

The effects of violence-contended TV serials and programs on the behavior of the students of Kandahar University (male and female)

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Abstract: The current research study investigates the influences of violence-contended TV dramas and programs on the behaviors of Kandahar University students (male and female). The current study used a survey design research method for collecting and analyzing the data. The sample size for this study was 50 males and female students in undergraduate level studies. Students were stratified on the basis of their classes, gender and ages. The findings revealed the following points between males and female students: negative influences on the campaign of inappropriate traditions in the society. (Male: mean score: 4.60 with 7.70 S.D and female: mean score: 4.48 with 7.70 S.D), campaign for unethical issues (Male: mean score: 4.44 with 917 S.D and female: mean score: 4.28 with 891 S.D). Three important influences on male behaviors: new generation is yearning for guns (mean 4.64 with 569 S.D), negative advantages on the psychological status (mean 4.48 with 714 S.D). Three important influences on the female behaviors: making arguments in the society (mean 4.24 with 831 S.D), negative influences in attaining personality (mean 4.36 with 810 S.D) and increase of sensing fear (mean 4.32 with 802 S.D). Thus the findings of the study showed the contents of violent and vehement TV dramas and programs on the behaviors of Kandahar University males and female students have resulted deep influences and server decisions have to be made for their control and awareness to avoid the negative influences.

Keywords: violence, psychological effects, mental status, undergraduate students, Afghanistan

1 - Introduction

World Health Organization (WHO, 2013) defines violence as the intentional use of physical force or power, threatened or actual, against oneself, another person, or

against a group or community that either results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation.

According to Encyclopedia of Psychology: the worst form of anger is violence; like murder, attack, aggression, depression and broadcasting violent contents through the media cause violence in the community and homes (Encyclopedia of Psychology, 2013).

The rise of Islam started a continuous struggle against the violence of the ignorance era. It prohibited and outlawed killing or burying innocent young girls alive, the practice of denying women rights to inherit and the practice of discriminating on the bases of tribal and racial affiliation. Regardless of being respectable or not, white or black, rich or poor - Islam considered all to be equal and set righteousness and piousness as the only discriminating factor. Islam prohibited all forms of violence, especially emphasizing on the ones against women (Hamdard, 2017).

Violence is a deliberate, full of anger, physical action against others. Violence is consisting normally two types; 1- Random Violence, which refers to small actions or targeted violence. 2 - Coordinated Violence, which is group action like gang wars and terrorism related incidents.

Violence has been defined by Merriam Webster Dictionary as: imposing one's ends by force and power on others without their consent. For example, a father beats up his children when his patience is up, or two counties go to war when they fail to utilize political solutions or efforts, and, or a victim of violence may kill the opposite person while being charged emotionally.

1.1 Types of violence

Bhatti and Hassan (2014) mentioned the following types of violence in their research:

1. Physical Violence: intentionally using a part of your body or an object to control an action. Hitting, twisting, pushing, kicking, choking, slapping, burning, hair pulling, biting, murder and other - done by using force to impose your will on others with the help of an object (pistol, knife, weapon etc.) is also called physical violence.

2. Sexual Violence: When someone forces another person to have a sexual intercourse or any sexual activity without their consent is sexual violence. Rape, sexual activity through the use of arms and weapons, touching in a sexual manner against the will of the other person (kissing, hugging, fondling etc.) forced abortion, forcing someone to perform sex with others, sexual activity with other persons, objects or animals against their will is also sexual violence.

3. Psychological Violence: This type of violence is to control other peoples' thinking and behavior. Isolation, jealousy, aggressive behavior, constant humiliation, threatening to harm, turning house into a prison, and threatening for the purpose of creating fear to control are also types of psychological violence.

4. **Spiritual Violence:** Controlling and dominating someone's religious and spiritual beliefs is called spiritual violence. Making fun of other peoples' religion and trying to convert them into your religion and belief is spiritual violence.

5. **Self-directed Violence:** The victim of violence in this type is the same person inflicting violence upon themselves. Examples are self-abuse, self-harm, suicide, etc.

6. **Interpersonal Violence:** Violence amongst a few people, violence in family, violence amongst friends, violence at work place etc.

7. **Collective Violence:** This is violence amongst, groups and masses, like political and social and economic.

8. **Media Violence:** Nowadays, violence is everywhere - on the screen, in games, movies, videos, cartoons, in news and even in commercial advertisements. It is difficult to avoid violence in such circumstances where it is everywhere around us. Experts argue that there is no single reason behind aggressive behavior but there are many factors involved in increased violence amongst youths (Knorr, 2013).

