Now children do not behave as well as the children did in the past. Which one of the following measures do you think can help children (age 5~10) behave better?

A. Control the time they spend on TV or movie

B. Take more time to chat with children

C. Monitor the interaction between children and

their peers

Through years, the behavior of people toward each other has gradually changed. In this regard, the vast majority of people believe the way children behaved in the past is much more superior to that of now. Although there are several possible actions which can be taken toward improving children’s behavior, I personally believe controlling the time they spend watching TV or movie is the most helpful one. To support my claim, there are handful of reasons, two of which are going to be explored in the subsequent paragraphs.

One of the most significant reasons is that TV shows, nowadays, have too many inappropriate contents for children such as violence. Watching these kinds of programs where using guns and shooting at people are displayed as normal things, children might try to imitate what they see and repeat those actions. Consequently, they feel that they don’t need to listen to their parents and can disobey them as though the main characters in those programs would do. A recent research carried out on this subject confirms my viewpoint. Statistics show that the more children are exposed to violent contents on TV, the more likely they are to behave in a rude manner towards their parents, so it is suggested that parents control the extent of time their children watch TV and only allow them to watch morning programs or cartoons.

Another worthwhile reason to be mentioned is that, when children watch TV for most of their days, they are deprived of the chance to spend quality time with their family or peers, and it results in feeling lonely. From a psychological point of view, feeling lonely at the age of five to ten can give rise to early stages of depression, which in turn, brings about aggressive behaviors in children. Take my nephew as an example. He used to watch TV eight hours a day and wouldn’t even spend time with us in the family dinner parties. Every time we tried to talk to him, he would turn a blind eye to us and continue watching his favorite program. He even used to talk back to his parents in front of everyone. After a while, his parents were worried about his mental state because of lacking the ability to communicate with his classmates, mentioned by the school counselor. When they visited a psychologist, they found out that his bad behavior was a result of feeling loneliness caused by excessive watching TV.

To conclude, I believe that parents can help their children make improvements to their behavior by limiting the time they are allowed to watch TV or movie. That’s because these programs usually contain violence which adversely affect children’s behavior. Moreover, by excessive watching TV, children can become depressed, thereby acting aggressively towards their family.

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