

A Study on Impromptu Speech Initiation of Programme Hosts Based on Communication Accommodation Theory: The Case of “Hello, Interviewer”

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Abstract: In recent years, the social situation of choosing a career and employment has become more and more difficult every year, and the mass media has provided a new solution to this dilemma : job-seeking reality shows. In this type of show, the host's ability to improvise is a critical factor in the show's success. However, many presenters do not have strong improvisation skills. They cannot reasonably guide the interaction between job seekers, interviewers, and career advisors, resulting in the guests not getting the required information efficiently or the scene getting out of control, ultimately affecting the program's communication effect. At present, there is a lack of research on how the hosts control the guests' right to speak and how to trigger the guests to respond in job-seeking reality programmes. Therefore, this paper adopts a qualitative research method and selects the programme “Hello, Interviewer” as the research corpus, drawing on communication accommodation theory in social psycholinguistics, communication, and broadcasting to analyse the forms of improvised speech initiation by the hosts in the job-seeking reality shows. This study divides the overall process of a job-seeking reality show into three stages, including: the opening introduction - low interaction stage, multiple interactions - high interaction stage, and the end of the decision - medium interaction stage. Then, the forms of improvised speech initiation used by the hosts in each stage are summarized in relation to the corpus. The findings of this paper are expected to provide guidance to job-seeking reality show hosts to better master their discourse skills and improve their improvisation skills so as to achieve the most optimal communication effect of the programme.

Keywords: Job-seeking reality show, Impromptu speech initiation, Communication accommodation theory, Discourse analysis, Social psychology.

1. INTRODUCTION

The job-seeking reality show is defined as “a genre in which the host, the job seeker, the interviewer, the workplace expert, and the audience are present in the studio hall to recreate the interview process between the job seeker and the recruiting team using verbal and non-verbal elements, with the participation of the workplace expert to guide them through the process of applying for the job”(Yin, 2006). The job-seeking reality show is flourishing and being explored worldwide, reflecting the importance of workplace employment issues and people's desire for career development. One of the main reasons for this is due to the fact that globally, the graduate job market is facing huge challenges. Social developments and market demand have created fertile research grounds to breed such programmes. In the case of China, one of the world's leading economies, for example, the increase in the base of the Chinese graduate population makes employment difficult. At the same time, it has become much more difficult for recruiters to tap into the

best talent. As a result, job seekers and recruiters are caught in a “double dilemma.” This situation is prevalent worldwide.

Based on the characteristics of TV programs close to the masses and wide dissemination, the perfect combination of mass media and social services undoubtedly provides a new solution to the “dilemma” - job-seeking reality show. As job-seeking reality shows must be professional and entertaining, the hosts must have strong professional skills and comprehensive qualities. In particular, the host's ability to improvise and express himself is a key factor in guiding and controlling the smooth running of this type of programme.

In addition, Yin (2008) states that conversation is the most critical form of communication in reality shows, which consists of initiating and responding to words. Initiation is usually a discourse in which the speaker with a specific communicative purpose is able to elicit a response from the other party when completing a communicative task in a conversational interaction. In the case of job-seeking reality shows, the host's identity is constructed as both the controller of the programme's discourse and the initiator of the

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speech of the job seekers, the recruitment team, and the career advisors. The host not only has to control the flow of the programme and time, but also has to deliberately choose and use words to guide the discussion, control the audience and mobilise the guests' emotions. Due to the severe and professional nature of the job search process, in order to present the job search scene objectively and realistically, the host should not make too many statements of his own, but should use improvisation skills to trigger responses from the participants, to convey the appropriate message and produce the desired effect.

Social psychology-based communication accommodation theory provides a theoretical basis for the phenomenon of improvised speech initiation in job-seeking reality shows. Communication accommodation theory is a linguistic theory proposed by Canadian linguist Dell Hymes in the 1960s, which focuses on the context and cultural background of language use. The theory argues that language use is influenced by various factors such as context, participants, and context, meaning that language use needs to be modulated to fit different contexts and situations. In actual communication, people need to regulate language according to the context of the conversation and the needs of the person they are communicating with in order to achieve the purpose of communication. In improvised speech, people need to flexibly use different language skills and communication strategies according to the different dialogue objects and dialogue situations in order to achieve the purpose of communication and interaction better.

