How does media influence our understanding of Cybersecurity?

The media can influence a lot of our ideas on what cybersecurity truly is. There may be the simple thought of "Cybersecurity is too complex for the simple mind" or "Cybersecurity can be so simple as flicking a light switch". But it comes down to the realistic approach to what Cybersecurity really is. An example that can correlate to this topic is how the video "Hacker Rates 12 Hacking Scenes In Movies And TV | How Real Is It?" talks about the show "Mr.Robot" and how it can sometimes be both realistic and unrealistic. There are scenes in the show where there are actions of hacking, but it's more realistic/slow and wouldn't be shown as some kind of fast-action sequence. The reality is that hacking and the usage of cybersecurity come down to a mundane and day-to-day task that most people may find boring.