



**MEDIA VIOLENCE AND ITS EFFECTS ON CHILDREN'S  
HEALTH AND AGGRESSIVE BEHAVIOUR IN OSUN STATE,  
NIGERIA**

**Raji S.O, Owumi B. E. and Aliu T**

## Introduction

- Information is power and it is key to knowledge
  - influences individual behaviour both positively and negatively
  - define our person and attitude
  - main sources of information nowadays have changed significantly
    - the old system e.g instruction from parent, teacher, friends etc (with control)
    - The new system e.g through internet- ICT - Facebook, twiter, google, drug use online (without control)
- At different age,
  - Media has powerful influence on children behavoiur and lifestyles
  - It is evident that children often imitate behaviour from media
    - especially when that behaviour is presented in a simple, neat and instructional manner.
  - 
  - By the age of three, children will willingly watch a show or movie designed for them 95% of the time and will imitate someone on television as readily as they will imitate a live person (Parke and Kavanaugh)

- Behavioural patterns, attitudes, and value about social interaction are developed at childhood age ( Development Psychology theory)

## **Literature Review**

- In the literature, there are positions that have been established that media exposure has both positive and negative consequences
  - Negative side
  - Prolong exposure to violent media is associated with subsequent aggression in life (Hueman, 2006)
- Kimball and Zabrack (1986) find that children were find to be significantly aggressive 2 years after television was introduce in Canada

## **Literature Cont.**

- Also children who are find of watching violence program mimic it which affect their health in later life (Hueman and Bushman, 2010)
- Male child are more affected by violent show than female (Anderson et al, 2003)
- Okoye (1993), have also observed that media exposure made Nigeria children individualistic and influenced by foreign culture which affect our moral standard

## **On positive side**

- Children educational films, programs has helped in effective learning and improve social skill

- According to Freeman (2008), Japanese television has some of the most violent imagery in the world, yet Japan has a much lower murder rate than other countries like Canada and United States
- In a study by Freeman (2008), the positive side outweighs the negative effect
- Thus, lack of consensus on the relationship between media exposure and children aggressive behaviour led to the emergence of this study

## **Methodology**

- The study was conducted in Ile-Ife, Osun State, Nigeria
- Triangulation of both quantitative and qualitative techniques.
- ✓ Qualitative Technique
  - ❖ Focus Group Discussion (FGD)
    - Two different groups of male and female

## **Analysis**

- Quantitative data were analyzed using descriptive, inferential statistics and frequency tables
- while qualitative data were analyzed through content analysis

## MEDIA EXPOSURE AND EFFECTS

Child Media Exposure	Yes	No
'Do your children like watching war films, Chinese films and other violent films	69(54%)	59(46%)
Do you think media has violent effect on children	100(69%)	44(31%)
Do you think violence in the media has health implication on children	110(76%)	32(23%)
Do you notice any change in your children after watching or playing films or games	113(80%)	29(20%)
<b>How Can Children be prevented from Being Aggressive Through Media</b>		
Control What they Watch	96(78%)	
Give them Adequate Supervision	27(22%)	

## Conclusion and Health Implication

- This study conclude that without a proper check and control of children's exposure to violence in the media, children will continue to imitate whatever they watch on the screen or the toys they play with which will always have negative effects on the child's behaviour.
- The Health Implication
  - ✓ Self Medication
  - ✓ Develop the habit of drug abuse
  - ✓ Use the internet to seek for treatment in a negative way , without consulting Medical professionals

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