Communication accommodation theory states that people adjust their verbal behaviour and communicative style in the communication process according to different situations and the needs of the person they are communicating with. In improvised speech situations, people need to quickly identify and adapt to the atmosphere of the social situation and the communicative needs of the other party in order to achieve the purpose of communication better. If the theory of communicative regulation is applied appropriately, people can become more comfortable with different social situations and improve their communicative skills and eloquence. In short, the communication accommodation theory can explain the phenomenon of improvised speech in social situations.

Therefore, this paper will focus on combining and summarizing the expression rules and characteristics of the hosts' conversation initiation and the verbal

responses of job seekers, recruitment groups, and career consultants in job-seeking reality shows under different situations, and then construct the expression mode triggered by impromptu speech. In order to provide some help for the host to correctly and reasonably use the improvisation skills and strategies in the job-seeking reality show.

2. LITERATURE REVIEW

2.1. Research on Job-Seeking Reality Shows

2.1.1. Research on the Role of the Host of Job-Seeking Reality Shows

Newcomb (2002) points out that the style of presenting varies from programme to programme. On the one hand, a precise role positioning can make the host's conversation more valuable and core meaningful, and at the same time, bring the relationship between the participants of the programme closer; on the other hand, only by finding their own role positioning and giving full play to their role characteristics, and by meeting the rules of audience identification in hosting the programme, can the host better realise their subjective initiative and creativity, and let the programme's content be reflected.

The role of presenter plays a crucial role in the programme's positioning. Barton (2013) suggests that in order to be able to deliver a better programme, the presenter must find his or her own role in the programme. This requires a high level of humanistic awareness in order to avoid misplaced roles in the process of hosting programmes.

On the perception of the multiple roles of hosts in job-seeking reality programmes, Bai (2011) discusses the multiple roles of hosts, in reality job search programmes and briefly elaborates and analyses them: hosts are not only the controllers and controllers of the recruitment process, but also the introducers and recommenders of job seekers, recruitment teams and job consultants, and are the guides of workplace values and even life views. In the programme, the hosts should strengthen their awareness of guiding public opinion in the job market and establish a sense of humanistic care for the job seekers, while preventing themselves from overstepping or missing their positions.

2.1.2. A Study on the Discourse of Job-Seeking Reality Shows

Based on the multiple roles of the hosts in job-seeking reality shows, the expression patterns of the

hosts are also inevitably presented with diverse characteristics.

Some scholars have conducted a more macroscopic study on the conversation in reality job search programmes. Zhang (2019) points out that the role of the host should be characterised by linguistic interaction, and when the interaction is good, the audience can efficiently communicate with the live guests. Combining this approach enables viewers to understand the programme better, keeps the broadcast process orderly, maintains a friendly atmosphere, and avoids an awkward atmosphere. Zheng & Lu (2014) pointed out that the job-seeking reality show has both the discourse characteristics of a general talk show and distinctive individual discourse characteristics. From a macro perspective, the discourse in the programme forms a "multi-layered embedded" discourse structure; from a micro perspective, the interaction between the host and the guests is mostly a "question-answer".

In job-seeking reality shows, speech is an essential way of identity construction, and the hosts need to pay attention to the appropriate mastery of language scale when constructing discourse relationships. In her study, Liu (2012) points out that the linguistic characteristics of the hosts in the reality job-seeking programmes are not only expressed in their voice appearance, but also in their language application skills and scientific application. Through analyzing the principles and characteristics of the host's discourse, she also gives effective ways for the host to use the characteristics of dialogue reasonably.

2.2. Research on Improvised Spoken Expression

The importance of improvisation in television is self-evident, as it requires high concentration and quick thinking to respond to different situations. Foreign scholars have researched improvisation from different perspectives.

Tomar (2011) points out that improvised spoken expression is an important symbol to show the personality and language characteristics of the subject. Improvisation is very much about on-the-spot thinking and questioning, which tests the presenter's ability to play and control the scene. Peterson (2007) suggests that improvised spoken expression has a strong social dimension in television programmes, and is not simply a one-to-one communication but a socially oriented way of communicating with the public. It is a socially oriented way of communication. The hosts and guests of the programme need to actively correct their

attitudes and create a good communication atmosphere to better resonate with the public and be welcomed.

And with the development of new media, there has been a transformation in the impromptu spoken expression of the anchors. By analyzing the influence of the all-media context on the improvised spoken expression of news anchors, Wan (2013) further explored the innovation space of improvised spoken expression of news anchors in terms of discourse style, hosting style, creative concept, and personality style.

