

Adolescents and the Influence of Mass-Media Means (TV and Video) Aspects of Psycho-Social Psycho-diagnosis

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ABSTRACT

Most of the criteria of substance dependence can apply to people who watch a lot of TV and Internet addiction. Television and internet addiction have very similarly manifestations to drug addiction and there is no treatment only for technology. Intense Involvement with the Internet has all the characteristics of an addiction. The research studies TV, video and computer addiction and the way. The negative effects of viewing television and video affect especially comprehension. Sight, body posture and so on.

Introduction

Adolescence is "the age of crises" as J.J.Rousseau call it, but also called "a stormy revolution", „The second birth" (1973, p.194). Most part of the adolescents assumes risks but they need guiding and counselling to orient assuming behaviours of the risks to behave more constructively and less dangerously. The most sensitive in the development of behavioural issues are: drug use, alcohol abuse, pregnancy and sexually transmitted diseases, school failure and quitting school.

Both television and internet addiction have very similar manifestations to drug addiction. And there is no treatment. Intense envelopment with the Internet has all the characteristics of an addiction. The researchers who have studied this addiction were Michael Real and Raluca Ene. They emphasized the beneficial effects of video games which develop thinking, new skills and strategies, as well as special co-ordination and the co-ordination of hand movement and gaze.

The teenager "a maturing child or insufficiently matured young man"?

Adolescence meas the increase of intellectual development, a transition between childhood and adulthood.

Adolescence beginnings at puberty and ends at the age of 18 or 21 with late adolescence that extends well into what is now known as the period of young adulthood. "Adolescence" is a

cultural and social phenomenon and therefore its endpoints are not easily defined tied to physical milestones. The word derives from the Latin verb *adolescere* meaning "to grow up."

Adolescence is a period when abstract thinking appears, young people become more aware of their sexuality, develop a clearer sense of psychological identity, and increase their independence from parents.

Adolescence is a period of hypersensitivity during which there are many motivational and emotional conflicts. The sociological approach is that adolescence is a series of cultural and social integration of groups of teenagers having common preoccupations and specific cultures (the teenage subculture).

Adolescence is the „golden age“, „the dramatic age“, „of anxiety“, „the age of social integration“, „the age of dispute“, „ age of marginalization “and of subculture“. Etc. In Western culture, a distinct youth culture has developed. This culture is often considered, or in rebellion against the mainstream culture and is thus often referred to as a subculture.

These sub-cultures include teen "Goths", "punks", "rockers", "gangstas" and so forth. A new general term to describe normal modern teen behaviour has spread in Finland and already widely spread over Sweden and Estonia, the term *peppimism*.

The teenager is exuberant, able to control events in their mind through logical deductions of possibilities and consequences. He is gay, and euphoric, depressive gloomy, and melancholy. Sometimes egoism, abasement, humiliation, and bashfulness, vanity, and conceit are just as characteristic of this period of life.

Some psychologists suggest that there is a period in late adolescence that extends well into what is now known as the period of young adulthood.

The teenager is an inexperienced person half child half adult with almost life experience in contradiction to maturity as perceived by the teenager who is evidently unprepared to lead an independent life.

Adolescence is a transitional stage with uncertain boundaries. In other words, it is difficult to tell exactly at what ages adolescence begins or ends—its inception and termination is difficult to determine. Adolescence is "a stage in the life cycle between childhood and adult life.

Adolescence as a concept which appeared in literature in the 15th century. During the middle Ages children were treated as miniature adults. Children and adolescents were believed to entertain the same interests as adults and, since they were simply miniature adults, they were treated as such, with strict, harsh discipline.

Teenagers believe in extremes. Fanaticism or "my way is the only way". It is distinct from the idealism that is characteristic of adolescents; fanaticism precludes others' rights to disagree. You could go the other way, where you relinquish your right to an identity by fusing with a group, especially one keen to define who you are: such as religious cults, militaristic organizations, groups founded on hatred, groups that have divorced themselves from the painful demands of mainstream society. Teenagers are loyal to their community despite their imperfections, which come from having found a place where one is able to contribute.

