

A Study on the Influence of Reality T.V Shows on Life Style and Academic Achievement of Adolescents

Dr.Noora Abdul Kader*

Ms. TabassumParveen**

Abstract

TV reality shows are a great influencing factor on our adolescents. Our younger generation are blindly behind certain reality shows in following the lifestyle, dressing style and even language of the artists in these shows. Besides these, adolescents are developing unhealthy competitions and falling in depression and certain severe psychological problems. The present study is intended to analyse the influence of Reality T.V shows on Life Style and Academic Achievement of Adolescents. 100 adolescent students were selected from two schools through simple random sampling technique for the purpose of the study. Reality T.V shows scale and Life Style Scale were the tools used for the data collection procedure. ANOVA and mean difference analysis were the statistical techniques used for the analysis. The results of the study revealed that Reality T.V shows have a significant effect on Life Style and Academic Achievement of Adolescents.

Key words: Reality T.V Shows, Life Style, Academic Achievement

Introduction

India is having a pluralistic nature with its diverse socio cultural regions, languages and dialects, multiple communities and life styles. We, Indians have our own insight towards all aspect of the society. Indians are not far behind the technological innovations. Most of the trends in the technology have been accepted by the Indian society and one among them is the influence of Television.

* **Assistant Professor, Department of Education, Aligarh Muslim University, Aligarh**

** **M.Ed Student, Department of Education, Aligarh Muslim University, Aligarh**

From the pre independence era to the present scenario, Indians witnessed many trending changes in the media and entertainment industry. A few notable changes were the beginning of press, radio, television, satellite television, online media etc. Some of the major turning points of this journey have been the beginning of press, radio, television, satellite television and now the internet. All these platforms have been creating, content for diverse India. Television is an important tool for most people, young or old, as today most information are delivered to the public via this technology. It can now be assessed easily via cables or satellite, which could provide viewers with every type of information that they need, either for work, leisure, interest, and so forth. And today's youth broadly relied on media for information, whether it is news about war or televised presidential debates or many other social or national issues.

Indians witnessed a drastic shift in the interest of adolescents related to the type of content they use watch on Television. From the purpose of getting information, it shifted to entertainment. Reality TV shows are understood to comprise television content which is unscripted, unrehearsed and is "real". Among reality TV shows game shows are the most popular sub-genre followed by chat shows. "Comedy Nights with Kapil" was found to be quite popular. After this was "SatyaMevJayate" hosted by Amir Khan. "Big Boss" and "KaunBanegaCrorepati"(KBC) were among the most popular game shows which the adolescents watch.

Reality shows are challenging for the adolescents and even help in giving them a platform to boost their inner talents. But on the other hand talents are on sale in our country now days. Talents of the children have become a matter of self-boasting for the parents. Students are compelled to take their part in the reality shows even if they don't want to. The investigator wants to focus on the other worst part related to the mental pressure and related psychological problems faced by students due to unhealthy competition. Let us have a discussion on the major impact of reality shows on adolescents.

Psychological Impact

Sensational issues being played through reality shows in the television include competition, flirtation, jealousy, intoxication, sex appeal, impulsivity. In a few shows nudity, physical relationships are staged without any restrictions. Love affairs and related emotional attachment are also exposed.

Cultural Hegemony

Youth of today are obsessed to know about which shampoo celebrities are using, how many babies they have, which perfume they are using, with whom they are dating, which car they have bought and many other things. As a result of exposure to many costly and branded products which are being used by our favorites celebs, they generally try to follow them. As a result of it our youth become very fashion conscious.

Cultural Materialism

A realistic literary work or text does not depict only culture but it also contributes in the creation of that culture. Reality TV shows like 'Savdhan India' 'Crime Patrol' and 'Emotional Atyachaar' not only depict culture or real life conditions but also contributed to the constitution of new cultural environment. After watching these shows adolescent girls also want to take loyalty test of their partners.