1.2 Psychological effects of Media Violence

Effects of media violence on behavior becomes an important issue of public health. Various studies conducted by different researchers globally investigated the relationships between violence and the changing behavior of violence viewers. To find out this relation, they conducted studies to evaluate violence-contented programs viewing habits and intelligence. Results of many studies show there is a relationship between violence viewing and negative personality.

According to the World Health Organization (WHO), people become sensitive about the plight of other people, and children become fearful and aggressive towards others in their real life after viewing violence-contented programs.

Viewers of violence containing TV serials come to believe that the world is a selfish and dangerous place. Those young people who watch non-violent programs show less aggressiveness in comparison to the vice versa (Gerbner, 1970).

Controlling the unconscious of another person is called psychological effects. For example, our heart beats and blood pressure increase when watching a violence containing movie, or we breath rapidly and feel pain when we watch a horror movie (James, 2003).

Media can deceive and trick us, it can disrupt our emotions (fear, anger and taste), sadness, breaking up with others, weak mentality and keeps an irresponsible behavior rolling.

1.3 Study prioritization reasons

There has been rapid progress in the number of media quantity-wise during the past few years since the establishment of the new government in Afghanistan and information is broadcasted in a large quantity. Private visual media channels broadcasted foreign made movies and TV serials without any assessment and screening

- ignoring its consequences and effects on the public. In order to attract business, recently the media have started broadcasting violence-contented programs and TV drama serials which have profound psychological effects on youths. The purpose of the current study was to investigate this considerable issue so that many young people may realize the serious harmful effects that watching violence-based contents may have on their minds and spirits. It is hoped that the study will bring the issue in the attention of the authorities and that they may take appropriate steps to address resolving it.

1.4 Statement of the problems

Violence-contented TV series and programs have negatively impacted the behavior of students (male and female). Some of the serious problems resulting from this are fear, insecurity, disapproval, susceptibility to agitation, anger, detrimental imitation of violent actions, inclination towards fighting and wars, anti-peace mentality, promoting unscrupulous personality and more.

2- Literature Review

Violence-contented TV programs have caused general trust issues. Affected people think that everyone has become violent. Violence-contented TV programs have increased the level of fear amongst people, and we are not even trustful of our security. They have a negative point of view about the TV world and see nothing good in it (Ellis, 2011).

Under 18-year-old young people show violence and anger when hanging out with friends because they see all this in the TV. The heroes in these programs are usually fighters and they gain this status based on violence. They become the role models for young people and young victims try to incorporate violence in their everyday life paving way for being victimized in a negative way, (Eugene, 2010).

Violence-contented TV programs have profound effects on the minds of younger people making them susceptible to distorted psychological behavior. Because of this, the young people become drug addicts and go astray such as starting to drink alcohol, smoke and start to have sexual experience in an early age.

According to Palo Alto Health Foundation, young people become involved in inadmissible sexual practices before time in comparison to those who do not watch violence-contented TV (Davis, 2010).

Hausman introduced the development theory which helps measure the relation between violence-contented TV programs and aggressive behavior. He argues that violence containing media effects individual behavior and increases anger. Age plays a critical role in watching violence-contented programs as human beings start learning from an early age and watching violence-contented programs at an early age can increase their tendency towards breaking the law and the development of unethical behavior in their minds.

The contents of TV programs greatly contribute to the sociability and the development of social and ethical norms and values of children and young people. Violence-contented programs leave a hard print on all teenagers, male teens in particular. They experience fear and mental stress in real life after watching violence-contented programs (Jitendra, 2003).

Research, intended to find out the relation between negative TV programs and the memory of the viewers, found out that people tend to memorize negative information more than positive. Negative visual materials hang longer than negative auditory information in the minds and this stays longer and faster than written stuff. They believe that some negative information and scenes can stay in the minds forever. This effects the memory and perceptual process in different ways (Newhgen and Reeves, 2006).

The effects of violence-contented TV programs remain an important phenomenon in light of the above research in today's life. Inappropriate aggressive behavior in the youth, imitation of violent actions, lack of trust, a sharp incline in showing negative physical moves and extend negative energy furthermore.

3- Methodology

The current study used survey design research method in order to investigate the research topic in in-depth details. Therefore, the data of the current study was collected via a survey and the collected data were then analyzed quantitatively.

