



---

## **A study of the impact of reality shows on the psyche of the teenagers today**

**Anjali Anand • Anusha Raj • Ashalata  
• Subroto Guha**

Received : December 2010  
Accepted : February 2011  
Corresponding Author : Subroto Guha

**Abstract :** *The psyche of the teenagers today, to a great extent, is affected and shaped by the reality shows. Reality shows create a kind of an aura, and this in turn shapes the mind-set of the younger generation in terms of their thinking, dreams, personality and mindset. This study / research is an attempt to analyse these behavioural aspects of the younger generation today.*

**Keywords :-** Reality show, Impact, Psyche of teenagers.

---

### **Anjali Anand**

CEMS III year, Session: 2008-2011,  
Patna Women's College, Patna University, Patna,  
Bihar, India

### **Anusha Raj**

CEMS III year, Session: 2008-2011,  
Patna Women's College, Patna University, Patna,  
Bihar, India

### **Ashalata**

CEMS III year, Session: 2008-2011,  
Patna Women's College, Patna University, Patna,  
Bihar, India

### **Subroto Guha**

Assistant Professor, Department of CEMS,  
Patna Women's College, Bailey Road,  
Patna – 800 001, Bihar, India  
E-mail : subroto.guha@hotmail.com

### **Introduction :**

Electronic media has influenced the mindset of the masses, especially the younger generation more than anything else. The 24 hour broadcasting binds the audience to see, accept, imitate and interpret what is presented as a Reality. Electronic media is thus trying to show what can be sold. Real has become a selling tag now. Everything that is shown as reality is made up to be fool people. This study to assesses the reality of such shows (*Baruh, Lemi*).

### **Hypotheses of the Research :**

- Reality shows in the true sense affect the glamour segment within the mindset of the younger generation.
- The reality shows aired today promote indecent behavior, promiscuity, violence, greed and appalling moral values.
- The mindset of teenagers are now framed in such a way that even after knowing the fact that most of the reality shows are scripted, they are adopting the same behaviour which is being shown on television (*Aslama, Minna & Pantti, Mervi*)

## Objectives of the Research :

### This research seeks to determine:-

- The impact of reality shows on the psyche of teenagers.
- The involvement of teenagers in the reality shows as prospective participants.
- The teenagers today actually desire for reality shows in terms of electronic media entertainment.
- The influence of reality shows on a number of variables such as age, gender & ethnicity.

## Methodology of the Research :

- This research is based upon assumptions, questionnaires to check the authenticity of the assumptions, personal interviews, data collection, assimilation reading, analysis and drawing conclusion.
- The data collection was undertaken by using a research instrument i.e. structure schedule consisting of a variety of questions. These questions are used for interviewing teenagers, both boys and girls.

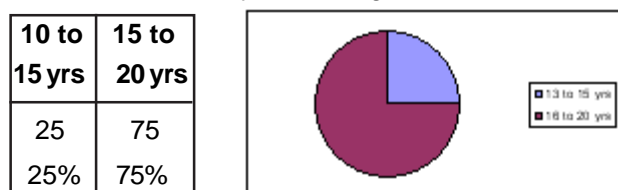
## Major findings of the Research :

- This section of our research depicts a major observation in the form of findings through which we can illustrate the major understanding concerning the entire research. We surveyed altogether 100 respondents.
- Based on the questionnaire we have arrived at various findings and conclusions.

### FINDING NO. # 2

#### AGE

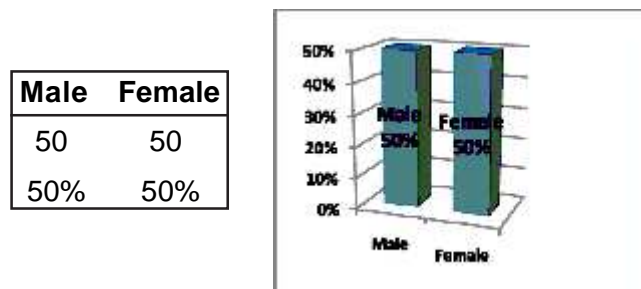
The second finding of our research concerns the age variables. Out of 100 respondents 25 respondents i.e. 25% are within the age limit 13-15 years. The rest 75 respondents i.e. 75% are between 16 to 20 years of age.



