

### Television addiction

Among American children, television ranks second as a consumer of hours. The average American, both child and adult, watches more than six hours T.V daily.

What effects does habitual viewing on children? Wilkins gives, as example, studies that have reported a relationship between watching and decreased learning, between violence on T.V and aggressive behavior. Wilkins approvingly refers to a famous psychologist who once said: "The danger of T.V lies not so much in the behaviour it produces but in the behaviour it prevents." Some examples: communication between parent and child, the capacity to entertain oneself, the ability to express ideas logically... T.V, suggests Wilkins, doesn't cut children from reality, it becomes their reality.

What are the signs of addiction? According to Wilkins, there are some key clues. Do the children come straight home from school and turn T.V on? Do they watch more than ten hours a week? For many parents, many of the same symptoms are true.

Earlier this year, Wilkins conducted an abstinence which lasted a week and it was with elementary school kids in Ridgewood. Several frustrated mothers furtively watched their favourite programs. In general, parents seemed to suffer from not watching T.V more actually than their children.

It was T.V critic Michael Arlen who said that television connects viewers to nothing except the idea of being connected to something. Wilkins' advice: to reconnect yourself to the world, disconnect the set.

**Questions:**

- 1) Tick the right answer:
  - a- Excessive TV viewing by adults.
  - b- Bad TV programs for children and adults.
  - c- Excessive TV viewing by children.
- 2) Fill in this chart with reference o the text. Mention two effects on children and one on adults.

Effects of habitual viewing	
On children	On adults
1..... ..... .....	1..... ..... .....
2..... ..... .....	

- 3) Tick the right box to indicate whether the following statements are true or false. Then, justify your answers with details from the text.

Statements	True	False	Justification
Wilkins' experience with families proved that children are more addicted to TV than adults.	<input type="checkbox"/>	<input type="checkbox"/>	..... ..... .....
According to Wilkins, excessive TV watching increases the aggressive behaviour among children.	<input type="checkbox"/>	<input type="checkbox"/>	..... ..... .....