Teenagers want to be free, not take part in the home and family events as hormonal changes of adolescence can lead to sudden mood changes. Rapidly changing bodies and new problems can also anxiety. According to a common stereotype, adolescence is full of discord, trouble with parents, and rebellion against family and parents.

Many adolescent behaviour patterns are aimed at enhancing sexual attractiveness and/or self-image or are a response to peer pressure. Some of these behaviour patterns are dangerous to health.

Adolescence is characterized by an increased need to regulate affect and behaviour in accordance with long-term goals and consequences, often at a distance from the adults who

The teenager is sensitive, having great ideals; he despises compromise, banality, and lies. He uses the amour of toughness, he is callous and stubborn.

Addiction or dependence

Addiction is a situation of dependence when life is highly subjective while the individual is focused on the repetition of behaviours to the detriment of affective or social detrimental investments.

Most drugs and behaviours that provide either pleasure or relief from pain pose a risk of dependency. Drugs can trigger a craving for more of the drug increased psychological tolerance to exposure, and withdrawal symptoms in the absence of the stimulus. The person must then continue to use the drug in order to feel normal, or its absence will bring about symptoms of withdrawal.

Psychological dependency appears when a drug has been used habitually and thus the mind has become emotionally reliant of its effects. The drug either elicits pleasure or relieves pain, and the individual does not feel capable of functioning and living without it. Its absence produces intense cravings, which are often brought on or magnified by stress. These symptoms can appear within a few hours, a few days or weeks. Behaviour addictions of drug are the drug addicts without a drug.

Most of the criteria of substance dependence can apply to people who watch a lot of TV and play too many video games.

The criteria are: watching TV lasts for a long time and lasting over 4 hours a day, leaving the TV on longer than one intend, unsuccessfully trying to reduce watching TV, giving up or withdrawing from an important family event or from an activity in order to watch TV. This term may be applied to all forms of excessive behaviour, as for instance drug, alcohol, narcotics caffeine, food, movement, gambling and TV addictions.

Television, the good fairy

Television has several effects upon mental activity; some effects are positive and related to learning performance.

American children spend more and more time watching TV compared to the other activities they do. At the age of 4 or 5 they spend 28 hours a week watching TV. Primary school children spend 25 hours a week watching TV, high school students spend about 28 hours a week watching TV while in many households the TV sets replace conversation. Prolonged TV programme viewing leads to: excessive stimulation of children, withdrawal, a passive attitude caused by attention and listening issues.

Every day effects on learning are the following: television manipulates the brain so that it should pay attention by means of hearing and sight. This affects the natural defence of the body. Television includes neutral passivity and devotion to one task only. Television may have a hypnotic and addictive effect on the brain chaining the frequency of electric cerebral impulses and thus blocking the mentally active process and changing its frequency.

TV viewing manipulates, by means of vivid colours, flashes and high volume separate.

The induction of alpha waves has a hypnotizing effect on the mind. Viewers often think what they see on television is real even though the programme includes quick camera switches, computer generated objects quick image movement, and computer generated features.

This means the impulses have no outlet. Excessive stimulation is generated leading to hyperactivity, frustration, irritability, emotional isolation especially in the case of young children.

Effects on TV viewing on children and the development of their senses

Students who get good marks watch less television or not at all. Students who watch television for more than two hours a day have understanding issues. Hearing, sight, radiation effects, artificial light, obesity, sleep deprivation affect reading skills, affecting creativity, imagination, and the image of reality, social development also affecting the perception of reality.

Watching T.V. can be very passive both physically and intellectually. When sitting in front the screen, what an individual does most is to watch and listen to what others have accomplished.