### FINDING NO. # 3

#### GENDER

The third finding of our research concerns gender. We had 50 respondents i.e. 50% male and the other 50 respondents female.

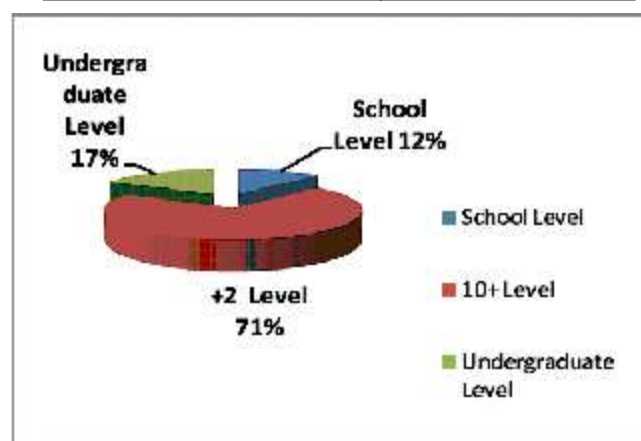


### FINDING NO. # 4

#### EDUCATIONAL PROFILE

The fourth finding of our research concerns the educational profile of the teenagers i.e. school level, +2 level and undergraduate level. 12 respondents i.e. 12% are studying in school, 71 respondents i.e. 71%, are +2 students and 17 respondents i.e. 17% are undergraduate students.

School Level	+2 Level	Undergraduate Level
12	71	17
12%	71%	17%

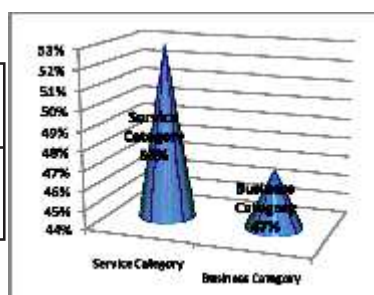


### FINDING NO. # 5

#### FAMILY OCCUPATIONAL PROFILE

The fifth finding of our research concerns family occupational profile of the teenagers. 53 respondents i.e. 53% belong to families that come under service category. The rest of the respondents i.e. 47% belong to families involved in business.

Service Category	Business Category
53	47
53%	47%

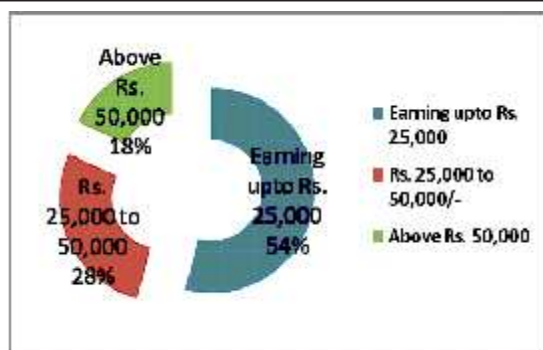


#### **FINDING NO. # 6**

#### **MONTHLY FAMILY EARNING PROFILE**

The sixth finding of our research concerns the monthly earning profile of the families. We found that 54 of our respondents i.e. 54% had monthly family income of Rs. 25,000/- and 28 respondents i.e. 28% have family earning between 25,000/- to 50,000/-, 18 respondents i.e. 18% had family with income above Rs. 50,000/-. Thus maximum of our respondents belonged to families with monthly earning up to Rs. 25,000.00.

