

VIOLENCE ON TELEVISION AND AGGRESSIVE BEHAVIOUR IN CHILDREN

Nevila Sakti

Department of Psychology and Social Work, Faculty of Education, University “Luigj Gurakuqi”, Shkodra, Albania, E mail: nevilasakti@hotmail.com

Abstract

A household spends about 5 hours per day watching television. Also we know that the level of violence on television has increased more recently and naturally we ask our self if watching violence on television can affects children. Early studies of Bandura in 1963 about imitation of aggressive acts by children at a movie, suggest that aggressive behavior can be learned from television. The purpose of this study was to understand if children model behaviors from violent television shows affecting the growth of aggressiveness. The objective of this study was to analyze the attitudes of parents toward the films or programs with violent content to which children are exposed every day as well as the verification of children behaviors after seeing a movie or program with violent content. Parts of the sampling are 50 individuals, children of ages 8, 9 and 10 years and the parents of these children. In this study the method used is triangular: questionnaire, interview and the check-list. During this study it has been found that parent’s control of what their children watch on TV was moderate and also they allowed children to watch programs with violent content because they have never been aware of the real impact that television has on these children and as such they have never taken measures to prevent this. Except these it has been found that 75% of children part of the study, model a lot of behaviors from television, especially violent behaviors, they develop the same games, use the same behaviors or movement with their sisters / brothers, the same words and in 60% of cases thy get dressed In the same way and the most important thing is that 57% are involved more than once in violent situations at school, at home with friends etc. All these are indicators of the impact of violence watched on television. Based on the findings which emerged by this study it is recommended that: Parents should have a detailed information about program content that will watch the child, when they decide to watch TV with them movies or shows that content violence sequences it is necessary to spend a qualitative time with them The parent also should define an appropriate time to watch TV, try to engage the child in different activities except watching television etc.

Keywords: *violent programs, aggressiveness, television, modelling, behaviour*