2.3. Research on Verbal Initiation

Media conversation is a mode of dialogue in which information is presented and released to the public through various platforms dedicated to disseminating information, such as newspapers and magazines, radio, and internet television. As a conversation in the media field, the media interview has its own discursive organisation and expressions. Here, some scholars have analysed and explored the 'initiation and response' of media talk shows.

Yang (2011) studied the characteristics of sentence categories and syntax, such as response and elicitation in conversations, taking media interviews as an object. Sheng (2005), classified four categories of television talk shows, including first and last, instruction, statement, and initiation. Initiation is an essential category of TV talk show talkbacks, which can be subdivided into four categories: questioning, evidence-seeking, reasoning, and assertion. Ge (2017) also takes the presence of question elicitation within media interviews as an object and collates its patterns, specifying information dissemination and communication as the key purpose of such conversations. Huo (2008), takes pragmatics as an entry point, analyses interview programme discourse based on theories such as discourse analysis, and describes the categories and functions of question-and-answer structures within the dialogue. The main types of questioning in interview programmes were summarised as: making suggestions, asking for acknowledgement, seeking information, expressing surprise, asking for confirmation, asking for a choice, and responding.

2.4. Research on Communication Accommodation Theory

Communication Accommodation Theory (CAT) was developed by the American linguist Howard Giles in

1973. It focuses on how humans adapt their language, speech, and behaviour to the person they are communicating with in everyday interactions. The theory of communicative accommodation suggests that both parties to communication will adjust their language, speech, and behaviour to reduce language barriers and increase the smoothness and effectiveness of communication.

Communication accommodation theory can be used to explain the effects of different cultures, social status, gender, and age on communication. It has important theoretical and practical implications for interpersonal communication, intercultural communication, and language teaching.

According to Howard Giles, "Discourse management strategies" in the communication accommodation theory refers to adjusting speech acts according to discourse field, purpose, and style. The discourse field is the context in which the conversation takes place and the topic of conversation. Intent refers to the relationship between the participants, including their social status and their roles concerning each other. Discourse refers to how language is expressed, *i.e.*, the process of organising the conversation, the form of distribution of the discourse wheel. Communication accommodation theory (CAT, *e.g.*, Boggs & Giles, 1999; Giles *et al.*, 1991) provides a framework to explain how we change our language. People employ different strategies (convergence, divergence, and maintenance) to adjust their communication with each other.

The theory suggests that language use is influenced by a variety of factors such as context, participants, and context, *i.e.*, language use needs to be modulated to suit different contexts and situations. In actual communication, people need to adapt their language to the context of the conversation and the needs of the person they are communicating with in order to achieve the purpose of communication.

Improvised speech refers to effective communication through improvisation without prior preparation in oral communication. In the improvised speech, people choose and adapt their language to the person and situation they are communicating with in order to achieve the best possible results.

Therefore, communication accommodation theory can provide some theoretical support for improvised speech expressions and guide people in regulating and choosing the language in communication. By

understanding the communication accommodation theory, people can better adapt to the communicative environment and the target audience and achieve better communication results. At the same time, improvised speech expressions can also provide a practical basis for's theory of communication accommodation, verifying the effectiveness of the theory in explaining and guiding language use, and thus further improving and developing the communication accommodation.

Based on the previous research results, the author integrates the current situation to obtain the following conclusions: Firstly, the current research on the expressions of the hosts of job-seeking reality programmes has been covered, but it is not systematic and in-depth. Secondly, the impromptu speech expression of the host is currently a research object of great concern in the field of broadcasting and hosting. Still, the data collected and collated shows that most of the studies on the impromptu speech expression of the host are macro discussions and experience summaries of the expression form itself. The studies on its application in specific programme forms are few and not in-depth and detailed. Thirdly, researchers' research on the use of host speech in media conversations has mostly taken interview programmes as the starting point, but has never been involved in other programme formats, and needs to be enriched and expanded.

3. METHOD

3.1. Discourse Analysis Method

This paper adopts a qualitative research method and uses corpus analysis to analyse the host's discourse from the perspective of conversation analysis, using the job-seeking reality show "Hello, Interviewer" as the source of the corpus and selecting small fragments of impromptu speech conversations in different contexts in the show to analyse the forms of speech triggering by the hosts in the show.