Earning up to Rs.25,000/-	Rs. 25,000/- to 50,000/-	Above Rs. 50,000/-
54	28	18
54%	28%	18%

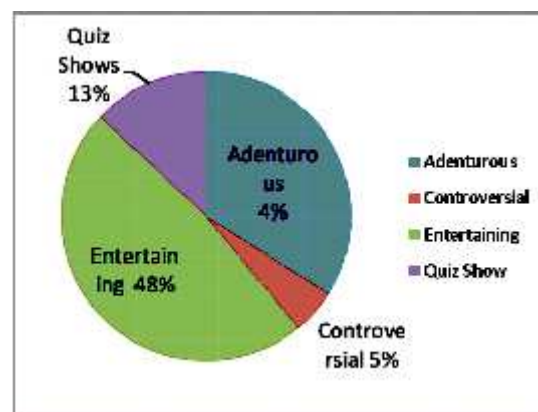


#### **FINDING NO. # 7**

#### **KIND OF REALITY SHOWS NORMALLY WATCHED**

The seventh finding of our research concerns the kind of reality shows normally watched by the teenagers. 34 respondents i.e. 34% said that they love to watch adventurous shows. 5 respondents i.e. 5% showed interest in controversial shows. 48 respondents i.e. 48% were interested in watching entertainment shows. The remaining 13 respondents i.e. 13% watched quiz shows. Thus the above finding concludes that majority of teenagers prefer to be entertained instead of watching something that would give them knowledge.

Adventurous	Controversial	Entertaining	Quiz Shows
34	5	48	13
34%	5%	48%	13%

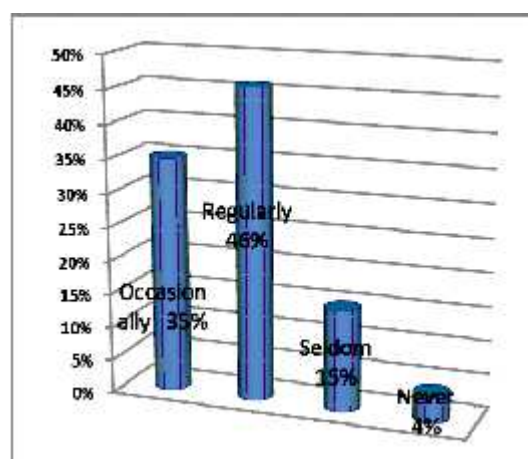


#### **FINDING NO. # 8**

#### **FREQUENCY OF WATCHING REALITY SHOWS**

The eighth finding of our research shows how frequently teenagers watch reality shows. 46 respondents i.e. 46% are regular viewers of Reality Shows, while 35 respondents i.e. 35% occasionally watch reality shows. 15 respondents i.e. 15% seldom watch reality shows. 4% never watch reality shows. Thus we conclude from this data that majority of the teenagers regularly watch reality shows which means that this activity has become a part of their daily routine.

Regularly	Occasionally	Seldom	Never
46	35	15	04
46%	35%	15%	4%

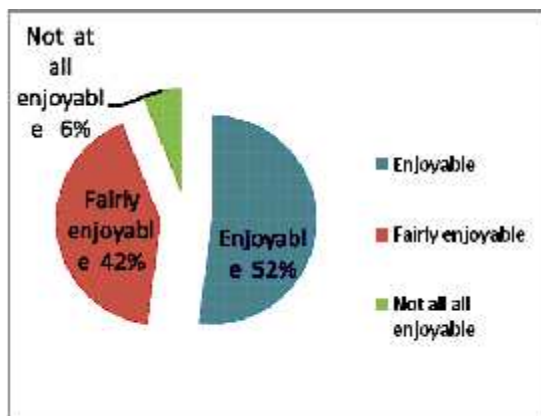


### **FINDING NO. # 9**

#### **EXTENT OF ENJOYMENT**

The ninth finding of our research concerns the extent of enjoyment they find in reality shows. It was found that 52 respondents i.e. 52% find that reality shows are very enjoyable. 42 respondents i.e. 42% feel that reality shows are fairly enjoyable while only 6 respondents i.e. 6% do not find reality shows enjoyable at all. Hence, we conclude that teenagers derive enjoyment from reality shows.