3.1 Sample

Researcher chose the students of Kandahar University for this study (male and female) because they are rather more educated and have a better sense and understanding of the effects of violence-contented programs and that they can provide most appropriate answers. In the current study, 25 men and 25 women front the different faculties were selected for the purpose.

3.2 Data Collection Procedure

Using the Simple Random Sampling Technique, the data of the current study were collected through a questionnaire and analyzed in SPSS 24 software.

3.3 Research Question

How the effects of violence-contented TV series and programs impact the behavior of Kandahar University students (male and female)?

3.4 Research Objectives

1. Assessing the effects of violence-contented TV drama serials on the lives of male and female students.
2. Exploring the psychological effects of violent-contented media on the lives of the students
3. Comparing student groups who watched violence TV programs more than other.

4. Identifying common and individual effects of violence-contented TV programs in their behavior from the students’ perspectives.

4- Findings

The following Table 4.1 shows the demographic data of the current study. Age is a very important factor in every research because humans psychologically adopt different approaches toward circumstances in different cycles of age. The inclination of youth aged 15-20 is particular advantageous in this study because violence-contented TV programs make this group their first target. In this study, the number of male and female students aged 15-20 is 25 which is making 50 percent of the grand total of participants and that makes it a great achievement and a plus point. Moreover, participants aged 21-25 were 23 which made another 46 percent and there were only 2 people aged 26-30.

4.1 Age-wise number of participants and percentage

Age	Number	Percentage
15-20	25	50.0
21-25	23	46.0
26-30	2	4.0
Total	50	100

The following Table 4.2 shows that the freshmen are more interested in the survey comparison to the higher classes.

4.2 Classes based participants

Classes	Number	Percentage
First	16	32
Second	12	24
Third	12	24
Fourth	10	20

During the research, the number of the students in the first classes were 16 which made 32 percent and that put them in the first position. Second position was captured by the students of second and third classes - both 12 in number securing 24 percent each, and finally the students of fourth senior (fourth) classes who were 10 in number and 20 in percentage, the least of all.

4.1 Male and Female students

To achieve the goal, 50 students (25 males and 25 female) of the Kandahar University took part in this research and their opinions have been honestly recorded in the following Graph 4.1.

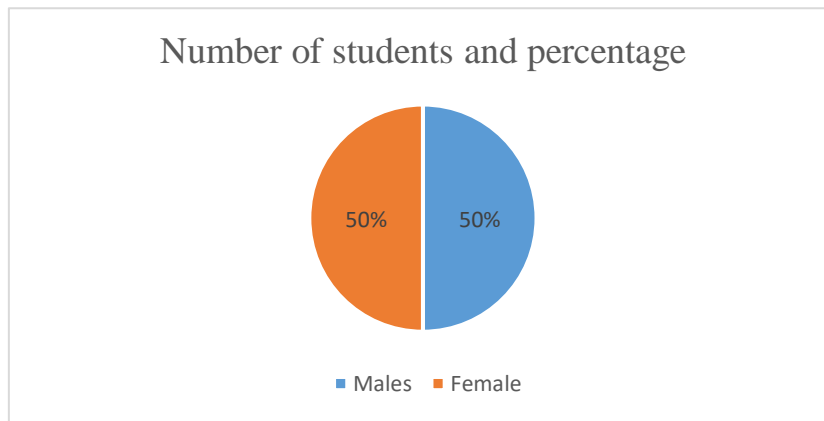


Figure 4.1 Male and Female Students

Twenty important and necessary questions were placed in an online questionnaire for the students of Kandahar University (males and female). The questions were organized in numbers from 1 to 20. The obtained data was processed through SPCC system. Statistics have been organized based on the low and high means.

