TV takes over teens: Is reality TV affecting our mental health?

Mental and physical health is now becoming a serious, ongoing issue. More and more people are becoming aware of it. It is causing more and more people to become insecure, it has positive and negative effects on people. It affects young minds as it is proven many strive for what they do not have.

Miss Priestley thinks that young people spend more time watching reality shows than being active and socialising.

Reality TV can affect our body image by things such as people we see online who might look different to us. People may forget that many people they see online only show the happy side of life and do not express how they really feel.

The women looking for love on shows like Love Island - are very often wearing bikinis and tight dresses, showing off their trim, toned and tanned bodies. It would be hard to find anyone one these shows that are over size 8. A new study has found that 40% of 18 to 34-year-old female Love Island viewers feel more self-conscious about their bodies after watching, 30% of women have considered going on a diet as a direct result of the show, and one in 10 have thought about getting lip fillers.

One study by Steven Reiss entitled, "Why **People Watch Reality TV"** shows that many are status-motivated. What he means by this is that individuals have a desire to feel needed and self-important.

We have written this report so that we can make more people come to realisation of the effects of reality tv and that it is slowly deteriorating people and young minds.