Enjoyable	Fairly enjoyable	Not at all enjoyable
52	42	06
52%	42%	6%

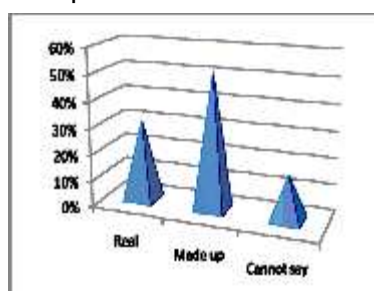


### **FINDING NO. # 10**

#### **REALITY SHOWS - REAL OR MADE UP**

The tenth finding of our research is about the reality of the reality shows. 31 respondents i.e. 31% said that reality shows are real while the majority i.e. 52% said that reality shows are made up. 17 respondents i.e. 17% had no idea whether reality shows are real or made up.

Real	Made up	Cannot Say
31	52	17
31%	52%	17%

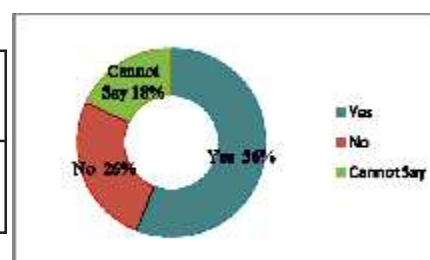


### **FINDING NO. # 11**

#### **IDEAL COMPOSITION OF JUDGES IN REALITY SHOWS**

The eleventh finding of our research is about the composition of judges in reality shows. 56 respondents i.e. 56% said that the composition of judges is ideal while 26 respondents i.e. 26% said that it is not so. 18 respondents i.e. 18% were not sure about it. Thus we conclude on the basis of the data that the composition of judges in reality shows is considered to be ideal by a majority of teenagers.

Yes	No	Cannot Say
56	26	18
56%	26%	18%

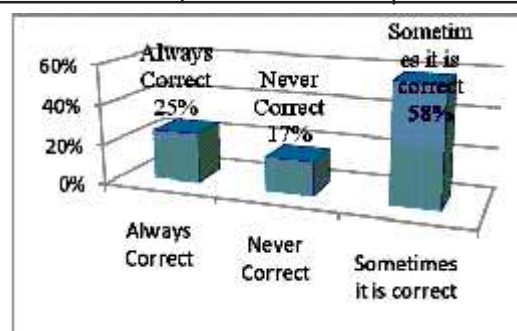


### **FINDING NO. # 12**

#### **JUDGMENTAL FOREFRONT**

The twelfth finding of our research is about the correctness of judgment in reality shows. 25 respondents i.e. 25% said that the judgment is impartial while 17 respondents i.e. 17% said that the judgment level is not correct. 58 respondents i.e. 58% said that it is sometimes correct. Thus, on the basis of the above finding we conclude that a major section of the teenagers believe that the judgment is sometimes correct.

