

Is reality shows a good medium to learn about human relationships?

Reality television shows have long been a controversial topic. Some may say they learn a lot about human relationships from the shows, but some may say reality television shows are full of falsehoods. However, is watching reality television shows a good way to learn about human relationships for teenagers? In this essay, I will look at the pros and cons of studying interpersonal relationships through reality shows.

Supporters of reality shows claim that it is a suitable way for youngsters to examine human relationships argue that reality shows inspire viewers to think about interpersonal interactions. In reality shows, they emphasize the conflicts between people. Reality shows depict situations and characters that are compatible with those whom teens meet in their daily life, which have a significant impact on how they view their interactions with others.

Another argument in favor of having a grasp of human relationships through reality television programs is that it increases the audience's self-awareness. The viewers may imagine themselves as the personas in the reality shows, which can encourage them to self-reflect on their own lives and thus they become more self-conscious and have a better outlook on their social relations.

While there seem to be several positive arguments for reality shows being a channel for people to study human relationships, there are still disadvantages that cannot be ignored.

To begin with, reality shows promote unrealistic fantasies. Reality shows are thought to be unscripted to show audiences the real life. However, reality shows are usually scripted or at least prearranged to

create dramas and entertainment for viewers. Teenagers may be falling into the deceptions of these reality shows easily thinking that they are real. These shows may create an illusion that getting along with people can be so easy, while the real deal may be completely different. For examples, 'The Bachelor' may give teenagers a delusion that people can start and maintain romantic relationships effortlessly, however, in reality, it requires time, commitment, patience and many other things.

Another downside is that they deceive viewers into inaccurate depiction of reality. Reality shows are carefully edited. Due to the time limit, reality shows are being stitched together pieces by pieces. The dialogues between the characters and actions are altered in order to fit the tight time slot. There are always someone behind to manipulate the shows to make them more engaging. The contents being shown are based on the producers' point of view rather than the truth. The shows are only the imitation of our lives despite how real they seem.

In conclusion, some say that reality shows do motivate them to notice more about their interpersonal relationships and to be more mindful of one's self. On the other hand, some say that reality shows are delusions and cannot reflect people's relationships in real life. In my opinion, reality shows may seem entertaining, but it is definitely not a good way for adolescents to learn about human relationships. I think reality shows are full of fabrications. There is usually someone behind pulling strings in order to make them more intriguing. However, as more and more reality shows are being produced, we must not be fooled by the distorted reality and have proper understanding of interpersonal relationships.