

Media Influence Violence on Different Instrument and Control

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Abstract-*In this article, Authors would like to focus about the media, its effect on different instrument like, government, private, institutions and other in India. The influence of the media on the proliferation of eating disorders such as Anorexia, Bulimia or Compulsive Overeating cannot be refuted. From an early age we are bombarded with images and messages that reinforce the idea that to be happy and successful we must be thin. Today, you cannot read a magazine or newspaper, turn on the television, listen to the radio, or shop at the mall without being assaulted with the message that fat is bad. The most frightening part is that this destructive message is reaching kids. Adolescents often feel fatally flawed if their weight, hips, and breasts don't match up to those of models and actors. Today even elementary school aged children are obsessed with their weight. To illustrate the media's obsession with thinness, try and name 5 current female television personalities who are overweight. Compare that task to naming 5 female television personalities who are underweight or at ideal weight. Even if the argument is made that the media's portrayal of women is just a mirror of society and not an initiator, the media still needs to take responsibility for at least perpetuating the dysfunction.*

Key Words: Media- influence-psychology-communication-sociology- information- internet- autonomously

Introduction

Media influence or media effects are used media studies, psychology, communication theory and sociology to refer to the theories about the ways in which mass media affect how their audiences think and behave. Connecting the world to individuals and reproducing the self-image of society, critiques in the early-to-mid 20th century suggested that media weaken or delimit the individual's capacity to act autonomously- sometimes being ascribed an

influence reminiscent of the tele-screens of the dystopian novel 1984. "Mid 20th-century empirical studies, however Current theories cultural and personal beliefs, as per the propaganda model. Mass media content created for newsworthy events and those stories that are not told all have Television broadcasting has a large amount of control over the content society watches and the times in which it is viewed. This is a distinguishing feature of

traditional media which new media have challenged by altering the participation habits of the public. The internet creates a space for more diverse political opinions, social and cultural viewpoints and a heightened level of consumer participation. There have been suggestions that allowing consumers to produce information through the internet will lead to an overload of information.

Media influenced violence

Many studies illustrate that media affects public opinion. However, this is a contentious issue. To explain the problem of violence in society, researchers should begin with that social violence and seek to explain it with reference, quite obviously, to those who engage in it: their identity, background, character and so on. Gauntlet goes on to criticize studies that focus on children by stating that they do not as a control group, and that the studies are conducted primarily to further a "barely-concealed conservative ideology." He counters the premise of these studies with the concept that not all depictions of violence are even bad to witness. USC Professor Henry Jenkins, for instance, suggested in his speech to congress that The Basketball Diaries utilizes violence in a form of social commentary that provides clear social benefit.

Gauntlet explains further that objects defined as "violent" or "anti-social" may not be judged as such in the minds of the viewer and tend to be viewed in artificial circumstances. These objects are furthermore based on previous studies with flawed methodology, and are not grounded in theory. Additionally, he claims that the effects model attempts to understand the meanings of media.

- i. Historical criticisms situate the 'meta-narrative' of effects theory within a long history of distrust of new forms of media, dating as far back

as Socrates's objections to the deleterious effects due to the written alphabet.

- ii. Political criticisms pose an alternative conception of humans as rational, critical subjects who are alert to genre norms and adept at interpreting and critiquing media representations, instead of passively absorbing them.

Supporters of effects theory contend that commercials, advertising and voter campaigns prove that media influence behavior. In the 20th century, aggressive media attention and negative coverage of trials involving celebrities like Roscoe Fatty Arbuckle or Michael Jackson have influenced the general public's opinion, before the trials effectively started. However, these critics do point out that while the media could have an effect on people's behavior this isn't necessarily always the case. Critics of the media effects theory point out that many copycat murders, suicides and other violent acts nearly always happen in abnormal upbringings. Violent, emotionally neglectful or aggressive environments influence behavior more than watching certain programs, films or listening to certain music. Most people who carry out these acts are also mentally unstable to begin with.

Also there are other thinkers who criticize effects based research, such as Terry Flew and Sal Humphrey, Barker and Freedman. -Martin Barker (2001) criticised Elizabeth Newson who alleged link between media violence and real life violence in her report in 1994, Brooke (2003–07), for example talks about this in details. [1], and the report gained media attention when it claimed the horror film Child's Play 3 had influenced two 10-year-old boys' behavior and led to the Murder of James Bulger in Feb. 1993. After examining and assessing Newson's report, it was apparent that there was no clear link

between the film and the crime. Critics pointed out that Newson's case studies were reliant on press accounts and opinions rather than independent research. However, Newson's report was influential, and has led to more censorship of videos and more concern from the British Board of Film classification on the psychological effects of media violence. The attention and question become whether they were watching violent media.