Reality TV shows break the monotony by creating interesting concepts and innovative ideas that made them stand out from the regular shows. With the world-wide small screen sector coming up with new concepts for reality TV shows, India too is in the race to project good and original concepts. Every day on television, some new reality shows are being introduced, enabling the viewers to choose from a large menu of many shows. With the advent of shows like Sa Re Ga Ma Pa, the music reality TV shows, India television industry saw a new wave generated in the genre of reality TV shows.

The influence of Reality TV shows has many out reaching impact like wearing more revealing clothes, going for cosmetic surgery as that's what the girls do in the shows. Reality TV shows have an adverse influence on the minds of the youth, as they project that it is fine to behaviours like being aggressive, using abusive language, jealousy and have provocation dressing. It can create disturbance in youth's life and make their life stressful.

Need and Significance of the Study

The present study has a significance and realistic value in the field of education. The main purpose behind conducting this study is to take holistic view of influence of reality TV shows on academic achievement and life style of adolescents. As it is seen that reality TV shows are most seen by the youth, and this have affected their life style to a great extent in terms of

clothing, use of intoxicants, use of abusive words and thinking it cool and symbol of maturity or it can be aspiring high and chasing their dreams at the cost of morality and values. .

The effect of reality TV shows is far reaching and prolong as this format of shows are specially designed for youth. This study examined systematically the influence if reality TV shows on adolescent students. It has important theoretical, experimental, and realistic value. Theoretically the proposed study enhances existing knowledge regarding what is reality TV show all about and its effect on adolescents. Experimentally, results from this study would be useful in future multi-site studies to assess the possible effect of reality TV shows.

Understanding the various factors related to reality TV shows may help to bring adolescents out from the world of fantasy which they have started taking as real. Understanding factors related to reality TV shows may also help to promote the mental health of adolescents and prepare them for the challenges of real life such as examination. Adolescents perform risky stunts without any precaution, use intoxicants and use vulgar words. Adolescents have become more conscious about their body image, and they idealise the body structure of actors and actresses, as a result they have to suffer in their later life. Adolescents watch reality TV shows thinking it to be real for many hours without caring about their health. Boys like reality shows having romance, adventure, and delinquency and girls like shows having romance, tragedies and family drama.

Reality TV Shows neglect the values and traditions and they depict a lot of shallow behaviours and they send a bad image of how a life can be. Youth get effected by the things shown in reality TV shows as they consider it as real. Adolescents imitate the new style of dress, hair style, love making techniques, use of intoxicants, and body image from reality TV shows. Researcher wants to study on values, their morality and effect on their academic achievement and life style.

Objectives of the Study

The study to be undertaken has the following objectives:

1. To study the effect of reality TV shows on life style among secondary school students.
2. To study the effect of reality TV shows on academic achievement of secondary school students.

3. To identify the significant difference in the mean score of reality TV shows between Boys and Girls of secondary schools.
4. To identify the significant difference in the men score of life style between Boys and Girls at secondary schools .

Hypotheses

Corresponding to the aims and objective of the proposed study work the following hypothesis have been formulated

1. There will be no significant effect of Reality TV shows on Life style of adolescents.
2. There will be no significant effect of Reality TV show on academic achievement of adolescents
3. There will be no significant difference in the mean score of Reality TV shows on adolescent boys and girls of secondary schools.
4. There will be no significant difference in the mean score of life style of adolescent boys and girls of secondary schools.

Methodology

In the present study survey method is used for collecting data from a pre-defined group of respondents, which covered secondary level students.

Sample

A total of 100 Secondary School Students (50 Girls and 50 Boys) of two schools of AMU, Aligarh are considered as sample. All the students were selected from government AMU Schools through simple random sampling technique.

Tools and Techniques used for the Study

- **Reality TV show scale RTSS** (Tiwari,2016)
- **Life style scale LSS** (Myers, Sweeney and Witmer,1996).

Statistical Techniques

- Mean Difference Analysis
- Analysis of variance(ANOVA)

Analysis and Interpretation

The data was analysed to see the influence of reality TV shows on life style and academic achievement of adolescents.

