



## Television and the Quality of Life: How Viewing Shapes Everyday Experience (Routledge Communication Series)

By Robert Kubey, Mihaly Csikszentmihalyi

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Employing a unique research methodology that enables people to report on their normal activities as they occur, the authors examine how people actually use and experience television -- and how television viewing both contributes to and detracts from the quality of everyday life. Studied within the natural context of everyday living, and drawing comparisons between television viewing and a variety of other daily activities and leisure pursuits, this unusual book explores whether television is a boon or a detriment to family life; how people feel and think before, during, and after television viewing; what causes television habits to develop; and what causes heavy viewing -- and what heavy viewing causes -- in the short and long term.

*Television and the Quality of Life* also compares the viewing experience cross-nationally using samples from the United States, Italy, Canada, and Germany -- and then interprets the findings within a broad theoretical and historical framework that considers how information use and daily activity contribute to individual, familial, societal, and cultural development.

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