



From left to right; KLoe Kardashian, Kris Jenner, Kourtney Kardashian, Kim Kardashian, Kylie Jenner, Kendall Jenner

the effects of REALITY TV

WORDS BY JORDAN PLATT
PHOTOGRAPHY CREATIVE COMMONS

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From Laguna Beach to The Hills and now Keeping Up With The Kardashians, reality television has been a part of millenials lives for over a decade now, and the repercussions are starting to show.

Just like the majority of internet-obsessed millennials, I'm also (and a little unnaturally might I add) obsessed with celebrity culture. With the combination of social media, Twitter, Snapchat and Instagram, and reality TV stars (yes, Kardashians, here's looking at you) there's unparalleled scope for my obsession to grow, unlike a decade ago. And due to this, as I've recently discovered, there's also unparalleled scope for the influence celebrities have to really get a hold of our lives.

For instance, a friend recently went under the knife, a feat that I'd usually encourage if done for the right reasons, but her reasoning for having her lips done was simply that Kylie Jenner had done it. *Kylie Jenner had done it.* Yes, you read that right. She altered her face, not

due to insecurities, or the fact that she felt it would benefit her emotionally or physically, but simply because a celebrity had had it done. And you may be thinking, 'oh, well she's clearly crazy, she's a one-off', but you'd be wrong to think that. Oh-so wrong.

According to Medical Procedure News, 9.2 million cosmetic procedures have been performed due to influence from reality television and its stars. A figure that shoes a whopping amount of individuals paying to alter their appearance to look more like their on screen counterparts. This could be down to the fact that American's spend over a third of their spare time in front of the TV, with reality television being sixty-seven percent of the television that they watch, meaning it has a huge impact on their lives. They're looking for the majority of their entertainment through watching other people live their lives, instead of living their own, a matter that's truly making me rethink my

obsession, and whether being too involved in the lives of celebrities is affecting mine and your wellbeing.

Last year, fifty-three percent of shooting days taking place in LA were for reality TV shows, over half of the amount of shows being shot, which only goes to prove the popularity these stars have along with the amount of demand that there is for an insight into their lives. Keeping Up with The Kardashians has now been running for eleven seasons, with the public watching there ever-changing appearances over the years. But KUWTK wasn't the first show to affect millennials lives in a big way. I remember Laguna Beach: The Real Orange County airing in 2004, followed by The Hills and The City respectively, and the girls, from Lauren Conrad, to Audrina Partridge to Whitney Port, caused girls to alter their appearances at a young age. Girls we dyeing their hair blonde, and tank tops became the 'in' thing, and I know these

changes were small, but maybe, just maybe, they were the start. The start of people thinking that in order to be beautiful and successful like these women on TV, they have to alter their physical appearance. It can't be denied that reality television has glamorized cosmetic surgery, from lip fillers, to Botox, all the way through to breast augmentations and face lifts. And it's this glamorisation that is positively correlating with why women are going under the knife in America.

With fifty-seven perfect of our overall television programming being made up of reality TV episodes, I just hope that, as individuals, we can begin to differentiate between the stars of these shows and ourselves, and realise that we don't all need to look the same, and that's the beauty of being human. ●

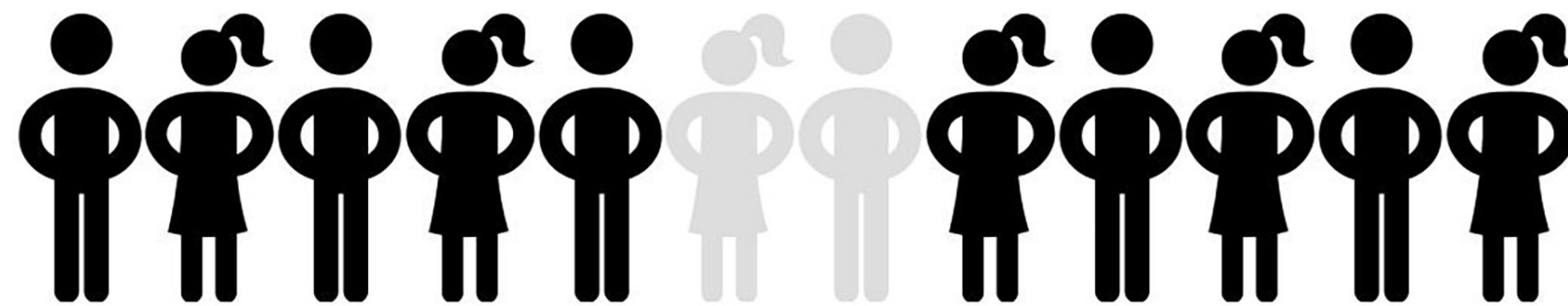
57% of overall TV programming is made up of reality television

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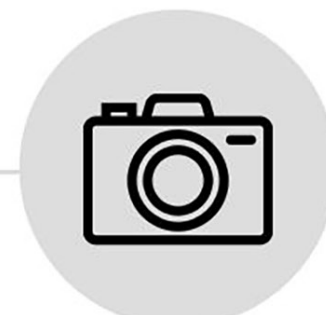
American's

spend a 1/3 of their free time watching television.



67%

being the percentage of reality television that takes up what American's watch on TV.



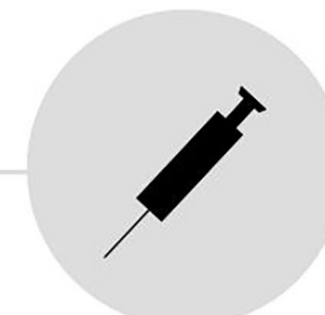
53%

is the percentage that shooting days for reality TV rose by in LA last year.



57%

is the amount of your overall television programming that is made up of reality TV episodes.



9.2 million

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