

Do you agree or disagree?

When people spend a lot of time watching sports on television or following their team, does it have negative effects on their lives?

Watching sports on television has become one of the most common recreations for decades. This activity like the others has its own advantages and disadvantages. As a result, we cannot claim decisively that people should avoid it. In the following paragraphs, I will elaborate on my arguments.

To begin with, ~~many people their favorite team~~ holds a fascination for ~~many people their favorite team~~ and ~~they~~ want to support it during tournaments in the best way. In fact, some of them are extremely concerned about the winning and lose-loss of their team such that other people cannot understand them and their reason for this amount of excitement. According to psychological research, it has been revealed that supporting your team either in the stadium or on TV can exert influence over the psychological aspect of your life. For instance, it can reduce the rate of depression in fans.

However, this activity causes some problems in terms of finance, physical problems, and family. Medical research suggests that spending your time ~~on~~ supporting your team leads to an increase in the heart rate by up to 90 percent. As a result, this fluctuation in a-the heart-rate precipitates heart attack or sudden death, especially on scoring opportunities. Moreover, I guess many ardent fans face their acquaintances asking them “what do you get to see football?”. Excess of Interest in keeping track of your favorite team has some negative consequences such as arguments between family members and procrastinating other tasks.

To conclude, I opine that watching games on TV is a double-edged sword which if you allocate excessive time to it, its drawbacks will outweigh its benefits. To prevent its undesired results there are some

solutions. For instance, you can draw a list of games which you can solely watch ~~them~~ and try to not backtrack on it. Besides, ardent supporters, those who are at-risk patients of some diseases or get ebullient during the games, should learn how to control their emotions thorough training in schools and on television.