



Editorial

The Impact of Media in Mental Health

Now a day, the usages of media including social networking websites are incredibly frequent for communication, amusement, business as well as obtaining information from other conventional sources of mass media like television (TV), newspaper, magazines, books, movies, radio etc. The people of Bangladesh, particularly the young generation, are also spending more and more time with media technology. Media have a strong effect on our viewpoint for creating attitude and values for our way of life, experience, devotion, respect, and affection. The reality of human lives in terms of their own experiences are commonly influenced by primary groups like family and friends, secondary groups like school, religious institutions as well as government and most importantly mass media¹. While the number and strength of the influence of primary and secondary sources decrease, the influence of media increases¹.

The research evidence has been accumulating that, exposure to violence in TV, movies, video games and on the internet increase the risk of violent behavior on the viewer's part². Exposure to media violence, through excessive violent video games or violent TV programs, has been certainly related to subsequent aggressive behavior, ideas, arousal and anger. Excessive exposure to violence through media negatively affected psychosocial adjustment and school performance of children³.

In the same way, the recent increase in the use of mobile phones, text messaging, e-mail, chat rooms as well as social media in early age of life have opened new venues for social interaction in which aggression can occur and young generation can be victimized². Some of the fears, tensions, bad dreams and tendencies toward the delinquencies of children are a result of frequent and regular exposure to TV serials filled with violence and torture and murder-mystery movies. Association between media watching and suicidal behavior has also been reported⁴. Moreover, there is evidence to suggest that, particular mode of reporting and portrayal of suicide in the mass media may result in increased rates of suicide in vulnerable people⁵.

Overall, time spent with media decreases the amount of time available for pursuing other more healthy activities such as sports, physical activity, community service, cultural pursuits, and family time. Children who spend more time with using media than their peers' experience, significant impairment is cropped up in a crucial skill in achieving academic success as well as psychological development⁶. So there is no longer debate about the impact of the media on thought, behavior and emotions of the general population. As the media shape our ideas and understanding of various issues and events, the responsible reporting as well as restricted use of media should be time-honored.

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