The process in which the host leads and participates in the interaction between the guests is essentially a process in which the host alternates between verbal triggers and verbal responses. The alternation of "trigger-answer" speech acts is the main structural form of a job-seeking reality show conversation. The diversity of contexts (the different identities of the job seekers) and the variability of live contexts (different job seekers, recruiters, and different

discourses make up different live contexts) inevitably lead to uncertainty and variability in the show's effects.

This paper uses the job-seeking reality programme "Hello Interviewer" as the research corpus, based on the theory of communication accommodation, and uses the host's speech triggering as the micro-level expression, and then constructs the form of the host's improvised speech triggering expression in the current stage of the job-seeking reality show, in order to reveal the inner essence of the conversation of the job-seeking reality programme and the basic principles of the host's manipulation of the whole stage situation.

Specifically, this study will firstly collect the research corpus, take the programmes of "Hello Interviewer" 2019 as the research object, number them randomly, use the Random function in Excel to randomly select each of the 15 programmes as the research sample, and transcribe the video corpus to form a preliminary text corpus; secondly, divide the overall flow in the programme; Finally, an attempt is made to construct a model of improvised speech provoking expressions for the facilitators in the different stages.

3.2. Forms of Improvised Speech Initiation

3.2.1. Initiating Words

An initiating word is a fixed phrase or word that exists or is used in the eliciting language and has a specific usage or meaning that brings out the function of the eliciting. They are short and give the scene a light-hearted and fast-paced feel. According to their meanings and functions, eliciting words can be classified into eight types: direct, response, interrupt, prompt, interchange, hypothetical, and transitive (Yang, 2012).

3.2.2. Initiating Sentences

The initiating sentences refer to statements with eliciting functions used in eliciting speech or have specific meanings and usages in eliciting speech, including simple and compound eliciting sentences. Simple eliciting sentences can be divided into expressive eliciting sentences, request eliciting sentences, and question eliciting sentences from the perspective of semantic-pragmatic function (Yang, 2012).

By organizing and analyzing the corpus, this paper divides the overall flow of the program according to the concept of interactivity into the opening introduction - low interactivity stage, multiple interaction - high interactivity stage, and end of the decision - medium

interaction stage. The components of the concept of interactivity are mainly from the following aspects: speed and intensity. The "speed" aspect emphasizes the frequency of the reciprocal advancement of specific discourse expressions during the actual interaction between the two parties. The "strength" aspect emphasizes the number of subjects involved in the interactive activity (Lou, 2013).

4. ANALYSIS OF THE CORPUS

4.1. Opening Introduction - Low Interaction Stage

Low interactivity is the low number of subjects who actually participate in interactive communication activities, usually referring to one interviewed guest. In the actual operation of the interactive activities, the subjects do not form a high frequency of In the actual operation of the interactive activities, the two parties do not form a high frequency of discourse rounds, and the overall rhythm is relatively relaxed. It is characterized by its flatness, which is arranged at the bottom of the interactive model to serve as the basis for the interactive activities. It is arranged at the bottom of the interactive model to serve as basic support (Lou, 2013).

4.1.1. Callout Initiating Words

Callout initiating words is a way for the host to control time during the interaction with a guest and also to guide the programme smoothly by pointing out names to trigger a response from a guest in order to avoid confusion or cold scenes.

Example 1: (Using the episode "Hello, Interviewer"20190606 as an example)

T1 Dazuo (host): How many marks?

T2 Han Turnip (interviewer): 90.

T3 Dazuo (host): Fang Yuan.

T4 Fang Yuan (interviewer): I think I'm about the same as Mr. Wang; I'm quite happy with him, 90.

In Example 1, in this improvised conversation clip, the host triggers a response from the interviewer. The moderator directly addresses "Fang Yuan" in the T3 round to speed up the program and prevent confusion. "In the T4 round, Fang Yuan made his comments on the candidates accordingly. This form of elicitation in the moderator's T3 round is known as the callout initiating word.

4.1.2. Question Initiating Words

A question-initiating word is used by the host to express surprise, confusion, exclamation, or surprise at an event or attitude expressed by a guest during interaction with the guest. The words expressed are used to provoke the guest to add further or specific explanations to the event he or she is describing. Usually with "Oh?" "Huh?" "Yes?" "Why?" etc., are most common.

Example 2: (Using the episode "Hello, Interviewer" 20190926 as an example)

T1 Dazuo (host): Let me ask you, who do you think played the worst just now?