Humans are not designed to look at a flat screen for long periods of time. This is especially the case of children or infants whose vision is developing and we believe visual skills are being damaged while watching TV eyes are motionless and unfocussed in order to see the entire screen. Healthy eyes have to move in order to stay healthy. Sight matures after 12 years of age. Excessive screen-watching at an early age to be at fault for these problem Children need appropriate visual stimulation for sight to develop normally. Parents should limit TV and computer games, especially in children under six whose sight is still developing, though the effects occur in older children as well.

Excessive screen-watching at an early age might damage listening, it is not an active listening is a skill which must be practiced in order to develop, and children must process hearing stimuli to be able to make up their own mental image as a reaction to what they hear. In case the television set is permanently on, hearing gets tired by the background noise. During a walk or a trip to the countryside children discover unknown phenomena and real experiences. The image on the screen is not natural. The effects on health are the impact on movement co-ordination and balance. Children who consistently spend more than 4 hours per day watching TV are more likely to be overweight. Kids who view violent acts are more likely to show aggressive behaviour but also fear that the world is scary and that something bad will happen to them.

TV characters often depict risky behaviours, such as smoking and drinking, and also reinforce gender-role and racial stereotypes.

Radiations lead to a substantial decrease of the amount of X rays, obesity and cholesterol increase are also related to viewing TV when additional food, snacks, popcorn, sweets and cakes potato chips is the reason many children gain weight. Those children who watch T.V. at home crave for all kinds of snacks, and children who get stuck with T.V. tend to weigh more than those who don't watch T.V.

Children who consistently spend more than two hours in front of the TV screen and the computer monitor are deprived of sleep. Viewing too much TV could a drug which causes changes in behaviour and often leads to addiction.

Effects on cognitive and intellectual development

Television has a paralyzing effect on the child's brain, which does not develop properly as a result of excessive screen-watching at an early age.

During the early age when the brain is malleable and sensitive and excessive screen-watching prolongs the domination of the right lobe of the brain inducing a trance like state.

When screen-watching exceeds 20 hours a week the development of verbal and logical of the left brain lobe. The brain needs during this sensitive stage as from a linguistic point of view this is the stage when language is acquired.

The knowledge of vocabulary is not affected neither positively and nor negatively by television but verbal fluency creativity is lower when children watch the screen excessively.

Viewing the T.V program is not as engaging intellectually as reading a book or writing a diary by oneself. This is because these activities make a person creative and active and productive.

Watching the T.V program is preferred to reading books by the children who are fluent readers. Watching the T.V requires little concentration offering electronic images and thus entourage's passivity, while reading requires attention, thinking and visualization.

Researches on adult and child brain waves while they are watching T.V confirms that brain activity passes from beta waves, vivid and conscious attention to the emission of alpha waves within 30 seconds from turning on the T.V. set. When the brain is working, electrical activity is happening and this electrical activity actually comes up with what is known as brain wave

frequencies. The alpha brainwaves are not quite as fast as the beta waves, but they are still faster than the theta and delta waves. Alpha waves occur when a person is relaxed, but alert, having a frequency of 8–13 Hz. During this state, a person is awake but resting. During sleep alpha waves are replaced by beta waves.

The electrical responses of the brain are similar to the responses that appear when the eyes are opened. Boredom means the time needed to be creative and imaginative. A bored child watching T.V. has no more time to create and let his/her imagination fly, as he is bombarded with television images. This endangers the ability to create his/her own mental images. Effects upon social development regard the impossibility of television to replace interaction with real people or every day encounters with others. The child is unable to develop without interacting with the others and constructively solve personal issues. Life situations are simplified; good overcomes evil within about an hour.

Television is an educator and entertainer which helps pre-schoolers learn the alphabet on public television, pre-schoolers can learn about wildlife on nature shows, and parents can keep up with current events on the evening news.

