

## **What Kind of Impact to Watching TV Series on the Lives of Teenagers?**

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### **Abstract**

Television and the internet have adversely impacted children's lives in many aspects. Most teenagers spend their time watching TV series using the internet and mobile phones. They are more influenced by TV series as they have easy access to the internet with the rapid development of innovations in technologies. This has enabled teenagers to download TV series free from the internet. Aggressive attitudes, values, and behaviour can be influenced by watching violent entertainment, particularly in teenagers. However, the impact of watching TV series on the lives of teenagers is not yet studied extensively in Sri Lanka. Considering the current gap of knowledge on the impact of watching TV series on the lives of teenagers within the country this study has been chosen to explore it through impacts. The study was focused to research the following four main impacts; Physical, Emotional, Cognitive & Behavioural impacts. This study was focused on the following research question as to the mainstay of the study "What kind of impact watching TV series have on the lives of teenagers". This study was carried out with the use of quantitative methods. This study was to gather information from teenagers individually to understand the shape of impacts. Questionnaire gave the teenagers of Dharmapala Vidyalaya Pannipitiya. Accordingly, 58% of respondents were affected by the behaviour impact. 30% of teenagers are diagnosed with Physical impact, 12% Emotional impact, and 11% cognitive impact. TV series may also affect self-development and self-esteem. The self-development is affected by the sleeping disorder because they might watch their favourite shows until late night and do not have enough sleep. TV series do affect the attitude of teenagers today as it enhances negative social development amongst teenagers, which may lead to aggressive or violent behaviour, and they tend to affect self-development and self-esteem.

**Keywords:** TV series, Teenagers, Impact, Internet, Television

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