

Enjoying horror movies

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The popularity of horror movies in recent times is tremendous. Today many individuals prefer watching horror movies to experience thrill, anxiety and pleasure. Although it is common observation that individuals prefer to acquire pleasure than pain but the recent boom scene in the viewership of horror movies contradicts this approach. There are number of theories that justify why people enjoy watching horror movies.

Firstly it is said that horror movies make individuals excited rather than afraid. When a person watches horror movies the adrenaline rush that is experienced by the individual arouses feelings of anticipation and anxiety. Furthermore a person does not literally experience the brutality but is more of enjoying the pain that another person is undergoing. Torture porn is fairly a new concept that has emerged in recent times. It claims that, it is human nature to enjoy the suffering of another. When we see another person suffer it helps us arouse psychological feelings such as curiosity and anxiety which causes comfort to see someone else in pain.

Furthermore these movies are merely exaggeration and mostly do not have any practicality linked to them. The only thing that attracts people is the persona that it tends to create in other words it craves the scare or merely develops feelings which excite a person. Aesthetically horror movies tend to polish the feelings of fear in a person. Pleasure is sought by watching something scary. At times horror movies become more than an obsession than source of pleasure. It has been observed that the young generation is mostly fond of watching horror movies the reason remains very obvious that young individuals are undergoing a constant process of developing

physically and psychologically. When they watch such movies it helps them to transform the hormones which are in excess. Apart from this horror movies are a way of expressing emotions. Those who prefer watching horror movies enjoy the most frightening scenes as it enhances their overall experience.

Another reason why people love to watch horror movies is that when individuals watch such movies they engage in some sort of pleasure that arouses their psychological state developing anxiety and curiosity which I mentioned earlier. But these movies do not have any reality and thus no risk of life or anything else. Although there are many negatives such as long lasting impact on the mind of individuals or developing phobias but usually those who enjoy such movies tend to ignore the adverse effects.

It is also said that individuals tends to engage in watching such movies because when people watch these horror movies eventually they engross in terror for the sake of acquiring euphoric sort of relief in the end.(University of Chicago Journals) Through such movies a viewer tends to experience two emotional states at the same time that is being happy and unhappy. This weird combination enthralls the human mind and does the work of a sedate which relaxes the human mind. Some also believe that love for horror and stab is inborn as the darker side of an individual encourages them to enjoy filth and pain. Some individuals also believe that gender and gender bending also contributes in the enjoyment of horror movies.

Masochistic tendency is also very common amongst people these days. The sexual gratification one acquires which watching physical and mental abuse tends to encourage and attract individuals to watch such movies. One of the

most common reasons why people enjoy watching horror movies is that it allows them to escape from reality, their everyday lives to a world full of excitement and anticipation causing a change in emotions and state. The rushes of adrenaline that occurs in the body makes people enjoy the fear and treachery. These movies can act as a positive reinforcement to release tension and pressure without the fear of any practical damage what so ever. Hence in a nutshell these horror movies have become a source of pleasure and enjoyment for many as it helps in satisfying curiosity, the euphoric sense of relief it provides, the masochistic inclination it possesses and provides thrill and adventure leading to adrenaline rushes in the body. These reasons justify so as to why people prefer watching such horror movies. Considering this one should keep in mind that the impacts of such movies can be fairly outreaching causing long lasting impact on human mind.

Works cited:

University of Chicago Press Journals (2007, July 31). Why Do People Love Horror Movies? They Enjoy Being Scared. ScienceDaily. Retrieved May 10, 2013, from <http://www.sciencedaily.com/releases/2007/07/070725152040.htm>