

Media Addiction Quiz: Do TV, Video Games, and Computers Control Your Life?

Teens are spending so much time watching TV and playing with their computer and video games that the Kaiser Family Foundation has dubbed this generation "The Media Generation."

The recent study found that children aged 8-18 were watching TV, playing video games, on their computers, and listening to music for a total of 6 hours and 23 minutes EVERY DAY! Many teens were doing two or more activities at once. Most of this time is spent watching TV. Teens spent almost four hours every day watching TV. With so much time in front of TV and other media, perhaps Kaiser should have labeled it "The Media-Addicted Generation."

What excess TV, video game, and computer use may be doing to YOU

How much time you spend in front of a TV, video, and computer screen is important, because many scientific studies have linked these activities to obesity, attention problems (like ADHD), and poor grades. Some of these problems might not show up right away, but they usually do eventually.

Moreover, the violent content found in TV and video games may condition you to accept violence in your life. It may cause you to believe that violence is normal and acceptable. The sexual content of many popular shows and games may encourage you to experiment before you are ready. Because the TV changes certain brainwave patterns when you watch, the TV can make you depressed, stifle your creativity, and inhibit critical thinking.

Worse, TV wastes your valuable time. For every hour that you spend in front of a screen, that is one hour that you could spend having fun with your family or your friends. You could be pursuing your dreams. You could be exercising or learning a new skill. You could be getting some much-needed sleep.

A little TV or computer use will not kill you. However, watching 6+ hours every day is definitely not healthy.

Find out if you are part of "The Media-Addicted Generation"

Of course, you are unique. Perhaps, you do not watch that much TV, or spend hours playing video games or randomly surfing the internet. Perhaps you are still in control of your life. Perhaps, your life now revolves around a screen.

The following quiz will help you think about how much a screen has come to dominate your life. It is a fun assessment of how much control these screens exert in your life. Can you turn it off when you want to? Do you feel almost compelled to watch certain shows or play certain games? Do you sacrifice time with family and friends for time in front of a screen?