Always correct	Never correct	Sometimes it is correct
25	17	58
25%	17%	58%

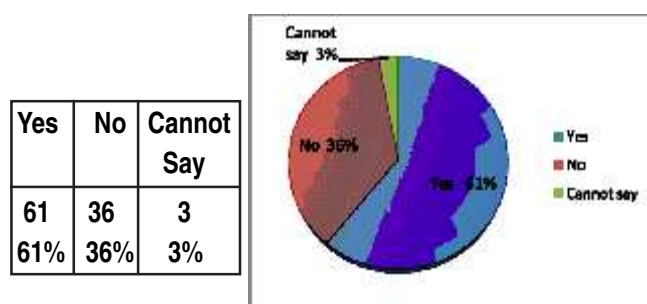




### **FINDING NO. # 13**

#### **INFLUENCE OF REALITY SHOWS ON BEHAVIOUR & STYLE**

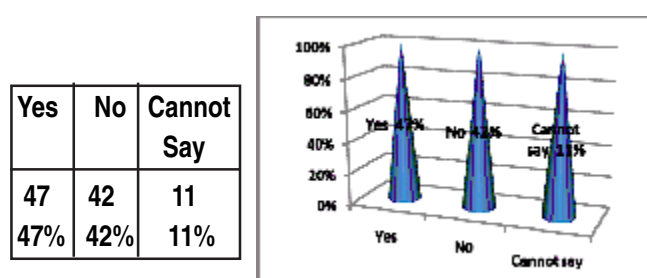
The thirteenth finding of our research concerns the effect/influence of reality shows on behaviour and style of the teenagers. 61 respondents i.e. 61% are affected by reality shows. 36 respondents i.e. 36% of the teenagers' behaviour and style is not affected by reality shows. 3 respondents i.e. 3% did not give their opinion on this matter. Hence, we conclude that teenagers are aware of the fact that they are adopting the content of the reality shows which has influenced their behavior and style.



### **FINDING NO. # 14**

#### **SKIPPING A SINGLE EPISODE**

The fourteenth finding of our research concerns the skipping of a single episode of the favourite reality show of the teenagers. 47 respondents i.e. 47% said that it does not bother them much if a single episode is missed out. While 42 respondents i.e. 42% cannot miss even a single episode of their favourite reality shows. 11 respondents i.e. 11% had no idea on this issue. Hence, we conclude that majority of the teenagers cannot miss even a single episode of their favourite reality shows.

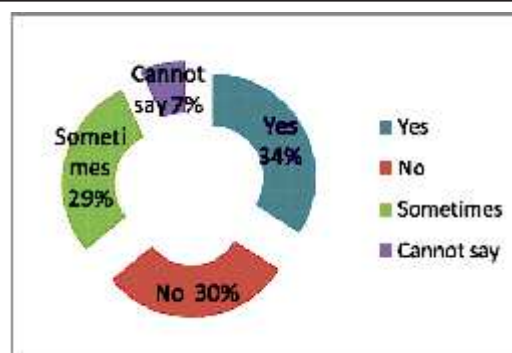


### **FINDING NO. # 15**

#### **STUDIES GET HAMPERED**

The fifteenth finding of our research concerns whether studies are hampered due to reality shows. 34 respondents i.e. 34% said that their studies get hampered because of reality shows. 30 respondents i.e. 30% said that reality shows do not affect their concentration on academics. 25 respondents i.e. 25 % claimed that their studies sometimes get hampered and only 7% of the respondents did not say anything about it. Thus, we conclude on the basis of the above data that the majority of the teenagers admit that their concentration on academics get hampered because they watch reality shows.

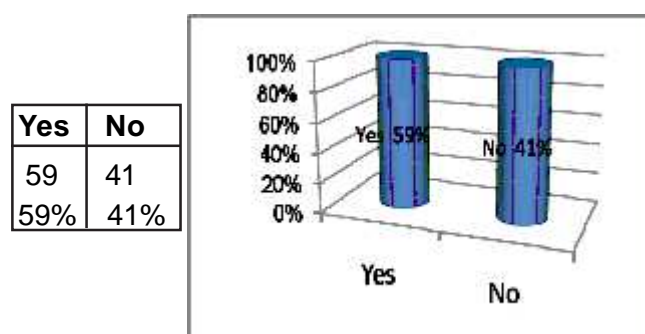
Yes	No	Sometimes	Cannot Say
34	30	29	07
34%	30%	29%	7%



### **FINDING NO. # 16**

#### **WANT TO BE A PART OF REALITY SHOW**

The sixteenth finding of our research concerns whether teenagers want to be a part of a reality show. 59 respondents i.e. 59% want to be a part of reality shows. 41 respondents i.e. 41% showed their unwillingness. Thus, we conclude that majority of the teenagers want to be a part of reality shows.