But Barker (2001) doesn't agree with Elizabeth Newson. He rejects her claim about the connection between media violence and real life violence, in his argument he justifies his position, he indicates that there was not a scrap of evidence that the boys had seen the movie and Child's Play 3 is a moral film. He also criticized anti media campaigns and described them as ignorant and disguised political campaigns. He states that these claims are represented by media and most of people have no chance to check the credibility of them, he also points out that these films including Child's Play 3 are often attacked because they deal with political issues. Moreover, he lists real cases, for example "a man takes a gun and shoots his entire family after watching the news, arrested and tried, he explains his actions on the basis that the world news was so bad there seemed no point in anyone going on living". Barker suggests that this case for example is no different than other putative cases of media causing violence, Barker said that we should not always blindly blame the media because people are not copycats, instead we should be aware of someone's mental state and take other factors into account before making such claims. For example, in his case he states that the man's reaction was abnormal. Therefore, his behavior could not be explained by suggesting "the effects of the news". There are other social and cultural factors in criminal acts in which the media are not the basic influence. Barker also

suggests 'that we must look beyond a specific film to think about the specific context in which it has been consumed, and the wider social background of the people'.^[9], according to Barker there is no such thing called violence in the media that either could or could not cause violence, we should rather pay attention to how social factors and background make some people consume media in specific way.^[10], for instance, even the news also show lots of violence, so people should rather pay attention to how social factors and background make some people consume media in particular way. In addition Barker (2001) proposes further research, he suggests that the theory of media violence connection must be tested because identification with particular element in a film is not something can be seen. He also noted problem with campaigners treating delinquents as normal people who become influenced by the media. Therefore, he suggests further research on how these people understand and consume media. Critics of effects research see no connection between exposure to media violence and real life violence, because humans are not copycats and can realize what is wrong and what is right. Although some research claims that heavy exposure to media violence can lead to more aggressive behavior, it has been suggested that exposure alone does not cause a child to commit crimes.

-Flew and Humphreys (2005) said that the assumptions of effects researchers are frequently flawed. According to Flew and Humphreys, Freedman (2001) and Goldstein (2001) the number of studies on games and violence is small and the research suffers from flawed methodologies which do very little to prove a direct link. Terry Flew and Sal Humphreys also state 'that differing context of consumption will always mean we need to take account of the particularities of players and how and why they play, effects researches often give insufficient

account to the relevance of cultural contexts and the way in which media are actually implicated in the circulation of meanings in our cultures'.

Freedman (2007) is another thinker who rejects this idea, in reference to the FCC 'the Federal Communications Commission in US' report that suggests link between media violence and real life violence, Freedman indicates the lack of discussion and states that the FCC does not make a sufficient distinction between people's opinions, intuitions and musings on the one hand, and the hard scientific data on the other, and he indicates the lack of discussion of one of the strongest arguments against the idea that media violence causes aggression. According to Freedman the rate of violent crime in the United states increased sharply from 1965 to 1980 and some people blamed that increase on media. The rate of violent crime leveled off until about 1992, since that time, television continued to have violent programs, there was also more scenes and media showing more violence, if exposure to violent media cause real violence one would surely expect the rate of violent crime to have increased sharply, yet, since 1992 there has been a dramatic drop in violent crime, it seems clear that media violence did not cause the earlier increase. Therefore, it is widely accepted that there is no convincing evidence that prove that media violence cause violent crime or any type of real life violence. For example a recent long-term outcome study of youth found no long-term relationship between watching violent television and youth violence or bullying

Political

Certain groups tend to argue for media effects in an effort to promote a political cause. Demands for the banning of certain songs or the labeling of obscene albums came specifically from conservative political groups in the United

States. However, Tipper Gore, the wife of Al Gore, was the founder of the Parents Music Resource Center, and was the main figure in pushing for warning labels on music although she does not fit into the conservative demographic. They argued that such material had simple and identifiable effects on children, and thus should be banned/labelled. Political factions use the media to influence possible members into joining their groups.

