

Reasons to turn off your TV

Most people nowadays spend a lot of time on mobile phones, laptops and computers and most critics are quick to point out the detrimental effects it poses. With so much criticism focused on these devices, a majority of people tend to overlook the dangers of television and the harmful effects it could have on our lives. In this article, we will be discussing reasons to why you should turn off your TV.

Television Consumes Your Time

The truth is, television is addicting. According to Nielsen, the average American spends about eight hours per day watching television in 2017^[1]. With essentially almost half of our waking hours being spent in front of the TV, it is clear that television can quickly consume one's life. More time spent in front of the television means less time for productive activities.

If a person were to live up to the age of 65, then on average, 189,800 hours would have been spent sitting in front of a TV during their lifetimes. That is 33% of a 65-year old's lifetime, almost 22 whole years. If people dropped the habit of watching too much television, then they will be able to allocate their time elsewhere.

Television Causes You to Spend More

Watching television also has economic downsides. In a survey conducted by Statista, 27.3% of respondents stated that they paid \$101 to \$150 per month on television bills in 2017^[2]. By spending over \$1800 every year, you're missing out on a countless number of opportunities. Whether it be paying for a gym membership, treating to yourself to the occasional fancy restaurant or saving up for a vacation to your dream destination. Your hard-earned money can be spent better elsewhere.

To add to this, watching TV for prolonged periods of time will mean an increase in exposure to television commercials. Reports show that the average person sees an average of 47 television ads on a daily basis between 2008 and 2015^[3]. This can be harmful because by watching more commercials, it is inevitable for a person to spend more. Meaning, cutting off TV could end up saving you more than just the monthly cable bill.

Television Harms Your Health

An excess amount of anything is unhealthy and that is especially true when watching television. According to the Harvard School of Public Health (HSPH), for every two hours of television, the chances of death increases by 13% in the following 7 years^[5]. Additionally, research indicates that for every hour of watching TV, a person's total lifespan will decrease by 22 minutes^[4]. Since watching television for long periods of time is largely a sedentary activity, it is quite literally the opposite of exercise.

By watching television, you not only waste over a third of your lifetime, you also unnecessarily spend resources into an unhealthy habit. Remember, this article isn't telling to stop watching television. Simply to limit it.

References:

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