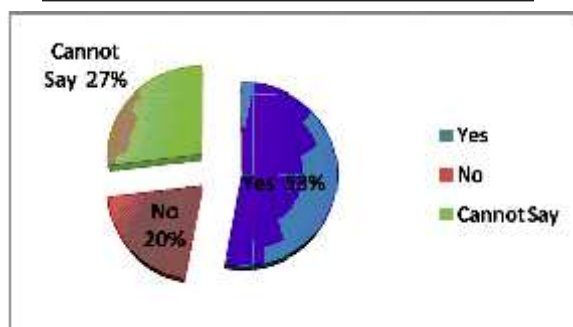


### **FINDING NO. # 17**

#### **FORMAT OF REALITY SHOWS BE RESTRUCTURED**

The eighteenth finding of our research concerns whether the format of reality shows be restructured or not. 53 respondents i.e. 53% claimed that the format of reality shows should be restructured while 20 respondents i.e. 20% are satisfied with the present format of reality shows. 27 respondents i.e. 27 % had no idea regarding this. Thus we conclude from the above finding that teenagers want that the format of reality shows should be restructured.

Yes	No	Cannot Say
53	20	27
53%	20%	27%



#### **Conclusion :**

The research project “A Study of the Impact of Reality Shows on the Psyche of the Teenagers Today” analysed the effect of reality shows on the psyche of our teenagers. We discovered how the behaviour of the teenagers is affected by these reality shows to a great extent because they are mesmerized by the themes and their presentation in the reality shows.

Focusing on the teenagers of our country, we found that the portrayal of details even though scripted sometimes made them remain glued to the TV screens.

The teenagers, today prefer to watch ideas and issues which concern them directly.

### **References :**

- Adam, D; (MAY 16 2002) “Reality TV show [“The Experiment”] recreates famed social stud”. [Zimbardo study] Nature 417 (6886): <http://www.loc.gov/catdir/toc/ecip069/2006007358.html> ; 3rd Nov, 2010.
- Aslama, Minna & Pantti, Mervi; (May 2006) “Talking Alone: Reality TV, Emotions and Authenticity”. European Journal of Cultural Studies, vol9, no. 2, pp. 167-184: <http://www.loc.gov/catdir/toc/ecip057/2005003589.html> ; 25th Oct, 2010.
- Baruh, Lemi; (June 2009) “Publicized intimacies on reality television: an analysis of voyeuristic content and its contribution to the appeal of reality programming”. Journal of Broadcasting & Electronic Media, pp.190 (21): <http://www.loc.gov/catdir/toc/ecip0617/2006022467.html> ; 25th Oct, 2010.
- Couldry, Nick; (2003) “Media Rituals: A Critical Approach”, Page no. 3, <http://www.loc.gov/catdir/toc/ecip0418/2004014142.html> ; 3rd Nov, 2010.
- Hill, Annette; (2000) “Reality TV: Audiences and Popular Factual Television”. <http://www.loc.gov/catdir/toc/ecip058/2005004592.html> ; 3rd Nov, 2010.
- Mascaro, Thomas A; (2004) “The Network Executive Did It: Law & Order Indicts Network Programming Practices for Ethical Lapses in Reality TV”. Journal of Popular Film and Television, vol. 31, no. 4, pp. 149-57: <http://www.loc.gov/catdir/toc/ecip0610/2006009149.html> ; 25th Oct, 2010.
- Rayne, Philip; Wall Peter & Krunger Stephen; (2004) “Media Studies: The Essential Resource” (Chap. 7 “Audience Participation and Reality TV”) : <http://www.loc.gov/catdir/toc/ecip046/2003015225.html> ; 30th Oct, 2010.