

Do you agree or disagree with the following statement? When people spend a lot of time watching sports on television or following their favorite team, ~~does it have~~ has negative effects on their lives.?

One of the amusing sides of the world of sport is that it can attract many people following all the sport events passionately. While some believe that this activity is not harming people's lives, I think that those who binge watch sport events put their lives in danger because it may lead to behavioral addiction, poor mental health and ~~losing~~ loss of life chances.

First of all, addiction is not only limited to using drugs. Behavioral addiction is also a common situation, where individuals tend to engage in some life-threatening activities like gambling. Engrossed in a team or a sports person, many may put a risky bet on a match. This activity becomes a routine in their lives, leaving ~~individuals themselves and their loved ones~~ under a lot of pressure to predict whether their team has any chance of winning. What is worse is that the moment they lose, is the moment they get emotional and make another bet immediately, which is called revenge betting. Gambling sparks a rewarding process in the mind of an addicted person, while at the same time they become caught in a vicious circle of betting and losing. Although winning a bet is not impossible, losing it is more probable because many of the bets are made as a result of an emotional reaction. Therefore, in a long run, people may lose all their savings. /wager

Moreover, not only does it hurt people financially, but also their mental health is adversely affected. Sports were made to prepare a basis for entertainment, however, they are becoming a real threat to some people's health. The more a person is a sport maniac, the more he/she is prone to depression or anger. Having no mental capacity for accepting a ~~lost~~ loss makes /turns individuals into irrational beings, where they are frustrated all the time. Swearing, throwing objects and rage ~~is~~ are common behaviors while they are watching the match. In case they lose, feeling disappointed is acceptable, while having a severe depression is not, provoking some medical interventions. As a consequence, this condition may affect their relationships with their families and friends in a way that they lose all their meaningful connections.

Finally, chances in life are not infinite. Humans are faced with the fact that there are always limited opportunities that they have to grasp. If a person is spending most of their time watching a sport event or their mind is filled with anything related to their favorite team, it can be assumed that the person does not ~~appreciating~~ appreciate the chances given in their life, as their energy is all directed toward unnecessary situations not the once-in-a-lifetime ~~occasions~~ opportunity. Many may lose an important job or study positions because they did not devote enough time to preparing for these situations and were all busy ~~with~~ watching ~~the a~~ gameplay or gambling on online platforms. As a result, after a while, by getting older, it becomes hard to find meaning in their lives, because they have spent their best years in vain.

To sum up, I strongly believe that watching too much sport events or following them ~~have~~ has damaging effects on one's life. I suggest that policy makers limit the access to gambling sites and establish strict laws preventing individuals from ~~getting~~ involving involved too much, because it can lead to money loss, endangers meaningful relationships and the lack of meaning in life.