

People these days watch TV, films and other programmes alone rather than with other people.

Do the advantages of this development outweigh the disadvantages?

Nowadays, more people watch television, films and other programs on their own rather than with others. I will outline both the benefits and drawbacks before explaining my opinion. ✓

On the one hand, individuals who watch alone are able to concentrate better. ~~For instance,~~
~~while~~ When people they are watching watch films with each other, they probably talk about different topics and share their ideas about their favorite actors, scripts, plots, audio quality, and background music, which are quite distracting. ~~Since people prefer to watch their favorite films or TV programs in a quiet atmosphere and environment, they enjoy watching alone to understand the story and concentrate better~~ Since they enjoy understanding the story and concentrating better, they prefer to watch their favorite films or TV programs in a quiet atmosphere and environment alone. In addition, people watching alone can choose their preferred programs quickly and easily. ¶ These days platforms like Netflix offer a wide variety of genres, so people are able to have different choices and tastes. ~~Although it's probably they have the same preferences, they may be different in details. Hence, people watching alone can choose their preferred programs quickly and easily and join their choice.~~ Hence, they will have to discuss and agree on what to watch together, but when they are alone, the only thing that matters is their own choice.

On the other hand, people watching alone can become isolated. Nowadays, ~~many individuals are doing they do~~ activities such as online working, exercising, running, and cooking alone, ~~such as online working, exercising, running, and cooking.~~ If they watch films and TV alone, as well, Consequently, they will feel lonely and depressed and ~~it this~~ is detrimental for their mental and emotional health. ~~It is better to watch it with their mate, friends, and family members to have a different and memorable experience.~~ Furthermore, watching alone has ~~lots of disadvantages and a~~ negative impact ~~for on~~ their physical health, because it ~~has significant impact on their~~ leads them to develop unhealthy ~~habbit~~ habits. ~~While people are watching films alone,~~ They have no one to talk to, so instead they want to do enjoyable activities, such as snacking on pizza, sandwiches, and sugary foods. ~~Hence, it has lots of drawbacks for their physical health, and they become overweight and obese., which make them overweight and obese over time.~~

~~While some people argue that watching alone allows people to concentrate better and choose their favorite movie easily, I strongly believe that they may become isolated, and consequently, it has lots of drawbacks on their physical and mental health. In conclusion, people tend to watch alone rather than with others to have an enjoyable and memorable time to feel more energetic and refreshed.~~

I believe that depression and isolation are treatable in today's world, and people can choose diet snacks to consume when watching their programs alone, so the benefits of this activity, namely better concentration and choosing their favorite movies easily, outweigh the drawbacks.

Or:

In conclusion, I believe that issues like isolation and obesity are part of the modern lifestyle, and watching TV and movies alone or with others does not impact them significantly.

Therefore, I think...