Framing

The agenda-setting process is an almost unavoidable part of news gathering by the large organizations which make up much of the mass media. (Just four main news agencies — AP, UPI, Reuters and Agence-France-Presse — claim together to provide 90% of the total news output of the world's press, radio and television. Stuart Hall points out that because some of the media produce material which often is good, impartial and serious, they are accorded a high degree of respect and authority. However, in practice the ethics of the press and television are closely related to that of the hegemonic establishment, providing vital support to the existing order. Independence (e.g. of the BBC) is not "a mere cover, it is central to the way power and ideology are mediated in societies like ours."

The public is bribed with good radio, television and newspapers into an acceptance of the biased, the misleading, and the status quo. The media are not, according to this approach, crude agents of propaganda. They organize public understanding. However, the overall interpretations they provide in the long run are those most preferred by, and least challenging to, those with economic power. Greg Philo demonstrates this in his 1991 article, "Seeing is Believing", in which he showed that recollections of the 1984 UK miners' strike were

strongly correlated with the media presentation of the event, including the perception of the picketing as largely violent when violence was rare, and the use by the public of phrases which had appeared originally in the media.

McCombs and Shaw (1972) demonstrate the agenda-setting effect at work in a study conducted in Chapel Hill, North Carolina, USA during the 1968 presidential elections. A representative sample of un-decided voters was asked to outline the key issues of the election as it perceived them. Concurrently, the mass media serving these subjects were collected and their content was analyzed. The results showed a definite correlation between the two accounts of predominant issues. "The evidence in this study that voters tend to share the media's composite definition of what is important strongly suggests an agenda-setting function of the mass media." (McCombs and Shaw),.

New Media

Theorists such as Louis Wirth and Talcott Parsons have emphasized the importance of mass media as instruments of social control. In the 21st century, with the rise of the internet, the two-way relationship between mass media and public opinion is beginning to change, with the advent of new technologies such as blogging. Mander's theory is related to Jean Baudrillard's concept of 'hyperreality'. We can take the 1994 O.J. Simpson trial as an example, where the reality reported on was merely the catalyst for the simulacra (images) created, which defined the trial as a global event and made the trial more than it was. Essentially, hyperreality is the concept that the media are not merely a window on to the world (as if a visiting alien were watching television), but are part of the reality they describe. Hence (although additionally there is the question of navel-

gazing) the media's obsession with media-created events.

It is this which led Marshall McLuhan in the 1960s to say that "the medium is the message", and to suggest that mass media are increasingly creating a "global village". For example, there is evidence that Western media influence in Asia is the driving force behind rapid social change: "it is as if the 1960s and the 1990s were compressed together." A notable example is the recent introduction of television to Bhutan, resulting in rapid Westernization. This raises questions of 'cultural imperialism' (Schiller)-the de facto imposition, through economic and political power and through the media, of Western (and in particular US) culture.

An Instrument for Social Control

Social scientists have made efforts to integrate the study of the mass media as an instrument of control into the study of political and economic developments in the Afro-Asian countries. David Lerner (1958) has emphasized the general pattern of increase in standard of living, urbanization, literacy and exposure to mass media during the transition from traditional to modern society. According to Lerner, while there is a heavy emphasis on the expansion of mass media in developing societies, the penetration of a central authority into the daily consciousness of the mass has to overcome profound resistance.

Government and Mass Media

They include licensing in advance; censorship of offending material before publication; seizure of offending material; injunctions against publication of a newspaper or book or of specified content; requirement of surety bonds against libel or other offense; compulsory disclosure of ownership and authority; post publication criminal penalties for objectionable

matter; post publication collection of damages in a civil action; post publication correction of libel and other misstatements; discrimination in granting access to news source and facilities; discrimination and denial in the use of communications facilities for distribution; taxes; discriminatory subsidies; and interference with buying, reading and listening.

The public sphere

It is an objectionable matter that the Government always tries to harass the Printers, Editors as well as making many media laws, but sometimes it is needed. Now a question might arise, when?. Nowadays, most of the Journalist are involved with politics and there report also made under there politic related. It is not finished every kinds of newspapers and others media is running under a political control. So where there is a political control there must be some of false and fabricated news will be publish. For a developing country there are five sectors must be neat and clean means they must work not for the politics but for the peoples of the country, which are;

- (1) Media: Media included all kinds of media namely; newspapers, TV, Radio, Internet, Books etc.
- (2) Education: It included all kinds of School, College and Universities students and also teachers.
- (3) Judicial: It included all the person related with judiciary namely; Judges, Lawyers etc.
- (4) Medical: It included all kinds of doctors Government or private.
- (5) Defence: It included all kinds of members appointed for the protection of a country internally or externally namely; Police, Army, Navy, Air etc.

