

Binge TV watching becomes a popular trend

Jordan Williams

jordanwilliamsclub@gmail.com

Sophomore Sarah Neville spends a lot of her time in front of the television. She spent hours watching the *Breaking Bad* TV series back-to-back over fall break. It's a term commonly known as "binge television watching."

Binge TV has grown to be a pandemic that affects many people. Binge watching is when someone watches entire seasons of a show in a short period of time, even as short as one day. Although the term is new, the idea of showing multiple episodes of one show in a limited time frame is not. TV stations have been doing this for decades with marathons.

Binge watching has become increasingly popular thanks to Netflix, Hulu and other internet streaming services.

Sophomore Daniel Brinker,

who likes the shows *Bleach* and *Soul Eater*, said he recommends binge watching.

"I do it every weekend," Brinker said. "You can say I'm pretty lazy."

Junior Shelby Claflin prefers watching comedy shows.

"I do it when I'm bored," she said.

Not only are internet streaming services used by everyday people, but network companies have been trying to use the practice of binge watching to see what their viewers will or will not watch.

MTV will be showing full seasons of shows before they air on TV via their app. Networks like MTV, which rely on young people to watch their shows, continuously try to find new ways to raise their ratings. Many other networks try to entice the viewer by putting more of their best shows online.

Although people enjoy

watching television, problems can stem from watching it for long periods of time.

"The mind needs intellectual stimulation for it to exercise. When there is no stimulation, it doesn't grow, much like the body," psychology teacher Tim Barthel said.

"It should be done in moderation. Parents seem to rely too much on TV to entertain their kids."

When one watches TV for too long, neither the body nor the brain is being intellectually stimulated, leading to stunted growth or delayed development, while the short term side effects could cause you to lose sleep leading to difficulties in school.

"Watching TV for too long

will give you a lack of exercise, which could result in not being very physically fit," nurse Marijo Trissler said. "When looking at the TV screen for a long time, you could strain your eyes and affect your eyesight in the future."

"When I was doing it, I looked at myself and thought, 'You should probably leave the house.'"

Sarah Neville
sophomore

Sophomore Allysia Jones agreed. "If you binge watch a lot, you would get lazy," she said. "You still have a life other than TV."

Neville and Jones agreed that it's better to watch TV in moderation.

"When I was doing it (binge watching), I looked at myself and thought, 'You should probably leave the house,'" Neville said.

Not everyone is buying into the binge watching hype, however. Amazon, which has let viewers binge watch shows on Amazon Prime, will not allow viewers to binge watch their original shows.

Science teacher Sarah Westerfeld doesn't buy into the binge watching phase. "I don't think it's a good use of your time," she said. Although she does have Netflix, she watches it a few times a week for only an hour or two.

"There's so much more to be able to do," Westerfeld said. "Just to be able to enjoy the outdoors — I feel like TV just isolates you and you won't have enough social time."

Editor's note: Jayden Kelly contributed to this story.