Objective No-1

To study the effect of Reality TV shows on life style among secondary school students.

Null Hypothesis.1

There will be no significant effect of Reality TV shows on life style among secondary school students.

Table 1

ANOVA Matrix of different variables of total sample

	Sum of Squares	df	Mean Square	F	Sig
Between Groups	366.309	2	183.154	8.751	.000
Within Groups	2030.201	97	20.930		
Total	2396.510	99			

Interpretation

ANOVA shows significant effect between Reality TV shows and Life Style Factors as the F value obtained is 8.751 which is found to be greater than the table value at both 0.01 and 0.05

level of significance. So, the null hypothesis is rejected and it can be said that reality TV shows have a significant effect on the life style of secondary school students.

Objective No.2

To study the effect of Reality TV Shows on academic achievement of secondary level students.

Null Hypothesis.2

There will be no significant effect of Reality TV Shows on academic achievement of secondary level students.

Table-2

ANOVA Matrix of different variables of total sample

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	2490.771	2	1245.385	8.110	.001
Within Groups	14895.989	97	153.567		
Total	17386.760	99			

Interpretation

ANOVA shows significant effect of Reality TV shows on academic achievement of secondary level students as the F value obtained is 8.110 which is founded to be greater than the table value at both 0.01 and 0.05 Level. In this case also null hypothesis is rejected and it can be concluded from the results that reality TV shows have significant impact on academic achievement.

Objective No.3

To identify the significant difference in the mean score of reality TV Shows between Boys and Girls secondary schools.

Hypothesis.3

There will be no significant difference in the mean scores of Reality TV Shows between Boys and Girls at secondary level.

Table 3

Result of test of significant difference between Mean scores of Reality TV Shows between boys and girls.

GROUP	N	MEAN	S.D	CALCULATED t-VALUE	TABULATED t-VALUE	L.O.S	H ₀ (A/R)
Girls	45	22.04	26.49	.179	1.98	0.05	A
Boys	55	22.22	16.05		2.62	0.01	A

Interpretation

It is depicted from the table-2 that the calculated value of “t” (.179) is lower than the tabulated value of “t” (1.98 & 2.62) at both the level of significance (0.05 & 0.01) respectively. So the null hypothesis is accepted and it shows that there is no significant difference between girls and boys at secondary level students in watching TV reality shows.

Objective No.4

To identify the significant difference in the mean score of life style between the girls and boys at secondary schools

Null Hypothesis.4

There will be no significant in the mean scores of Life Style between the girls and boys a secondary level students.

Table-4

Result of test of significance difference between mean scores of Life Style Factor of girls and boys at secondary level students

GROUP	N	MEAN	S.D	CALCULATED t-VALUE	TABULATED t-VALUE	L.O.S	H ₀ (A/R)
GIRLS	45	44.6	4.16	5.078	1.98	0.05	R
BOYS	55	49.09	4.8		2.62	0.01	R

Interpretation

It is depicted from table-3 that the calculated value of “t” (5.078) is more than the tabulated value of “t” (1.98 & 2.62) at both the level of significance (0.05 & 0.01) respectively. So the null hypothesis is rejected and shows that there is significant difference between the mean scores of Life Style among girls and boys. It further shows that boys are having more wellness life style than girls because the mean score of boys (49.09) is higher than the girls (44.6).

Conclusion

The results of the study clearly indicate that reality TV shows has significant effect on the wellness lifestyle and academic achievement of the adolescents. TV shows should be accepted and adopted in such a way to develop the talents of the students. Blindly following

the artists' language, dressing style and lifestyle will do nothing good for our younger generation. Further, it even effects the academic achievement of the learners. Core curriculum transacted in the schools is considered as the basis of the entire education system. So, achievements in these subjects are an essential part in the life of the adolescents for their higher education. Proper guidance should be given to the students in this regard. Proper parent- teacher interaction also should be encouraged followed by discussion in the concerned area.

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