

The Psychological Impact of Thriller and Horror Movies on Young Adults: Exploring the Effects on Pro-Social Behavior

Abstract

This study investigates the psychological impact of thriller and horror movies on young adults' (18-25 years) thoughts, behaviors, and coping mechanisms. We examine how these genres influence pro-social behavior, a crucial aspect of psychological well-being.

Research Questions:

- How do thriller and horror movies affect young adults' pro-social behavior, including empathy, altruism, and cooperation?
- Do these genres influence emotions, stress levels, and long-term psychological health, particularly in relation to fear response, desensitization to violence, anxiety, and suspense?

Methodology:

- Mixed-methods approach combining surveys, physiological measures, and cognitive tests.
- Sample of 1,000 young adults (18-25 years).

Key Findings:

- Exposure to thriller and horror movies can temporarily decrease pro-social behavior in young adults.
- Repeated exposure can lead to desensitization to violence, decreased emotional responsiveness, and reduced empathy.
- However, some young adults may experience increased pro-social behavior, such as altruism and cooperation, as a coping mechanism.

Implications:

- Understanding the impact of thriller and horror movies on pro-social behavior can inform strategies for promoting positive social behaviors in young adults.
- This research contributes to the development of evidence-based guidelines for responsible media consumption.

Conclusion:

This study provides insights into the complex psychological mechanisms underlying the impact of thriller and horror movies on young adults' pro-social behavior. By exploring the effects of these genres on emotional and social well-being, we can better understand the role of media in shaping young adults' behaviors and attitudes.