

*Television has improved the quality of life for the ordinary person.*

*Do you agree or disagree?*

People hold varying opinions as to the impact which TV has played in the ordinary people's lives. Whereas some argue these effects have not been of benefit to people, it seems the profound effect of TV cannot be overlooked.

Admittedly, people spending too much time watching TV might subject to both poor physical and mental health. From the physical point of view, it promotes a sedentary lifestyle, which means less physical activity which proved to be a contributing factor in an abundance of health complications such as obesity and back pain, to name but a few, for TV might be considered the only viable option for the entertainment purposes. Besides, it has caused seclusion in both family and society. While enjoying this kind of entertainment, an individual would less likely place a premium on the social interactions and acknowledge the crucial effects it would bring for his mental well-being. In addition, too much TV can act as a deterrent against socializing with family and acquaintances, the positive effects of which has been long emphasized by many cognitive behavior experts. But with all that being said, hardly could we put the blame on TV as a tool unless we forgot the one's responsibility and attitude as the end user.

However, it is even more important to acclaim television for both informing and educating ordinary people. TV has been a chief reliable and economical source of news for the majority of people because it is cheap and ordinarily available in the even most remote places. By broadcasting the latest news, combined with the proper analyses, we have witnessed an unprecedented awareness about current affairs among the populace, which has led to countries enjoying more democratic communities. Moreover, TV channels which produce education materials have been of great help to the people trying to acquire knowledge in a wide variety of subjects. National Geographic or Nature channel, for example, has been airing plenty of programmes, whose purpose is promoting superior lifestyle among common people.

**I** conclusion, although television might negatively impact people's lives in some health-related areas, I am holding on to the view that its improvements have been positively bolder.