4.4 Male students’ reaction to the questions

Question		Mean	Std. Deviation
1	I think by watching violence-contented TV, the new generation falls for guns.	4.46	.569
2	I think violence-contented TV programs campaign for popularizing and spreading bad habits/practices in the society.	4.60	.707
3	Violence dominated TV series leave a negative impact on my mind.	4.56	.507
4	Violence-contented TV decreases the sense of friendliness in people.	4.48	.714
5	I think violence-contented TV promotes immodesty.	4.44	.917
6	Watching violence-contented TV Dramas make me impatient and aggressive in my daily routines.	4.40	.500
7	Violence-contented TV drama series affect my goals.	4.40	.645
8	I think watching violence-contented programs leave a bad impression on personality building.	4.40	.866
9	Violence-contented TV series negatively affect my study progress.	4.36	.700
10	I think one main factor of increased conflicts in the society is the broadcast of violent TV drama serials.	4.36	.995
11	I think violence-contented TV dramas play a major role in changing the general public mentality in a negative way.	4.32	1.145
12	Watching violence-contented TV drama series increases my interest in fighting and wars.	4.28	.936
13	After watching violence-contented TV programs, I get tempted to break the law.	4.28	.542
14	I feel feared when I watch violence-contented TV programs.	4.20	.816
15	Watching violence-contented TV dramas make me lazy in my daily routines.	4.16	.898
16	Violence-contented TV programs affect my health in a bad way.	4.16	.850
17	Watching violent TV decreases my power of confidence and commitment.	4.12	.666
18	Violence-contented TV dramas negatively affects my relation with my friends.	4.08	.812
19	After watching violence-contented TV dramas, I feel violent.	3.82	1.487
20	Violence filled TV dramas make me reconsider living peacefully.	3.56	.961

After analyzing the data in the questionnaire above, the important effects of violence-contented TV dramas in the male students can be shown as the following on an average basis;

- According to them, the high mean of violence-contented TV programs was number 1 [new generation falls in love with guns], mean - 4.64, standard deviation - .569.
- According to male students, the second effect is number 2 [campaigning for popularizing and spreading bad habits in the society], mean - 4.60, standard deviation - .707.
- The third important effect was highlighted in question number 3 [they leave a negative impact on the students' minds], mean - 4.56. standard deviation - .507.
- Males students see the next effect of violence-contented TV programs on their friendship/friendliness with others in question number 4, mean - 4.48, SD - .714.
- The answer for the fifth position is question number 5 which mentions the negative effects of violence-contented TV campaigning for immodesty and unethical practices. Mean - 4.44, ST - .917.

Please refer to the Table 4.4 above for the means and standard deviations for question 6 to 20.

4.5 Female students' reaction to the questions

Questions		Mean	Std. Deviation
1	I think violence-contented TV programs campaign for popularizing and spreading bad habits/practices in the society.	4.48	.770
2	I think watching violence-contented programs leave a bad impression on personality building.	4.36	.810
3	I feel feared when I watch violence-contented TV programs.	4.32	.802
4	I think violence-contented TV promotes immodesty.	4.28	.891
5	I think one main factor of increased conflicts in the society is the broadcast of violent TV drama serials.	4.24	.831
6	I think by watching violence-contented TV, the new generation falls for guns.	4.20	.913
7	Violence dominated TV serials leave a negative impact on my mind.	4.00	1.000
8	Violence-contented TV drama serials affect my goals.	3.88	.881
9	Watching violence-contented TV Dramas make me impatient and aggressive in my daily routines.	3.80	1.118
10	I think violence-contented TV dramas play a major role in changing the general public mentality in a negative way.	3.72	.980
11	Violence-contented TV programs affect my health in a bad way.	3.64	.995
12	Watching violence-contented TV dramas make me lazy in my daily routines.	3.64	1.1150
13	Watching violent TV decreases my power of confidence and commitment.	3.56	1.325
14	Violence-contented TV decreases the sense of friendliness in people.	3.48	1.295
15	Violence-contented TV serials negatively affect my study progress.	3.44	1.003
16	Violence filled TV dramas make me reconsider living peacefully.	3.28	1.339
17	Watching violence-contented TV drama serials increases my interest in fighting and wars.	3.04	1.399

18	Violence-contented TV dramas negatively affect my relation with my friends.	3.00	1.291
19	After watching violence-contented TV dramas, I feel violent.	2.84	1.313
20	After watching violence-contented TV programs, I get tempted to break the law.	2.76	1.300

Researcher looked at the responses provided by the male students of Kandahar University in regards to the effects of violent-contented TV drama serials and programs before and now, would like to look into and analyze the reaction of Kandahar University's female students towards the effects posed by watching violence-contented TV drama serials and programs.

Here is how researcher would like to share the view and average statistics of the female students regarding the questions in the questionnaire about the effects of violence-contented TV drama serials and programs after analysis.

- According to them, the highest on average effect of the violence-contented TV drama series and programs is question 1 [spreading immodesty and unethical practices in the society], mean - 4.48, SD - .770.

- The second highest effect is mentioned in question number 2 [watching violence-contented programs leave a bad impression on personality building], mean - 4.36, SD - .810.

- The 3rd important effect is question number 3 [causing fear], means - 4.32, SD - .802.

