

# Family and School in Attenuating the Impact of Television Violence among Adolescents Behaviour

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**Abstract** – Sociological studies on the impact of television programs on people's lives have concluded that these programs exercise a significant influence on changing their ways of behaving towards others. But how TV violence influences on the audience of TV programs? F. S. Anderson in his 20-year study concluded that a large part of the alleged studies of links between television violence and aggressive behavior of persons who followed them. Another part had maintained that absolute conclusions doesn't exist, and another part was of the opinion that watching TV programs with violent episodes weaken aggressive behaviour. Other studies have brought different opinions and conclusions from these.

The aim of this study is to analyze the relationship between programs with episodes of violence that they watch on television, internet, in their daily activity, and aggressive behavior of young adolescents. Also, to analyze the impact of institutions such as family and school mitigate or promote the impact of these programs on aggressive or non-aggressive behavior of adolescents. In describing the study are used data from the thoughts and opinions of a significant number of adolescents and teachers obtained from interviews, conversations with them, and by the observation of their daily activity.

Family and schools play an important role in the lives of adolescents. But how these institutions affect their behavior? Results have shown that by involving young people in various activities, and making them feel part of a group can reduce the impact of television violence on them.

**Keywords** – Aggressive Behaviour, TV Violence, Family and School in Attenuating Aggressive Behaviour.

## I. INTRODUCTION

Violence is not something new to humankind, but it is becoming a major problem in today's society, especially among children, adolescents and youth. We live in a society where almost everything is influenced by the mass media. What we wear, what we eat, what we read, and often even what we think and how we behave in different situations with different people, affected so directly, or indirectly by various television programs, Internet, newspapers somewhat less.

## II. METHODOLOGY

The methodology used in this study includes qualitative method. The qualitative methods will consist in direct interviews, conversations with teenagers of the age - group of 14-18 years old, with teachers, psychologists and parents.

## III. THE ANALYSIS OF THE PROBLEM

Since half of the twentieth century until now television has been one of the means of communication with the greatest

impact on human life, knowing him with the cultures of different countries, world, nature and the way of thinking of people from other cultures [1]. However television not only has a good impact on people's behaviour but also through various programs in itself, it unintentionally influences negatively in people's lives as modern and postmodern society has a dark side. One of these is violence between members of the society. Many researchers of the field of sociology, psychology, education, medicine, etc., think that television programs containing violence incite aggressive behavior to viewers, especially children and adolescents [2]. The world has seen an increase of violent behavior among adolescents and young people [3]. Factors that influence this phenomenon are numerous starting from psycho-cultural family formation, economic situation, domestic violence, violence in schools, in social group, use of narcotic substances to the TV programs with violent episodes [4].

Studies conducted over the past 40 years on this issue, have shown a strong link between television programs with episodes of violence and aggressive behavior in adolescents and young adults. The huge impact that television has on the way that people think and behave is proved by the number of televisions in their homes.

If 20 or 30 years ago people in their house had a television, today there are more than one. In many families, children have their own TV in the room, where they can see favorite TV programs without parental control. But even those who do not have one have a computer or a mobile phone where they can see with a little delay directly or not directly their favorite TV programs, which often are not educational.

Studies show that a teenager in the United States approximately watches 18-26 hours TV per week. Episodes of violence that the child sees on these programs are numerous and varied. Even in other countries of the world the situation is just the same. Albanian young children spend watching TV approximately 12-18 hours per week. But how violence appears on adolescents and young people who watch these violent scenes on television, in their violent behavior? To whom is addressed this behavior?

Studies have shown that aggressive behavior influenced by these programs begin since childhood [5]. They want to behave like their heroes or to imitate their favourite cartoon hero. Often the main positive protagonists on films or TV series end up killing or using violence against negative ones, giving the impression that this is not a wrong move, but simply necessary. So the purpose justifies the means. These heroes can be models to be followed not only by children but also by the young adolescents, making them believe that in similar situations or certain moments violent acts are those that save society and people. In this way young people cannot distinguish who is the victim and who is the violator.

Media offers little opportunity to resolve the conflict peacefully. The disturbing fact is that young people do not

stop to think about the consequences, but they answer violence with violence (physical or verbal). Numerous cases in some states of the United States indicate that aggressive behavior has increased more in adolescents the last 20 years. The cases when they violated and killed some of their mates in school, and teachers and then themselves are not few. In other cases this violence is directed to their parents and to themselves. These cases show how disturbing is this problem in every part of the world. Even when they do not take up arms, teens violate with words and gestures, which sometimes is very hard to predict what will happen. Not few are the cases of teenagers' suicides because of isolation and persecution from their peers because they don't like their behavior, their clothes and many other absurd reasons [6].

What concerns most today not only researchers of this issue, but also the institutions and society are not only short-term consequences of the impact of television violence, but most the long-term consequences of tv violence on young people. According to some researchers short-term consequences are limited to imitation (reproduction) of the behavior of what children see and does not affect them when they become older. While long-term consequences go further. When children see continuously television programs with violence, these are stored in memory and over the years when they are grown they take it from there memories and in similar situations behave aggressively, sometimes their behavior can be even more aggressive than that they saw in TV, because the individual fantasia joins to it [7]. The more television programs with violence acts children watch, the greater are the chances that in the future they will be aggressive towards others and themselves.