Mass Media in a free enterprise society

Although a sizable portion of mass media offerings - particularly news, commentaries, documentaries, and other informational programmes - deal with highly controversial subjects, the major portion of mass media offerings are designed to serve an entertainment function. These programmes tend to avoid controversial issues and reflect beliefs and values sanctified by mass audience. This course is followed by Television networks, whose investment and production costs are high. Jerry Mander's work has highlighted this particular outlook. According to him, the atomized individuals of mass society lose their souls to the phantom delights of the film, the soap opera, and the variety show. They fall into a stupor, or apathetic hypnosis, that Lazarsfeld called the 'narcotizing dysfunction' of exposure to mass media.

Individuals become 'irrational victims of false wants' - the wants which corporations have thrust upon them, and continue to thrust upon them, through both the advertising in the media (with its continual exhortation to consume) and through the individualist consumption culture it promulgates. Thus, according to the Frankfurt School, leisure has been industrialized. The production of culture had become standardized and dominated by the profit motive as in other industries. In a mass society leisure is constantly used to induce the appropriate values and motives in the public. The modern media train the young for consumption. 'Leisure had ceased to be the opposite of work, and had become a preparation for it.'

Mass media, mass culture and elite

The relation of the mass media to contemporary popular culture is commonly conceived in terms of dissemination from the elite to the mass. The long-term consequences of this are significant in conjunction with the continuing concentration of

ownership and control of the media, leading to accusations of a 'media elite' having a form of 'cultural dictatorship'. Thus the continuing debate about the influence of 'media barons' such as Conrad Black and Rupert Murdoch. For example, the UK Observer (March 1, 1998) reported the Murdoch-owned HarperCollins' refusal to publish Chris Patten's East and West, because of the former Hong Kong Governor's description of the Chinese leadership as "faceless Stalinists" possibly being damaging to Murdoch's Chinese broadcasting interests. In this case, the author was able to have the book accepted by another publisher, but this type of censorship may point the way to the future. A related, but more insidious, form is that of self-censorship by members of the media in the interests of the owner, in the interests of their careers.

While Media Influence Theories are often used to demonstrate the negative effects of the media on society, it is also of note that media can influence in a good way. The following are of note that Strategic media

- ii. Censorship
- iii. Communication theory
- iv. Controversy
- v. Cultivation theory
- vi. Family in advertising
- vii. Orwell Rolls in His Grave
- viii. Sonia Livingstone

Media Influence and Self-Image

Children also observe and are exposed to prejudice by watching television, reading books and magazines, or even studying school textbooks that present stereotyped views of various groups of people. In addition to stereotypes, some books present misinformation; others exclude important information about some groups in any positive way. Television shows and books exert undue influence when they are the only exposure a child has to certain groups. Although some improvements have been made, it is not difficult to find TV shows that depict some well-established stereotypes.

Stereotype

Oversimplified generalization about a group of people. When people say that all members of a specific nationality, religion, race or gender are "cheap," "lazy," "criminal" or "dumb," they are expressing stereotypes. All groups have both cheap and generous individuals. All groups have individuals who commit crimes. To label an entire group based on the actions of some is to engage in stereotyping. Even when a stereotype is positive, such as when people in one racial group are thought to be superior athletes, the consequences of stereotyping are negative.

i. Tactical media

Children who have poor self-images are more vulnerable to developing prejudices. They may try to bolster their own worth by finding a group of people whom they can put down. An insecure child might think, "I may not be very good but I am better than those people." For some, putting down others may serve a psychological function, allowing them to feel more important and powerful than those they put down. Some

children may exclude or make fun of others because they believe it is the popular thing to do. Children may begin to use unkind names for different groups if they feel it will help them to be more accepted by their peers. Over time, such actions can result in prejudice and discrimination against specific groups. All children notice differences. This is developmentally appropriate and, by itself, not a

problem; but when negative values are attached to those differences, problems occur.

