

- 1) Complete the report with the correct sentences from the box. Also, choose the correct option where needed.

- a. Counseling services should be offered during and after the show
- b. This report examines how their routines, emotional well-being, and future prospects are affected.
- c. As a result, feelings of isolation and anxiety have been reported by many contestants, even long after the show has ended
- d. Because they must remain camera-ready at all times, little time is left for rest or privacy, and exhaustion is frequently experienced

Life Behind Reality TV Shows

Introduction

Reality TV shows are widely regarded as one of the most popular forms of entertainment worldwide, as they have offered instant fame to many young participants. Although these programs provide entertainment and opportunities, critics have increasingly highlighted the personal and emotional challenges contestants often face. _____(1)

Workload and Schedules

Contestants are often expected to work long filming hours, sometimes exceeding 12 hours a day. _____(2). Moreover, strict **they often impose/ routines are often imposed** by production teams, which adds to the physical and mental demands placed on participants.

Emotional and Social Impact

Living under the public eye can be mentally draining. Online criticism is regularly received, while contact with family and friends is often restricted. _____(3). Furthermore, the competitive environment is believed to intensify emotional stress, especially for younger participants.

Future Opportunities

Reality TV can open doors to careers in modeling, acting, or music; **despite/however**, not all contestants achieve lasting success. In fact, many participants find it challenging to return to normal life once the spotlight has faded, and some struggle to adapt to the lack of attention after the show ends.

Suggestions

- It is suggested/ I suggest that filming hours should be reduced to protect contestants' mental health.
- _____ (4).
- Media training should be provided to help participants handle public exposure responsibly.
- It is/ It's proposed that education and career planning programs be developed to prepare contestants for life after the show.

Conclusion

While reality TV offers fame and excitement, it also brings emotional and social pressures. With proper guidance and support, participants can enjoy the benefits of exposure while protecting their mental health and personal well-being.