- Next, they think violence-contented TV programs show its most effect in question number 4 [promotes immodesty], means - 4.28, SD - .891.

- In the fifth position, their answer is "main factor of increased conflicts in the society", which refers to question number 5 in the questionnaire. The mean for this questions is 4.24 and the SD is .831.

Please see statistics for questions 6 beyond in the Table 4.5.

4.2 Common views of male and female students regarding violence-contented TV programs

The male and female students have common views about the effects based on the highest mean and standard deviation statistics in the following areas:

- The effect of [The campaign for popularizing and spreading bad habits/practices in the society] had the highest mean and SD statistics in the minds of males and it had the second highest in the point of view of female students.

- The effect of [promoting immodesty and unethical practices] was regarded in the fifth position based on the highest mean and SD statistics by males while the same question was placed in the fourth position by highest mean and SD statistics shown by female students.

5- Discussion

As it is known that media has become a learning source nowadays and it leaves its direct impression on the lives of individuals, it can send and receive educational, recreational, informational, promotional and commercial information (newspapers, magazines and other written forms, auditory and visual materials) very quickly and efficiently.

In the past ten years, media activities have made considerable progress quantitatively in Afghanistan, whereas this progress has been unequivocally lethargic qualitatively. A media center requires a long list of employees, and this is not possible without strong financial backings and security. Commercial advertisements make a considerable chunk of income for media organizations but many media outlets /press are financed by foreign circles or a particular group here and this is exactly why there is insufficient attention paid to the publishing and broadcasting materials produced. They use politics as an excuse to advance their own personal wars and agendas. Even the most unacceptable and taboo materials in our society find their way out without being filtered. Without considering the dire consequences of violence-contented TV drama serials and other programs which have relatively more viewers, they broadcast them uncensored just to attract more business in the form of TV commercials.

Using violence-contented TV programs attract more audiences. They are especially attractive to the teenagers because of the special age-cycle directly affecting their morale as they try to make them part of their practical lives. Some news agencies also try to present violence-contented stories in the beginning of their programs to attract the attention of the viewers, readers and listeners. There are few agencies and outlets that start with positive news, and all of these leave bad effects on the general mentality and souls of the people.

This is why such contents shed negative lights on the behavior of young men and women and strengthen the forces of violence, anger, fear, unethical behavior, depression, insomnia, building unsound personality, cruelty and more in them.

Due to the fact that most everything is affected by the wars and conflicts in our country, and because we literally have four generations who have seen nothing but wars and fightings in their lives since birth, putting a sudden stop to all this would be a very difficult step. But, if the young generation does not ignore watching violence-contented TV programs, there will be even more negative consequences. Viewers will view violence as a normal part of life and they will be apathetic, sad, aggressive, oppressive and lazy.

Researcher have made references to credible findings made by scholars such as (Elis, 2011; Eugene, 2010; Davis, 2010; Huesman, 1986; Jitendra, 2003; Leonard, 1963; Newhagen and Reeves, 2006) and others. All of them have mentioned and confirmed watching violence-contented TV programs to have negative impacts and have called them harmful.

6- Conclusion

Researcher handed out a questionnaire to 50 students of Kandahar University, comprising of 25 male and 25 female students, to investigate their perspectives. It has been observed that male and female students had pointed out [promoting immodesty] and [campaigning for popularizing and spreading bad habits/practices in the society] on the top of a high average top 5 list under the title "Common views of male and female students regarding violence-contented TV programs" above.

According to the findings researcher can state that violence-contented TV drama serials and programs have profound negative effects on the lives of the students of Kandahar University (male & female). In their responses, they have stated that such programs strongly affect their general mentality, sense of friendliness and trust, sense of fear and more in a negative way. In addition, such programs promote and campaign for immodesty and unethical practices in the society, promote love for guns amongst youth and cause various spiritual and psychological problems.

7- Suggestions

- The task of controlling the media is a Department of the Ministry of Information and Culture. Future generations will be served better than this if these officials filter the media in accordance with of the Afghan values and principles.

- A special request from the Cultural Advisory Office to the President is to further develop interest in such crucial issues and try to enrich students' mentality and information bank through constructive and positive courses of action.

- Civic society can play a positive role in this regard. They must voice-up against outlets and organization that try to generalize and popularize violence-based contents and culture through gatherings and meetings.

- The Ministry of Higher Education is also obliged to conduct workshops and programs to further education teachers and students on non-violence.

- In order to support the non-violence theory, the committees of the Spiritual Virtues and the Students Affairs should make these results available to the students.

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