T2 Qi Jia Man (job seeker): The worst would be Li Jianfeng.

T3 DaZuo (host): Why?

T4 Zijaman (job seeker): I'll start by apologizing to him and saying sorry. Because I personally feel that during rehearsals, I did want to talk too much and just wanted to be that leader too much.

In Example 2, the host uses the question-provoking word "why" to follow up on the answer given by the candidate in the T2 round, requiring the candidate to further explain the points made in the T2 round.

4.2. Multi-Interaction - High Interaction Stage

High interaction refers to the fact that there are a large number of participants in the interactive communication activity and that in the course of a high interactive conversation, the actual participants communicate with each other with a high frequency of rounds of discourse, which in turn leads to a progressively tighter pace of the programme as a whole. The study found that a high level of interaction occurred in the middle (climax) of the conversation after each job seeker's appearance, which was the program's core.

4.2.1. Directly Initiating Words

Direct initiating words refer to words or phrases that play a direct role in triggering during a conversation, such as "say it," "go on," "come on," etc.

Example 3: (Using the programme "Hello, Interviewer" 20190729 as an example)

T1 Dazuo (host): You don't even like to learn, and the most valuable thing you have is knowledge!

T2 Shi Lei (job seeker): Listen to the end of my speech.

T3 DaZuo (host): Go ahead, say it.

T4 Shi Lei (job seeker): listen to me finish, right? The most valuable thing is knowledge. If you translate knowledge into a product, it is a trademark because words are limited, and the common words are probably.....

In example 3, in the T2 round, the job seeker's words were clearly an expression of disagreement with the moderator's statement in the T1 round, and he or she wanted to speak again to add to it, so the host used the direct trigger word "say it" in the T3 round to trigger the job seeker's subsequent expression.

4.2.2. Interrupting Initiating Words

Interrupting initiating words, where the presenter forcibly steals a guest's turn at a necessary moment to ensure that the programme develops in a pre-determined direction. To avoid embarrassment, the presenter usually inserts the general words that the guest was about to say in the previous turn.

Example 4: (Using the programme "Hello, Interviewer" 20190610 as an example)

T1 DaZuo (host): Are you good at content writing or curating the articles themselves?

T2 Bu Xuchen (job seeker): I'm better at writing, I guess, actually I (2.0)

T3 DaZuo(host): Thesis.

T4 Bu Xuchen (job seeker): Soft category, right?

In example 4, in the T1 round, the moderator asks what the job seeker is good at. In the T2 round, the job seeker responds to the moderator's question and then explains further. The word "essay" was used to prompt the job seeker further to specify which genre they were good at writing.

4.3. End of Decision Making - Medium Interaction Stage

Medium interaction refers to the fact that the number of relevant subjects actually participating in the interactive communication event involves a proportion of the guests on site, not all. The number of participants falls between low and high levels of interaction, and the frequency of turn-taking is

moderate. In this study, the corpus analysis revealed that the medium level of interaction occurred at the end-of-session decision-making stage after each job seeker had experienced a high level of interaction.

4.3.1 Repetition Initiating Words

Repetition initiating words is when the presenter rephrases the guest's words and the presenter repeats them to emphasise or express doubt and to draw attention to them.

Example 5: (Using the programme "Hello, Interviewer" 20191024 as an example)

T1 DaZuo (host): Do we have a talent type here?

T2 Zhu Guoping (job seeker): Yes.

T3 DaZuo (host): Who is the talent type?

T4 Zhu Guoping (job seeker): Mr. Duan.

T5 DaZuo (host): Mr. Duan.

T6 Zhu Guoping (job seeker): He should be a person with a complex way of thinking.

In Example 5, in the T1 round, the facilitator prompts the job seeker to respond to whether there are any 'talent types' among the interviewers present. After the candidate answered "Duan" in T4, the topic did not end there, and further insight was needed to understand why Duan belonged to this type of person. The moderator then repeated the candidate's answer in the T5 round, expressing the word "Duan" in a puzzled tone, prompting the candidate to explain in detail.

4.3.2. Exclamatory Initiating Sentences

The exclamatory initiating sentences mean that the presenter's provocation is filled by an exclamatory sentence that expresses exclamation, surprise, excitement, etc., about the above.

Example 6: (Using the programme "Hello, Interviewer" 20191118 as an example)

T1 Dazuo (host): Comment by Mr. Du?