TV addicts have a distorted vision of reality; linear reasoning and language functions such as grammar and vocabulary often are lateralized to the left hemisphere of the brain. The critical spirit which enables humans to formulate judgments, opinions and conclusions is activated when the mind is focused and alert, while Beta brainwaves occur when humans are teaching, solving problems, assessing situations, having conversations, or doing other processing activities. As soon as the television set is on the image on the screen is transmitted straight to the right hemisphere of the brain.

The passage from beta brainwaves to alpha brainwaves proves it. Alpha brain waves work to move you towards imagination, thinking that is intuitive, and deep relaxation. These brainwaves show that your mind is relaxed although still aware. When you relax and close your eyes these brainwaves are increased. They can help you to meditate, relax, and sleep and recovery from stress or emotional distress. This means that neither adults nor children get information at all, that is, information is received but cannot be evaluated critically. The delicate process which takes place in the child's brain and the child will not see and understand a cartoon as an adult. What grownups think is a funny story may be interpreted differently by a child.

The longer time teenagers spend watching TV, the slower the emission of brainwaves is. The left lobe is asleep as soon as watching TV begins. As soon as viewing has started, the left lobe is busy storing information. This learning is not a conscious one; it is similar to learning during sleep. Violent images suggest many doubtful moral values children might unconsciously store. Television might numb the brain. Watching television seems a harmless way to relax. Most of the viewer's think that television has absolutely no effect on how one thinks or on what one does.

Watching television turns off our analytical brain, that is, the left side of the brain. Thus we the viewer's uncritically, or illogically process the information offered on television. This activity is passive disfavoring the development of the left hemisphere of the brain in charge of linear reasoning, analytical, processes, and mediates between logical, deductive thinking. Linear reasoning functions of language such as grammar and word production are often lateralized to the left hemisphere of the brain.

Television preferentially cultivates the right hemisphere. Holistic reasoning functions of language such as intonation and emphasis are often lateralized to the right hemisphere of the brain. Television viewing damages self-esteem most of the programmes are depressing and only very few stimulates.

The Internet

William Gibson describes „a world“ of computers. Even if the space behind the screen may be made to access information stored to be able to send messages, to meet people all over the world, to take part in cultural events. This is clearly a figurative space depending on the way it was created. Thus one is able to understand William Gibson's statement that Gibson according to whom Cyberspace is the "space" behind your computer screens. The writer William Gibson, in his trilogy of novels about computer users in the near future who are able to leave their bodies and ride through cyberspace. Cyberspace in the Gibson novels was also populated by disembodied Artificial Intelligence systems, which had agendas of their own. Cyberspace is a metaphor because it identifies the region where electronic communication occurs as being a kind of space.

Mass-media communication means conveying information to qualified persons word wide Mass media is a part of media section of the media designed to reach a large audience. The term was coined in the 1920s with the advent of nationwide radio networks, newspapers. Television, radio, books, periodicals Mass media includes Internet media because individuals now have a means to exposure that is comparable in scale to that previously restricted to a select group of mass media producers. Marshall McLuhan had predicted that an interconnected net of telecommunication, an interconnection which is the electronically extension of the central nervous system. Marshall McLuhan, a Canadian Professor of English Literature, was one of the most significant media theorists analysed the effects of mass-media on the consciousness of people. According to Marshall McLuhan technology represents an important contribution to the development of culture, society and consciousness. Together with Vannevar Bush and Norbert Wiene Marshall McLuhan created the Internet.

Internet addiction disorder has not yet been added as an official diagnosis to the DSM. The following, however, is a set of criteria for Internet addiction that has been proposed by addiction researchers. The criteria are based on the diagnostic standards for pathological gambling.

Internet was termed Cyberspace, net, online, web, each with a certain meaning, part and impact. The causes of Internet Addiction Disorder. This disorder has a variety of causes that are still being studied by psychologists.

