

# The Ultimate Guide to Reality TV: Routledge Television Guidebooks

Reality TV has become a global phenomenon, with millions of viewers tuning in each week to watch their favorite shows. But what is it about reality TV that makes it so addictive? And how has it evolved over the years?



## Reality TV (Routledge Television Guidebooks)

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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In this comprehensive guide, we'll take you behind the scenes of reality TV, exploring the different types of shows, the stars who make them, and the impact they've had on our culture.

## The Different Types of Reality TV Shows

There are many different types of reality TV shows, each with its own unique format and appeal. Some of the most popular types of reality TV shows include:

- **Competition shows:** These shows feature contestants competing against each other in a variety of challenges, such as cooking, singing, or dancing. The winner of the competition typically receives a cash prize or other valuable reward.
- **Docu-soaps:** These shows follow the everyday lives of real people, capturing their relationships, careers, and personal struggles. Docu-soaps are often unscripted and provide viewers with a glimpse into the lives of people who are different from themselves.
- **Makeover shows:** These shows feature people who are undergoing a physical or emotional transformation. Makeover shows can be inspiring and motivating, and they can help viewers to see their own potential.
- **Dating shows:** These shows feature people who are looking for love. Dating shows can be entertaining and heartwarming, and they can help viewers to find their own true love.
- **Reality game shows:** These shows combine elements of reality TV with game show challenges. Reality game shows can be suspenseful and exciting, and they can offer viewers the chance to win big prizes.

## **The Stars of Reality TV**

Reality TV has created a new generation of stars, who have become household names. Some of the most famous reality TV stars include:

- **Kim Kardashian:** Kim Kardashian is one of the most famous reality TV stars in the world. She is best known for her appearances on the reality show Keeping Up with the Kardashians.

- **Paris Hilton:** Paris Hilton is another famous reality TV star. She is best known for her appearances on the reality show The Simple Life.
- **Snooki:** Snooki is a reality TV star who is best known for her appearances on the reality show Jersey Shore.
- **Bethenny Frankel:** Bethenny Frankel is a reality TV star who is best known for her appearances on the reality show The Real Housewives of New York City.
- **NeNe Leakes:** NeNe Leakes is a reality TV star who is best known for her appearances on the reality show The Real Housewives of Atlanta.

## **The Impact of Reality TV**

Reality TV has had a major impact on our culture. It has changed the way we think about fame, beauty, and relationships. Reality TV has also helped to break down barriers and stereotypes, and it has given viewers a chance to see themselves in others.

However, reality TV has also been criticized for its negative impact on society. Critics argue that reality TV promotes unrealistic expectations and values, and that it can be harmful to people's mental health. Reality TV has also been linked to an increase in plastic surgery and eating disorders.

Despite the criticisms, reality TV remains one of the most popular forms of entertainment in the world. It is a genre that has something for everyone, and it is likely to continue to be a major force in our culture for years to come.

Reality TV is a complex and multifaceted genre. It has both positive and negative aspects, and it has had a major impact on our culture. Whether you love it or hate it, there is no denying that reality TV is here to stay.



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