

Cumulative Effects of TV Viewing on the Adjustment of Adolescents in Relation to Their Academic Performance

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The primary purpose of this study was to examine the influences of television viewing, gender and academic achievement on adjustment among the school going children. In this investigation, the influence was measured on a sample of 640 adolescents (320 light TV viewers and 320 heavy TV viewers) with gender equivalence from low and high achievers. Adjustment Inventory (Mittal, 2006) was administered. Findings revealed that girls were higher on home and social adjustment as compared to boys, while boys were found to be higher on health adjustment as compared to girls. Higher achievers scored significantly higher than low achievers on home, health, school and total adjustment, whereas no significant difference was observed in the adjustment of light TV viewers and heavy TV viewers.

Keywords: Adjustment, TV Viewing, Gender and Academic Performance/ Achievement.