Media Influence

The influence of the media on the proliferation of eating disorders such as Anorexia, Bulimia or Compulsive Overeating cannot be refuted. From an early age we are bombarded with images and messages that reinforce the idea that to be happy and successful we must be thin. Today, you cannot read a magazine or newspaper, turn on the television, listen to the radio, or shop at the mall without being assaulted with the message that fat is bad. The most frightening part is that this destructive message is reaching kids. Adolescents often feel fatally flawed if their weight, hips, and breasts don't match up to those of models and actors. Today even elementary school aged children are obsessed with their weight. To illustrate the media's obsession with thinness, try and name 5 current female television personalities who are overweight. Compare that task to naming 5 female television personalities who are underweight or at ideal weight. Even if the argument is made that the media's portrayal of women is just a mirror of society and not an initiator, the media still needs to take responsibility for at least perpetuating the dysfunction.

The following are statistics and facts that document how obsessed we are as a society with the pursuit of thinness.

Dieting

- i. One out of three women and one out of four men are on a diet at any given time.
- ii. 35% of occasional dieters progress into pathological dieting.
- iii. Two out of five women and one out of five men would trade three to five years

of their life to achieve their weight goals.

- iv. Diet and diet related products are a 33 billion dollar a year industry.
- v. In 1970 the average age a girl started dieting was fourteen; by 1990 the average age dropped to eight.
- vi. One half of 4th grade girls are on a diet.
- vii. 51% of nine and ten year old girls stated they felt better about themselves when they were adhering to a diet.
- viii. Frequent dieting is highly correlated with depression.
- ix. While only one out of ten high school girls are overweight, nine out of ten high school juniors and seniors diet.
- x. 79% of teenage girls who vomit and 73% of teenage girls who use diet pills are frequent readers of women's health and fitness magazines. This is in contrast to less than 43% of teenage girls who do not participate in these purging methods.
- xi. 95% of individuals who diet as opposed to those who follow a healthy food plan will gain their lost weight back in one to five years.

Body Image

- i. In one study, three out of four women stated that they were overweight although only one out of four actually were.
- ii. Four out of five U.S. women are dissatisfied with their appearance.
- iii. 81% of ten year old girls are afraid of being fat.
- iv. 42% of girls in first through third grades state they want to be thinner.
- v. A study found that adolescent girls were more fearful of gaining weight, than getting cancer, nuclear war or losing their parents.

- vi. Over one half of normal weight white, adolescent girls consider themselves fat.
- vii. Following the viewing of images of female fashion models, seven out of ten women felt more depressed and angrier than prior to viewing the images.
- viii. When preschoolers were offered dolls identical in every respect except weight, they preferred the thin doll nine out of ten times.
- ix. A study asked children to assign attractiveness values to pictures of children with various disabilities. The participants rated the obese child less attractive than a child in a wheelchair, a child with a facial deformity, and a child with a missing limb.
- x. A study found that women overestimate the size of their hips by 16% and their waists by 25%, yet the same women were able to correctly estimate the width of a box.
- xi. In a *Glamour* magazine survey, 61% of respondents said they were ashamed of their hips, 64% were ashamed of their stomachs and 72% were ashamed of their thighs.
- xii. 30% of women chose an ideal body shape that is 20% underweight and an additional 44% chose an ideal body shape that is 10% underweight.
- xiii. 50% of women wear size 14 or larger, but most standard clothing outlets cater to sizes 14 or smaller.
- xiv. A study found that on average, women have 13 negative body thoughts per day and that 97 percent of women in the study admitted to having at least one "I hate my body" moment daily.
- xv. A University of Central Florida study of three to six year old girls found that nearly half were already worried about being fat.

- xvi. In general poor body image is one of the first eating disorders symptoms often displayed

Models

- i. In 1950 mannequins closely resembled the average measurements of women. The average hip measurement of mannequins and women were 34 inches. By 1990 the average hip measurement was 37 inches, while the average mannequins hip measured only 31 inches.
- ii. If today's mannequins were actual human women, based on their theoretical body fat percentages they would have probably ceased to menstruate.
- iii. The average U.S. woman is 5'4" and weighs 140 pounds. In contrast the average U.S. model who is 5'11" and weighs 117 pounds.
- iv. Over the last three decades fashion models, Miss America contestants, and *Playboy* centerfolds have grown steadily thinner, while the average woman's weight has actually risen.
- v. Also over the last three decades male *Playgirl* centerfolds have become more muscular and have less body fat, while the average man's weight and percentage of body fat has increased.
- vi. Some of the pictures of the models in magazines do not really exist. The pictures are computer modified compilations of different body parts.
- vii. A study found that 25% of *Playboy* centerfolds met the weight criteria for Anorexia.
- viii. Twenty years ago the average fashion model weighed 8% less than the average woman. Today she weighs 23% less.