The causes of Internet Addiction are: The hunger for knowledge is so strong that they may not be able to stop themselves from doing Internet searches and reading informational articles, the Internet is an escape from reality when the user is depressed, pessimistic and hopeless. A lonely person will become addicted to the Internet because of an online activity that encourages another compulsive behaviour. Some people become addicted to Internet dating sites and chat lines due to loneliness and desperation to meet other people. And it is a manner to avoid feelings, thoughts, behaviours and decisions. Internet allows the user to hide behind the monitor and shop, make friends, play games, read newspapers, listen to music; he may live in a fancy world.

Anxiety and a social disorder could also cause an Internet addiction. The person seeks to escape from the real world, which she finds scary, to a fantasy world online where she can be more outgoing.

The signs of Internet Addiction are: loneliness, preoccupation with being online. Often the person will think a lot about his last session online wanting to repeat it, he feels bored, bad tempered, upset, grumpy, restless, moody, depressed or anxiety-ridden when he is unable to be. When online, or after an online session a person may feel a sense of manic depression, guilt, anxiety, or hopelessness. Since 1966 research has started about the teenagers who are under the influence of video games.

The Computer, video games and the Internet

While viewers are watching television, the right hemisphere is twice as active as the left, a neurological anomaly.

This deleterious frontal lobe effect appears to be the results of the camera-switching work in most videos and other programming. The technical problem with the filming technique is referred to as "rapidly changing scene of reference."

The hypnotic action of television pushes the brain into an electric alpha state and concomitantly undermines the cerebral beta brainwaves rhythm, with multiple and varying frequencies are often associated with active, busy or anxious thinking and active concentration. While viewers are watching television, the right hemisphere is twice as active as the left, a neurological anomaly. While watch TV the activity of brain switches from the left to the right hemisphere and the right hemisphere is twice as active as the left, a neurological anomaly. When the computer is used for in a thinking process the effort of the brain is greater than usual in order to overcome the hypnotic inertia induced by the images on the screen.

Viewing television generates alpha brain waves are a sign of relaxed activity in the brain. Alpha brainwaves are the dominant brain wave activity when the body and the mind are able to relax. In order to function properly the brain is requiring beta brain waves. Often associated with active, busy or anxious thinking and active concentration.

These commissures transfer information between the two hemispheres to coordinate localized functions. These two parts of the cerebrum, which is divided into two sides, the left and right hemispheres, separated by a deep groove down the centre from the back of the forehead. The screen opens the subconscious inscribing the images into the subconscious. The reading of a text on the screen is not the same as playing and forgetting about oneself. An electronic or computerized game played by manipulating images on a video display or television screen is very similar to TV viewing.

During video game the images, icons, pictures change quickly, the user's instincts and emotions are strong change and changing quickly. The user's thinking is restricted to the computer interpretation, which is operating at the same mental level and is strictly formal. The purpose of children' education is the slow development of logical and objective, creative and free thinking skills so the individual should be creative at adulthood.

Thinking should not be overloaded too early with rigid forms like the ones required by the computer which in turn require an enormous control. Video games appeal to strong feelings which trigger aggressiveness, violence and challenges. Video games require a small number of less ample, automatic movements and it can be said that Video games convert the user game into a robot's game. The skills the user acquires cannot be used in real life. The points the gamer has won depend on the reaction speed.

Only by means of logical thinking, one can achieve the specific targets, and grasp the nature of the provisions to acquire further understanding of the objective world.

Logical thinking is a slow process. The user must react without thinking; his reaction is automatic and reflex action, something that he does without thinking, as a reaction to a situation,

Children play video games more successfully and easier as their thinking and own conscience is not yet formed. Adults do not eliminate thinking so easily when they have to reflexive action. Dependence is a psychological and sometimes physical state characterized by convulsions which stop after drug use.

Tolerance is a physical form of dependence which unleashes when the human body gets used to the drug/medicine and needs an ever larger amount of drug with the same pharmaceutical effect. Drug dependence is a physical or psychological state in which a person displays withdrawal symptoms if drug use is stopped suddenly; this could lead to addiction.