T2 Du Zijian (Interviewer): No characteristics are heard. He is a singer.

T3 Dazuo (host): He's quite emotional!

T4 Du Zijian (Interviewer): Emotions and characteristics are different.

In Example 6, the moderator invites the interviewer to comment on the candidate's singing in the T1 round. When the interviewer responds in the T2 round, indicating a negative assessment of the candidate, the moderator issues an exclamatory trigger sentence in the T3 round, expressing his opinion that the candidate's singing is good. The moderator makes an exclamatory sentence in which he or she expresses that the applicant's singing is good.

5. DISCUSSION AND CONCLUSIONS

5.1. Discussion

This study takes the "improvised speech initiation" of the hosts of job-seeking reality programmes as the starting point. It selects 15 episodes of "Hello, Interviewer" as the research corpus, using the relevant theories of broadcasting, communication, and psychosocial linguistics to summarise the forms of improvised speech triggering the hosts of job-seeking reality programmes at different interactive stages.

Firstly, this paper defines job-seeking reality shows, and improvised speech triggers based on previous relevant studies and further divides the shows into the opening introduction - low interaction stage, multiple interaction - high interaction stage, end of the decision - medium interaction stage through corpus analysis, based on the characteristics of job-seeking reality shows.

Secondly, the corpus analysis reveals that the hosts' improvised speech elicitation forms in the reality job search programme involve initiating words and sentences. This study found that the improvised speech elicitation forms in the introduction stage mainly include: callout initiating words, question initiating words; the improvised speech initiating forms in the multiple interaction stage mainly include: direct initiating words, interruption initiating words; the improvised speech initiation forms at the end of the decision making stage mainly include: repetition initiating words, exclamatory initiating sentences.

5.2. Theoretical Implications

This study has the following theoretical contributions.

Based on comprehensive social psycholinguistic theoretical research results, this study combines the application of theoretical knowledge of broadcasting and communication to analyse the real conversational

corpus in job-seeking reality programmes, so as to construct a form of improvised speech triggering for hosts of job-seeking reality programmes, which provides a theoretical reference for the development of reality programmes and the hosting industry.

Firstly, based on communication accommodation theory, this study presents a qualitative inductive analysis of the forms of impromptu verbal initiation used by hosts in different interactive stages of job-seeking reality shows, suggesting various forms of verbal initiation used by hosts, enriching the content of research on verbal initiation and expanding the scope of research on verbal triggers in the media field.

Secondly, this study extends the applicability of communication accommodation theory to the context of job-seeking reality shows. It provides a relevant reference for further improving the communication accommodation theory system.

5.3. Practical Implications

Theory and practice are mutually reinforcing, and a systematic analysis of the theory of job-seeking reality shows can be of great value for practical application.

Firstly, based on the theory of communication accommodation, this study researches the improvised speech triggers of the host of the job-seeking reality programme "Hello, Interviewer" to summarise the forms of improvised speech triggers of the host at different stages. The study aims to provide some reference for future professionals in the field of hosting in order to solve the problem of the hosts' inability to reasonably guide their guests to interact with each other, resulting in the inability of the guests to obtain the required information from each other efficiently.

Secondly, this article considers the host's speech in reality TV programmes on job hunting as the "initiating language" of conversation, based on the perspective of "the host initiates" and "the guest responds." This paper analyses the characteristics and rules of the host's speech in this type of programme, providing guidance and reference to other reality shows.

5.4. Conclusion

This study found from observing the programmes that the overall process of a job search reality show can be divided into the opening introduction - low interaction stage; multiple interaction - high interaction stage; end of decision making - medium interaction

stage. The improvised speech elicitation forms in the introduction stage mainly include: callout initiating words, question initiating words; the improvised speech initiating forms in the multiple interaction stage mainly include: direct initiating words, interruption initiating words; the improvised speech initiation forms at the end of the decision making stage mainly include: repetition initiating words, exclamatory initiating sentences.

5.5. Limitations and Future Research Directions

Firstly, this paper has only analysed and studied Chinese job-seeking reality shows, lacking comparative studies on similar programmes in Western countries, and the scope of the study should be expanded in future research.

Secondly, due to time and resource constraints, this study used a cross-sectional study with a short time span, which limited the breadth and depth of the study to a certain extent. In the future, researchers should consider using longitudinal studies to analyse this type of programme better.

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None.

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