- ix. Kate Moss is 5'7" and weights 95 pounds. That is 30% below ideal body weight.
- x. Supermodels Niki Taylor and Elle Macpherson also meet the Body Mass Index physical criteria for Anorexia.
- xi. Gisele Bundchen was Vogue's model of the year, in part the magazine states, because she strays from the rail thin image. Gisele is 5'11" and weights only 115, that is 25% below her ideal body weight.

Television and Movies

- i. Following the introduction of western television in Fiji, there was surge in the rate of eating disorders.
- ii. One out of every four television commercials sends out some sort of message about attractiveness.
- iii. One study documented that viewing music videos featuring thin women led to an increase in body dissatisfaction.
- iv. 80% of women who answered a *People* magazine survey responded that images of women on television and in the movies make them feel insecure.
- v. Actresses Julia Roberts Cameron Diaz and singer Diana Ross all meet the Body Mass Index physical criteria for Anorexia.
- vi. Model/Actress Elizabeth Hurley stated in *Allure* magazine "I've always thought Marilyn Monroe looked fabulous, but I'd kill myself if I was that fat."
- vii. Pamela Anderson is 5'7" and weights 120 pounds. She is supposed to be the voluptuous ideal yet she is 11% below ideal body weight. In contrast, a generation ago Marilyn Monroe set the beauty standard at 5'5" and weighed 135 pounds. Today her agent would probably tell her she had to lose weight!

Conclusion

Changing society's view cannot happen overnight, but here are a few suggestions to help you defend against negative message:

- a. **Be Realistic:** Women's bodies are designed to store fat for a developing child. Those models and actors you admire starve themselves, punish themselves with extreme workouts and endure surgery to look the way they do.
- b. **Variety is the spice of life:** If we all looked exactly the same life would be boring. Get into the uniqueness of you.
- c. **Appreciate your body:** Reestablish a positive relationship with your body. Your body is the most valuable asset you will ever own. All of Bill Gates money could not recreate you. Begin viewing your body as an instrument and not an ornament. Learn to appreciate your body for what it can do, not for what it looks like. Make a list of those things you like about your body.
- d. **Pamper your body:** Take a long hot bath and sooth yourself. Spoil yourself by getting a massage.
- e. **Exercise:** Studies have shown that when people participate in even moderate exercise, such as walking, they feel more connected and better about their bodies.
- f. **You can't judge a book by its cover:** There is a lot more to you than what you look like. Your appearance is not your identity. Make a list of your traits that you really like. Think about the people you admire and look up to. You admire these individuals because of who they are, not because of what they look like.
- g. **Surround yourself with support:** Seek out others in your life who value you for who you are and not for what you look

like. Find people who exhibit a healthy relationship with their body. Avoid those who tease or are constantly focusing on their weight.

- h. **Throw away the scale:** For many individuals, the number the scale reads in the morning determines what kind of day they are going to have. If the scale number is higher than they had hoped for they feel depressed and if they met their weight goal they feel elated. Constant weighing usually turns into a negative experience that leads to dissatisfaction and obsession. Many individuals have chosen to smash their scales and in the process have freed themselves from having their emotions tied to a number that has nothing at all to do with who they really are.
- i. **Mealtime equals family time:** Studies have shown that families that eat meals together have a lower occurrence of eating disorders. Making time to eat together as a complete family can be difficult with all the family's divergent responsibilities and activities but

mealtimes may be one of the most important events of the day. Mealtimes together allow family members to check in with each other, model appropriate eating behaviors, and provides a forum to resolve conflict both within and outside the family.

- j. **Be a good role model:** Your children will have enough pressure from the media and peers. Try not to express dissatisfaction with your body in front of your children. 77% of children first learn about dieting from a family member, usually a parent. Studies have shown that parents who displayed dissatisfaction with their body were more likely to have children with body image disturbances when they became adults. Families of eating disordered individuals also tend to be overly concerned with physical attractiveness and social appearance. Discuss with your children the ridiculous nature of the media's portrayal of body image and encourage them not to buy into

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