Although this phenomenon in Albania has not yet received these dimensions, it is still disturbing. Studies have shown that young Albanians have behaved more humanly after attending the programs or films with violence. These young people are not in solidarity with the hero or his aggressive behaviour against his opponent, seeing it as a solution. This is so because in the Albanian families are still important values such as tolerance, understanding, humanity, that make them wanting to help others and to try , resolve conflicts in peace, avoiding violence [8].

However, recently in Albania, this phenomenon is growing and is a concern for the whole society. In secondary schools it has been a growing trend of adolescent aggressive behavior towards each other, teachers and parents.

A question naturally arises: How can we help children and young people to be affected less by these violent television programs, or from violence that they face in everyday life on the street, at school or at home?

An important role in this regard have played and continue to play important institutions such as family and school. They can help adolescents individually, but also cooperating with each other.

What can parents do to prevent or to minimize the effects of the impact of TV violence promoting aggressive behavior in their children.

- Reduce the hours that children watch TV. The less depended are the children on television programs that they watch from an early age, the less they will be

affected by these programs.

- Select appropriate TV channels or programs for the age of their children. They may consult with relevant experts who can suggest them the programs that are educational for children.
- Show the children that exist other ways to have fun besides the TV, such as reading a book (which is not only educational, but makes them more social and makes them feel good emotionally), playing a game.
- Choose educational programs for their children. Various studies have shown that such programs affect positively a child's behaviour when he is grown up.

Sit down and discuss with them how: What feels when he or she sees violence programs? How he or she sees it? How he or she is experiencing and how would act the child in such a situation? Then explain what is an appropriate behaviour and what is not, showing the difference between fantasy and reality.

An important role in preventing and reducing the impact of television violence, aggressive behaviour among young people and children plays the school too. How can achieve this goal the school?

The school realizes this through different possibilities it offers. One of the most appropriate and recommended ways by the researchers of education is cooperative learning. During this process students collaborate with each other to solve a problem and reach a goal. In this way the students get to know each other, or other people who in some way are like them, who listen and evaluate their ideas and thoughts. They feel included, valued and discover the responsibility and pleasure of teamwork [9].

Also, another way of learning is student-centered, where the teacher is only a leader of the teaching – educational process. The students, who are cooperating with each other, realize the learning-educative process [10].

Teachers play an important role in the discovery of talented students and to further promote and develop this talent in them, including parents in the process. Students have trends in one of the areas, eg, in mathematics, literature, technology, informatics, swimming, football or basketball. It is the duty of the school, especially of the teachers, to create the opportunity for students to develop further these skills [11]. In this way they feel valued, involved and part of the schools' community. In this way students are likely to study, develop their hobbies and desires by leaving aside violent behaviours which are influenced by television programs, but not only.

Schools also in collaboration with other public institutions and non-public offer various student programs, explaining that the resolution of the conflict in a peaceful way, collaborating, is the best way to solve it. Awareness among students through their active participation in the activities of the general violence in society such as for example the Day of violence against children; The Day of violence against women.

## VI. CONCLUSIONS

The use of violence by adolescents is a very worrying phenomenon of society. The idea that violence is the best

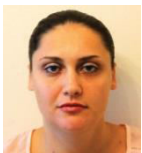
way to solve a problem is rising among teenagers. This phenomenon is becoming a concern in our country too. From direct and indirect observation, interviews with students from several high schools, as well as conversations with colleagues and police officers, it is noted that episodes of violence among adolescents are increasing. Young people are increasingly affected by what they read on social networks, internet; what they see on TV, mobile phone and computer. This is not noticed only by the results of conversations and interviews with them, but their conversations in the hallways of the school, in class and in other places where they gather to discuss with each other.

It is the concern of all the institutions, like family, school and other institutions public or not, to make adolescents understand that the violence is not the solution of every problem. It is important to sit down, understand the problem and resolve it with constructive discussion. Speaking is more fruitful than hitting or killing somebody.

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### AUTHORS' PROFILE



Ms Brikena Kullolli was born in Tirana, Albania in 26.12.1978. Ms Kullolli graduated from the Social Science University of Tirana, Albania in 2002. She finished her Master's degree in 2008 in the same university with the theme "The preferences of students of high school for University".

Ms Kullolli is now continuing a doctorate for "How TV violence influences the behaviour of teenagers".

She began teaching in 2004 in Tirana. In 2008, she started working as a Teacher at the secondary high school "Ismail Qemali", Tirana, Albania. She is the co author of two school books "Citizenship 10" Filara Publication, 2009, Tirana, Albania and "Citizenship 11", Filara Publication, 2010, Tirana, Albania, which were approved by the Ministry of Education of Albania.

In 2010, Ms Kullolli, with two other teachers, was the winner of the third place of the Innovative Teacher competition organized by Microsoft and the Ministry of Education.