

Many parents are unhappy because of the increasing amount of violence in their children by computer games, TV programs, and other leisure activities.

What are the harmful effects of such violent programs on children?

What are the solutions to this problem?

Youth crime such as school shootings and school attacks, frequently happening in many parts of the world, raises questions about the association between media and violence among younger generations. As concerned parents seem about the adverse effects of violent media, viable solutions can be provided to alleviate these impacts and prevent any tragic incident.

A large number of studies have shown that repeated and prolonged exposure to violence in the media may place young viewers under the threat of developing psychic disorders. For example, watching violent scenes while playing games or watching television, young children are prone to suffering from unrealistic fear of becoming a victim of violence, which results in the development of other negative characteristics such as mistrust of others. According to research conducted in Tehran University, in 2015, being exposed to violent scenes containing person-to-person fights, bloody beatings, and implied death increases the likelihood of experiencing recurrent nightmares especially in under-tens. Moreover, as the media successfully manage to distort the reality, children who easily identify with fictional characters often tend to follow in their footsteps, visualizing themselves in the sensesscenes. Most depictions offered by the movies and games sanitize violence by making it appear less harmful; characters portrayed as knights in shining armors, sexual and physical assaults aesthetically shown to please their audience.

However, the solutions may lie in the word "restriction". To begin with, parents should contain their charges by monitoring and regulating their TV watching and playing games. They can actively interact with their children rather than leaving them in the hands of their virtual babysitters. The more quality time spent with parents, the less time being exposed by the media. Measures on the larger scale, however, may necessitate government or state involvement. Laws are required to restrict violence shown on TV or other forms of media especially those which target young children. Only a legal authority can put an end to the avarice of the media in portraying violence and ~~en~~force them to produce more family-like materials.

To conclude, although these days we witness a great deal of violence ~~depicted~~ in the media which can have harmful effects on children, parents and authorities can undertake/seize the initiative to reduce this potentially dangerous exposure.