

## ONE OF THE GREATEST REGRETS IN LIFE WOULD BE, NOT BEING YOURSELF

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To begin with, there are plethoras of reason why people want to copy famous persons. Firstly, the name and fame of such personalities leads the trend to follow their efforts and prospective towards achieving goal. Secondly, the luxurious life style and adequate financial backups of famous individuals also influence people.

Firstly, celebrities set the trend and then normal public follows that trend blindly to look fashion forward. Today everyone wants to be a fashion icon. So, they copy famous personalities to look good. Also, celebrities make everything look beautiful and people get fooled thinking they might also look good and classy like them. The first and foremost reason for this tendency is the materialistic lifestyle of the modern era. These days people love to show off their styles and status has become the benchmark for a successful life. Therefore, copying styles of famous icons represents them as high class and they gain tremendous pride by flaunting it. For instance, the wedding dress wore by Bollywood actress Anushka Sharma was copied by many rich brides for which they were complimented and it added to their position in the community. Hence, people end up imitating them.

Following a trend and trying to copy their fashion styles is completely normal. But, style is something unique for everyone. People should keep in mind their comfort, body type,

requirements and life style before blindly copying anything. Moreover, celebrities often set unrealistic beauty standards that become harmful for people to follow. There are cases where young girls starve to get the waist size or the jawline of their favorite celebrities. People need to understand that there is a whole team of experts that make these famous personalities look so flawless all the time.

Secondly, people love to be compared with big celebrities. Therefore, be it good or bad, people, specially teenagers try to imitate them in terms of looks, behavior, stunts and materialistic possessions. But this affects the teenager's mentality by a huge amount, they lose themselves somewhere in the process of Imitating Others. This impacts their overall demeanour, and changes the way they look at themselves. Kids who are obese, dark, ectomorphs, etc. become increasingly self-conscious, and lose confidence to the limit when they are ashamed to even look at themselves. I think all of this is the direct result of comparing themselves with others who are either physically or maybe mentally stronger/better than them. And comparison is again a result of imitation.

A part from that, if the smoking and alcoholic drinking scene are being broadcasting while performing in film by actor then it might be intensified bad habits among audience.

“Teenagers who watch films showing actors smoking are more likely to take it up”

As teenagers are highly impressed by their favourite stars they even starts to copy their bad habits and one of the example is smoking which effects their health. It said a study of 5,000 15-year-olds looked at their exposure to smoking on screen, and whether or not they had tried smoking. Hence, a person who follows such celebrities will purchase these products although these have health consequences.

There are many reasons behind the increased craze among people to follow the celebrities. One reason is that people who call themselves fans of celebrities, such as actors or sports stars, also have the desire to be famous in the society. For example, recently an Indian guy bought the same luxury car owned by his idol M.S. Dhoni thinking that this would help him grab attention. People also imitate celebrities to look more stylish and to gain more acceptance in the society.

Hence, people end up imitating them. Other than this, there are some people who feel that if they follow their role models, they would also be able to achieve the luxurious lifestyle and huge success in their lives in terms of endless wealth, expensive cars and other such possessions. Another reason is numerous people believe that a lifestyle of celebrities is a role model of happiness, therefore they try to achieve a success and gain happy life via copying supper stars and famous people, such as purchase luxury item and go on an expensive trip.

The masses try to blindly follow whatever they see or read their famous idols are doing. This idea of copying famous personalities is completely flawed because more often than not, what we see on television or read in newspapers is only part of the story and not the whole story. A study by Harvard University have shown that only twenty percent of television news is stating the full context and statistics. This is the reason why following famous people based on media sources are an outrageously wrong concept.

Although the trend of copying others is very common, it is really unnecessary things. Firstly, people can actually gain them happiness with one's own style rather than copying someone by wearing similar clothes or processing similar luxury items, which only could bring them a temporary satisfaction. Moreover, this behaviour might put a common person in certain financial troubles and low down their standard of life. For instance, a luxury bag might cost a not rich person's few months income, thus she might need to borrow money to get it which might cost her a few years to pay the debt.

Every coin has two sides like that celebrities can also have a positive effect in teenagers' lives when they promote education and cultural awareness. Celebrities who complete college coursework, have an interest in politics, write books, study literature, travel abroad or engage in debates showcase their intellectual skills. They teach teenagers that it's not just about what's on the outside – it's what's on the inside that really matters. Famous athletes who perform eloquent interviews and have college degrees teach teenagers that it pays to stay in school. Movie stars who speak at college graduations or host effective live interviews show teenagers that it takes more than good looks to make it in the real world – brains count too.

For Education – Many celebrities like Amitabh Bachchan, Shahrukh Khan, Malala Yousafzai and many such celebrities have inspired all of us towards education. These celebrities despite facing some or other challenges never backed down from their education. Their work in the field of education is widely recognised and honoured. The best example is Malala Yousafzai, who was attacked for going to school and despite danger for her life she continued her education and she is a UN messenger of peace, the youngest Nobel Prize winner and an activist for child education.

For Environment – Celebrities actively participate in environmental safety projects. Most popular celebrities working towards environment through cleanliness projects, animal safety, etc. for example, Narendra Modi's Swachh Bharat Abhiyaan, celebrities campaigning for PETA etc.

For Career – A celebrity is only made popular because they have a successful career. Their choice of career is also made popular because they are remarkably doing well in that field. Kids are hugely inspired by these celebrities and opt for a profession in their field only.

For Lifestyle – Famous people also share their personal life on social media like travel, adventures, parties, events, and also they share various tips for fitness, dressing, public speaking and healthy lifestyles. Children can follow these tips to improve their standard of living.

For will power – Almost every celebrity faces hardships in their path of success but they courageously face all these shortcomings and continue to work in their field with determination. Kids can learn this never give up attitude from celebrities and implement the same for their studies or anything for positive results.

For Humanity – Celebrities are known for their contribution towards humanity through charities, UNESCO, UNICEF, UNO, WHO projects or they themselves start their own NGOs or Welfare associations for homeless, orphaned, disaster-hit people. For example, Nana Patekar contributes to farmers and Akshay Kumar raises funds for Indian Army etc. These are the examples children must look up to for a better life

To sum up, due to rich life style and reputation of popular persons in the country, attracts common people to copying them. However, some bad approaches such as smoking and drinking of affluent personalities may affect on social and health. It is true that many people try to imitate their favourite TV actors or sports stars, which is not right. They should take their own principle and value rather than copying others. This trend is not appreciable as common people lose their originality by copying others....if they really wants to copy something they should copy the good thoughts and values from their favourite stars.

“Be yourself, because an original is worth more than a copy.”

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