducing violence on TV**

Alternative approaches to reducing violence on TV include:

One approach to reducing violence on TV is to use a rating system that informs viewers of the level of violence and other content in a program. For example, the TV Parental Guidelines system provides information on the age-appropriateness of TV programs and includes a content rating for violence. Another approach is to restrict the times at which violent programs can be aired. Many countries have laws or guidelines that prohibit or limit the airing of violent programming during certain hours, such as before 9 p.m.

Educational programs can be developed to inform viewers about the effects of media violence and how to reduce its impact. For example, media literacy programs can help children and adults become more critical consumers of media and learn how to recognize and avoid violent content. Media literacy programs are effective in reducing the impact of media violence on children and adolescents. These programs teach viewers to critically analyze media messages, recognize and challenge stereotypes, and understand how media influences attitudes and behaviours.

Parents and educators also have a significant role to play in reducing exposure to violence on TV. Parents can limit their children's exposure to violent programming by monitoring the shows their children watch and setting limits on screen time. They can also talk to their children about the harmful effects of violence on TV and help them develop critical thinking skills.

Educators can incorporate media literacy education into their curriculum to teach students how to critically analyze media messages and to recognize and avoid violent content. They can also guide parents on how to limit their children's exposure to violent programming and support their efforts to promote media literacy at home.

## **FAQ's**

### **What kind of TV shows contain violence?**

TV shows that contain violence can range from action movies, crime dramas, horror movies, and even cartoons.