Drug dependence is the repeated use to get into a certain state, sometimes drug overdose may appear.

Drug abuse can lead to drug dependence or addiction. People who use drugs as a pain relief may become dependent, although this is not common in those who do not have a history of

addiction. A person may have a physical dependence on a substance without having an addiction.

The signs of Internet addiction are: loneliness, concern with being online.

The person will often think a lot about his last session online wanting to repeat it, he feels bored, bad tempered, upset, grumpy, restless, moody and depressed. When online, or after an online session a person may feel a sense of manic depression, guilt, anxiety, or hopelessness.

Both the computer and the television stress the brain inhibiting the activity of the left hemisphere of the forefront cortex and weaken communication.

The corpus callosum links the two hemispheres. The corpus callosum is a large bundle of nerve fibres and other smaller commissures. The part of these commissures is transfer information between the two hemispheres to coordinate localized functions. These two parts of the cerebrum, which is divided into two sides, the left and right hemispheres, separated by a deep groove down the centre from the back of the forehead. These two halves are connected by long neuron branches called the corpus callosum.

The generation of the 60s is the first generation which grew up watching TV and thus differing from the generations before them.

The transformations which have taken place in the brain and the conscious horizon while watching TV are similar to the transformations induced by the drugs.

The years spent in front is a brain washing activity or "mind control" offers a whole generation the prerequisites for other experiences which other similar mental experiences.

Positive effects of video games

Douglas A. Gentile and J. Ronald Gentile (2005) emphasized that the violent video games become very useful, excellent teachers, if the principles of learning, knowledge and instruction because: the games have clear cut objectives, they have different levels and they may be adapted to the user's knowledge and ability. The games have clear objectives, often set at multiple difficulty levels, to adapt to the prior knowledge and skills of each learner and the pace of each learner (faster or slower, novice or expert). When the user masters, the knowledge and skills are practiced further to provide over learning. With over learning the knowledge and skills become automatized and consolidated in the mind of the learner, so that the learner can begin to focus consciously on comprehending or applying new information.

Positive effects of TV dependency

The people who are viewing TV programmes share common interests as they have different educational levels, intellectual orientations and tastes. This may mean addiction that children might be dependent on cartoons, women might be dependent on feature films or series, teenager boys might be dependent on sports and games, teenager girls might be dependent on fashion, while the older generation is dependent on musical and religious programmes.

This differential addiction may result in misunderstandings and conflicts as to what programme to watch and conflicts among viewers within the different categories of viewers. The conflict appears if the different categories of viewers watch the same programme but the content prevents them to view it together.

TV dependence overall or dependence on a specific programme influences the personal lifestyle. The dependent person avoids visiting and being visited by other people because of a certain TV programme.

Addiction determines time allocation, temporizing study, eating, movement and modifying the interaction social time. Addiction might gather and unite the family members dictating what, where and with whom to do an activity. A new issue is created by multiple channel television. The larger the number of channels, the more varied the programmes are. It is difficult to choose the channel. Addiction might appear as a result of viewing programmes broadcast in various languages. Language and the content of the programme become an important addictive factor.

Conclusions

Adolescence is a transitional stage with uncertain boundaries. TV dependency has positive effects as well. If all or most of gather around the television set and watch the programme. . The television set facilitates physical closeness as they watch the programme being "unity in silence ".Physical proximity and mental distance co-exist together within the family or together with friends and do not implicate themselves in "undesirable" activities. Viewing television generates alpha brain waves are a sign of relaxed activity in the human brain. Alpha brainwaves are the dominant brain wave activity when the body and mind are able to relax. If you have ever practiced Meditation, yoga, or even feeling relaxed means experiencing alpha brain waves while the brain is requiring beta brain waves often associated with active, busy or anxious thinking and active concentration.

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