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**Impact of Reality Television**

Television is a source of entertainment and information for decades. The use of television and content presentation changed over time dramatically. It’s been decades that the concept of reality TV arrived in life of the people. The word "reality" was used to attract the audience through strategies of putting elements of society or the real world on screen. Various TV shows were produced that claimed to be reality shows. People learn by watching TV shows and get inspiration from the performance, actors, and massages that TV shows convey. Therefore, it is really important to know the genre of reality TV and its consequences on the audience. The main purpose of the paper is to show the importance of television in my life. It is crucial to observe how television and its content have changed my physical and psychological behaviour with time.

 The realitiy and impact of reality televison can be understood through the example of reality show "Big brother". It was produced in a way for people who belonging from diverse backgrounds come to live in a place that is isolated from the real world. They stay in one building without communicating with people outside the house and stay unaware of the real world. The show is a reality show because it belongs to the genre that depicts the actual behaviour of the people. The way people perform and react in different situations is what thid reality show produces. The audience watches such shows to know how will contestants perform their tasks and who will be out for what reason. The contestant performs different tasks and face elimination at the end of the show. The most interesting thing about the show is that elimination is not fully depending on the task performance but also through the politics between the contestants (Murray and Ouellette, 2004). This indicates that the producers of the reality show use only that aspect of the society which can increase fear, curiosity, adventure, and reward-related material. Reality-based issues cannot be selected for reality TV unless it can generate an active audience. The origin of the TV reality was unrealistic which is proved with time when reality TV only produced material based on panics, troublesome pictures, television crime with the essence of real-world (Hill, 2004).

Television plays an important role in our lives. People see the world through the eye of the camera. Different news channels, talk shows, reality shows, and movies highlight the various aspects of society. Both positive and negative aspects of society can be observed on television. Therefore, people believe what they see or listen to the television. It is important to use a medium like television to spread peace, love, and positivity in the world, but most of the time, its opposite happens (Holmes and Jermyn, 2004a). In childhood, love was caring and sharing, but with time, television introduced the concept of love related to relationship and attraction to the opposite gender. It explains us how our society is working and how it should work. television is the half reality, and it is not possible to have a happy ending in the real story of life. It is not possible to become a millionaire after one breakup, and it is also not possible to keep love out of life when one person ditches you. Reality is different; it can be harsh, but people can adjust with time. On the other hand, a person who lives in the imaginary world developed by television and its content cannot move with the world (Murphy, 2006).

The bottom line is that impact of reality television is deeper than expectation. Producers and television management use the elements of reality and develop as an illusion which not only attracts the audience but also affect their thinking and behavior in the real world. It is a tough reality that television is far different from the actual reality of the wold.

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